



- Providing excellence in Phyto-Aromatherapy & Herbalism –

**The JennScents® Aromaversity - Aromatherapy Certification Program
Level 2 Certified Professional Aromatherapy
Research Paper Guidelines**

Level II graduation requirement – Research Paper:

According to the [NAHA Education Guidelines](#), in order to graduate with your Level 2 Professional Aromatherapy Certification, all students must complete a 5-10 page research paper. You may choose any aromatherapy-related topic, as it pertains to and encompasses the use of aromatherapy.

Topics suggestions – health relationship (respiratory, structural, nervous system, etc.), mental and emotional support or modality (Ayurveda, Chinese medicine, chakras, etc.). This will give you the opportunity to utilize and demonstrate your aromatherapy education, wisdom, hands-on experience, developed skills, case studies and common sense.

You will upload this assignment in its entirety when prompted in the corresponding lesson, to obtain approval before receiving your Certificate of Completion. Review the detailed instructions and guidelines before beginning your research paper to ensure you comply with all requirements.

Formatting Guidelines:

- 5-10 pages
- Typed & double spaced
- 12 point, with Times New Roman or Ariel Font

Research Paper should include the following:

Your research paper can be your own personal research study on a particular topic and its outcomes; or it can be an evaluation analyzing research and data from other completed research studies that support your hypothesis. It can also be a combination of the two, integrating your personal research that backs up published research you compiled that supports or rejects your thesis.

- General research overview and discussion
 - Data and evidence must be quality and of logical reasoning
 - Define & describe your Aromatherapy related topic
 - Research information about your topic
 - State your thesis
 - Organize your research notes

- Create an outline
- Analyze your data and Describe the following –
 - What outcome did you measure (stress, sleep, etc.)
 - What scale did you use to measure it? i.e. 0-10, Like a lot better, a little bit better, no change, a bit worse, a lot worse)?
 - Was the outcome measured by you (so it might be biased), or by the client? Or both?
 - Was the outcome objective (no opinion) or subjective (opinion)?
- Type a rough draft and have someone proofread it for clarity of concepts and theories, grammar, and punctuation.
- Topic specific relationship and integration
 - Chemistry demonstration
 - Recipe demonstration
 - Note any special safety guidelines, contraindications, sensitivities, & toxicology
- Analysis and conclusion
- Author biography
- References: Include references, scientific research, and citations (include science that backs up your claims) at the end of your paper (note that plagiarism is a serious offense and will be grounds for failure). Good information on citing references in scientific research papers can be found [here](#).

Assignment Submittal Requirements:

- All assignments must be submitted via pdf or Word document. Upload into the corresponding lesson when prompted. Pictures of work will NOT be accepted. Emailed assignments will not be accepted. Uploaded assignments ensure that your documents are added to your account for future reference and complies with proper account documentation for auditing purposes.
- Upload all pages as one document & submit together when they all are complete.
- Incomplete work will not be approved



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Special note: Once your final draft has been accepted by JennScents, you are able to submit a copy to NAHA for possible publication in a future NAHA journal (no guarantees, but a good opportunity).

Research Resources:

- [Helpful NAHA e-booklet resource](#) (free for NAHA members):
- Additional NAHA Resources:
 - <https://naha.org/explore-aromatherapy/research/>
 - <https://naha.org/education/standards/>

Aromatherapy trade journals, herbal associations, and research links:

- NAHA Journal: www.naha.org (log into your member page to view)
- International Journal of Aromatherapy: www.essentialorc.com/resources
- International Journal of Professional Holistic Aromatherapy: www.ijpha.com
- International Journal of Clinical Aromatherapy: ijca.net
- The Aromatherapy Thymes: www.aromatherapythymes.com
- Aromatherapy Today: www.aromatherapytoday.com
- American Botanical Council: <http://abc.herbalgram.org/>
- PubMed: <http://www.ncbi.nlm.nih.gov/pubmed/>
- Science Direct: <http://www.sciencedirect.com/>
- Journal of Botanical Sciences: <http://www.rroj.com/botanical-sciences.php>
- HerbMed: <http://www.herbmed.org/>
- American Herbalists Guild: <http://www.americanherbalistsguild.com/>
- The Plants Database: <http://plants.usda.gov>
- Dr. Duke's Phytochemical and Ethnobotanical [Databases](#)

Safety Guidelines Resources:

- NAHA: <http://naha.org/explore-aromatherapy/safety>
- Essential Oil Safety: A Guide for Health Care Professionals, 2nd Edition by Robert Tisserand and Rodney Young. Available for purchase from the NAHA book store: www.naha.org/bookstore