

JOINTLY ORGANIZED WITH



## Professional Diploma in Aromatherapy and Bodywork 國際專業香薰治療師文憑課程

## Professional Short Courses in Aromatherapy 專業香薰短期課程





## Introduction 簡介

Aromatherapy is holistic massage, which aims to produce a physical, spiritual, emotional and mental sense of well-being. Aromatherapy is an intensely comforting and reassuring healing therapy. It has widespread demand and appeal, and is an effective way to treat people of all ages and in all states of health.

香薰治療乃一種高度舒適及可靠的整全治療。它可帶來生理、心靈、情緒及精神上的健康，對於不同年齡及健康情況之人士均有顯著功效。香薰治療現於市場上的需求很大，求助人數亦不斷上升。

Whether you're looking to start a new career, gain a new skill to improve your lifestyle or benefit the lives of others, you will find our aromatherapy courses suit your needs.

不論你是想開展個人新事業、學習更多技能以提升生活質素，還是想造福家人和朋友，此一系列專業香薰課程必定可以滿足你的需求。

## The Hong Kong Management Association 香港管理專業協會

Established in 1960, the Association is a professional organization, which has effectively served the education and training needs of the working population in Hong Kong for over 50 years. With a membership of more than 11,000 executives, the Association organizes more than 2,000 programmes for approximately 60,000 participants annually.

香港管理專業協會乃一專業組織，於一九六零年成立，五十多年來成功地位香港業界提供教育和培訓服務。本協會會員為業界行政管理人員，人數超過 11,000 名，每年舉辦 2,000 多項課程，參加者約達 60,000 人。

## International Federation of Professional Aromatherapists (IFPA) 國際專業香薰治療師聯會



The International Federation of Professional Aromatherapists (IFPA) was formed on 1<sup>st</sup> April 2002 as a result of the joining together of members from three leading associations - the Register of Qualified Aromatherapists (RQA), the International Society of Professional Aromatherapists (ISPA) and some members from the International Federation of Aromatherapists (IFA).

國際專業香薰治療師聯會 (IFPA) 成立於 2002 年 4 月 1 日，由英國三大香薰治療師協會會員合併而成，包括 the Register of Qualified Aromatherapists (RQA), the International Society of Professional Aromatherapists (ISPA) 及 International Federation of Aromatherapists (IFA) 部份會員。

The IFPA is now the largest aromatherapy specific organisation in the United Kingdom and is a respected voice within the world of complementary medicine. There are 47 accredited IFPA schools all over the world, such as Wales, England, Taiwan, Japan, Republic of Ireland, Scotland, Northern Ireland, Korea, Hong Kong and New Zealand, with over 3,000 members. For more information, please visit the IFPA's official website: <http://www.ifparoma.org>

國際專業香薰治療師聯會 (IFPA) 是現今英國最大規模的香薰治療師組織，在全世界輔助療法中具有崇高的地位。IFPA 所認可之院校共有 47 間，分校遍佈英國、台灣、日本、愛爾蘭、蘇格蘭、北愛爾蘭、韓國、香港、紐西蘭等地。註冊會員人數超過 3,000 人。如欲了解更多關於 IFPA 的資料，歡迎到以下網頁瀏覽：<http://www.ifparoma.org>

Fleur International College graduates who have joined the IFPA Hong Kong Regional Group  
從 Fleur 畢業之學員加入 IFPA 香港區的分區會員





Fleur International College of Professional Aromatherapy is an accredited Aromatherapy training course provider for the IFPA. Fleur International College is part of a specialist Aromatherapy Company which has 25 years experience in Essential Oils in the UK and 12 years experience in Hong Kong. Fleur as an International College has 3 university and schools located in Hong Kong, Taiwan and Korea and is in the process of opening new schools in Mexico, Japan and Shanghai. Since qualifying with full membership to the IFPA we have had over 1000 students who have graduated with us. For more information, please visit the Fleur's official website: <http://www.fleuraroma.com.hk>

Fleur 國際專業香薰治療學院是 IFPA 認可的院校之一，是一間在英國擁有 25 年經驗的專業香薰學院，在香港辦學亦超過十二年。Fleur 的院校遍佈香港、台灣及韓國等地，而且將會在墨西哥、日本和上海等地開設新的院校。至目前為止，從 Fleur 畢業後成為 IFPA 會員的人數超過 1000 人。如欲了解更多關於 FLEUR 的資料，歡迎到以下網頁瀏覽 <http://www.fleuraroma.com.hk>



HKMA Hong Kong first graduates 2006  
2006 年度 HKMA 第一屆畢業生



Taiwan Students 2007  
2007 年度台灣學員



Principal and Korean students 2007  
校長與 2007 年度韓國學員留影



Field trip to England visiting the Lavender farm  
學員參加英國薰衣草農場的實地考察



Fleur Graduates Hong Kong  
Fleur 香港畢業生



Principal and HKMA Hong Kong students 2008  
2008 年度 HKMA 香港畢業生與校長合照



HKMA Hong Kong graduates 2008  
2008 年度 HKMA 香港畢業生



Principal and HKMA Hong Kong students 2009  
2009 年度 HKMA 香港畢業生與校長合照  
(April Intake)



Principal and HKMA Hong Kong students 2009  
2009 年度 HKMA 香港畢業生與校長合照  
(October Intake)



Principal and HKMA Hong Kong students 2010  
2010 年度 HKMA 香港畢業生與校長合照 (April Intake)



IFPA Examiner and HKMA Hong Kong students 2011  
2011 年度 HKMA 香港學生與 IFPA 主考官合照 (Oct Intake)



IFPA External Examiner and Hong Kong students 2011  
2011 年度香港學生與 IFPA 主考官合照 (Apr Intake)



IFPA External Examiner and Hong Kong students 2012  
2012 年度香港學生與 IFPA 主考官合照 (Apr Intake)



IFPA External Examiner and Hong Kong students 2012  
2012 年度香港學生與 IFPA 主考官合照 (Apr Intake)



IFPA External Examiner and Hong Kong students 2012  
2012 年度香港學生與 IFPA 主考官合照 (Apr Intake)



Principal and HKMA Hong Kong students 2013  
2013 年度 HKMA 香港畢業生與校長合照 (April Intake)



Principal and HKMA Hong Kong students 2013  
2013 年度 HKMA 香港畢業生與校長合照 (April Intake)



Principal and HKMA Hong Kong students 2014  
2014 年度 HKMA 香港畢業生與校長合照  
(November Intake)



Principal and HKMA Hong Kong students 2016  
2016 年度 HKMA 香港畢業生與校長合照  
(April Intake)



Principal and HKMA Hong Kong students 2016  
2016 年度 HKMA 香港畢業生與校長合照  
(November Intake)



Principal and HKMA Hong Kong students 2017  
2017 年度 HKMA 香港畢業生與校長合照  
(November Intake)



2013 法國普羅旺斯香薰之旅  
Provence, France Aromatherapy Tour



2016 保加利亞玫瑰之旅  
Bulgarian Rose Tour

CPD courses are provided to graduates regularly 定期舉辦 CPD 課程



Indian Head Massage (2008 CPD Seminar)  
印度頭部按摩 (2008 CPD 講座)



Speaker Veronica Sibley and participants  
主講嘉賓 Ms Veronica Sibley 及參加者 (2009 CPD 講座)



Aromatherapy and Pregnancy (2010 CPD Seminar)  
香薰與懷孕 (2010 CPD 講座)  
主講嘉賓 Ms Veronica Sibley 及參加者



Aromatherapy and Insomnia (2012 CPD Seminar)  
香薰與失眠治療 (2012 CPD 講座)  
主講嘉賓 Ms Anita James 及參加者



Indian Head Massage (2012 CPD Seminar)  
印度頭部按摩 (2012 CPD 講座)  
主講嘉賓 Ms Vivienne Hinks 及參加者



Aromatherapy and Skin (2012 CPD Seminar)  
香薰治療與皮膚 (2012 CPD 講座)  
主講嘉賓 Ms Vivienne Hinks 及參加者





IFPA Guidelines of Cancer Care and Pregnancy Care  
(2013 CPD Seminar)  
IFPA 對癌症及懷孕治療指引 (2013 CPD 講座)  
主講嘉賓 Mrs Louise Carta 及參加者



Holistic Facial  
(2013 CPD Seminar)  
整全性面部護理手法及應用 (2013 CPD 講座)  
主講嘉賓 Mrs Louise Carta 及參加者



Application of Hydrolats (2015 CPD Seminar)  
花水的應用 (2015 CPD 講座)  
主講嘉賓 Mrs Louise Carta 及參加者



Aromatherapy and Respiratory Conditions  
(2016 CPD Seminar)  
香薰治療與呼吸系統應用 (2016 CPD 講座)  
主講嘉賓 Ms Debbie Moore 及參加者



Aromatherapy and Cancer (2017 CPD Seminar)  
主講嘉賓 Ms Susan Hagan 及參加者

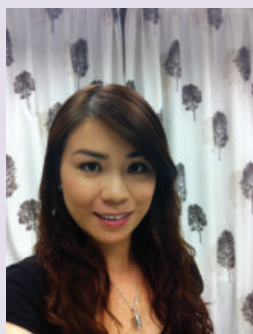
## Lecturing Staff 導師

Highly qualified lecturers and tutors are drawn from the Fleur International College of Professional Aromatherapy to teach the programmes. The staffs are committed to excellence in teaching and to ensuring that all courses are intellectually rigorous and relevant to the marketplace.

為確保課程導師能以嚴格、精確的教學技巧以應付當今市場需要，Fleur 國際專業香薰治療學院的導師均經過嚴格篩選，導師均具備優秀的教學經驗及教學方法。

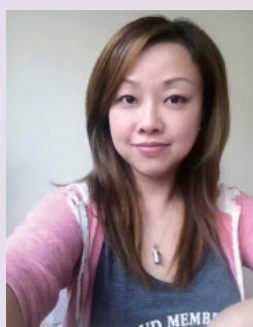
### Aromatherapy Theory and Massage Tutor 香薰理論及按摩導師

#### Principal (HK) 香港分校校長



Ms Annie Lee

- Principal of the Fleur International College Fleur Hong Kong Fleur 香薰治療學院之香港分校 --- 校長
- Founder and Director of the Herbal Square company 草本坊香薰治療中心 --- 創辦人及負責人
- B.SocSc (Hon), Lingnan University 嶺南大學社會科學系 --- 學士
- Principal Tutor of The International Federation of Professional Aromatherapists (IFPA) 國際專業香薰治療師聯會 (IFPA)--- 首席導師
- Member of The National association for Holistic Aromatherapy (NAHA) 美國 The National association for Holistic Aromatherapy (NAHA) --- 註冊會員
- Magazine columnist-- health action and Miss Beauty in promoting Aromatherapy 雜誌香薰專欄作家 --- 健康動力和 Miss Beauty，以推廣香薰療法
- East Asia TV <Today Hong Kong> guest emcee 10 episodes introducing aromatherapy 東亞衛視 <今日香港> 嘉賓主持（一連 10 集介紹香薰及其用途）



Ms Kylie Lam

- Member of The International Federation of Professional Aromatherapists(IFPA) 國際專業香薰治療師聯會 (IFPA)--- 註冊會員
- Tutor of The International Federation of Professional Aromatherapists (IFPA)
- 國際專業香薰治療師聯會 (IFPA) --- 導師
- Bachelor of Education in Primary School (Hon), Open U 香港公開大學小學教育榮譽學士學位
- 3-Year Full-time Teacher's Certificate Course, HKIED 香港教育學院三年全日制教師證書
- Magazine columnist—New Monday Magazine in promoting Aromatherapy
- 雜誌香薰專欄作家—New Monday Magazine

### Anatomy and Physiology Tutor 解剖生理學導師



Mr Alex Luk

- BSc in Physiotherapy (HKPU) 香港理工大學手法物理治療學碩士
- MSc in Manipulative Physiotherapy (HKPU) 香港理工大學物理治療學學士
- Diploma in Acupuncture for Physiotherapy 物理治療針灸文憑
- Clinical Pilates Instructor DMA 臨床普拉提導師
- NSCA Certified Physical Trainer 美國肌力與體能訓練協會體能教練
- Physiotherapy Director in private physiotherapy centre 私人物理治療診所主管
- Ex-Sports Physiotherapist in the Hong Kong Sports Institute 前香港體育學院運動物理治療師

# Professional Diploma in Aromatherapy and Bodywork 國際專業香薰治療師文憑課程

Programme Code : PDAG-A2516

## Requirement 課程要求

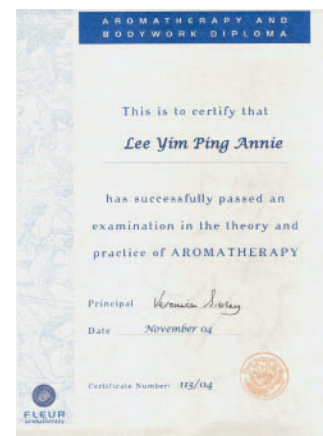
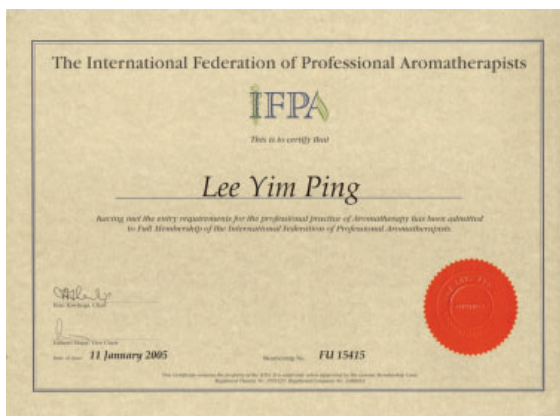
To be qualified for the “Professional Diploma in Aromatherapy and Bodywork” and be able to join the International Federation of Professional Aromatherapist (IFPA), students have to complete the following within a maximum span of two years.

學員必須於兩年內完成以下課程及作業以獲取【國際專業香薰治療師文憑】及加入國際專業香薰治療師聯會 (IFPA) 成為會員。

Modules to be taken 需完成之課程	Lecture hours (上課小時)
1. Attend Part 1 : Clinical and Essential Oil Science 完成第一部份：香薰油科學與臨床應用	60
2. Attend Part 2 : Aromatherapy in Clinical Massage 完成 第二部份：香薰臨床治療及按摩	60
3. Attend Part 3 : Anatomy and Physiology 完成 第三部份：解剖生理學 (Practicing nurses or students who have obtained a recognized qualification in Anatomy & Physiology can apply for the exemption of this subject. Please refer to “Application for Exemption” for details. 在職護士或曾修讀認可『解剖生理學』課程學員可申請豁免修讀此科。有關詳情請參考【申請豁免】。	50
Home study 閱讀及家課	Self-study hours (自修小時)
4. Home Study : Aromatherapy Theory 閱讀及家課 第一部份：香薰油的應用及科學	30
5. Home Study : Aromatherapy Practical Massage. i.e. completion of 45 case studies 按摩實習第二部份：香薰臨床治療及按摩 (完成 45 個個案報告)	54

## Qualification Awards 獲取資格

- Upon completing Part 1, 2 and 3, participants will be awarded a total of Three certificates of the followings by FLEUR : 完成第一、第二及第三部份課程，可獲 FLEUR 頒發以下 3 張證書：
  - Clinical and Essential Oil Science Certificate 第一部份：香薰油科學與臨床應用證書
  - Aromatherapy in Clinical Massage Certificate 第二部份：香薰臨床治療及按摩證書
  - Anatomy and Physiology Certificate 第三部份：解剖生理學證書
- The graduates will be qualified for the “Professional Diploma in Aromatherapy and Bodywork” 學員成功修畢整個文憑課程及完成所有家課後，獲發『國際專業香薰治療師文憑』
- After completing all 3 Parts of modules, the graduates will be qualified for the “Professional Diploma in Aromatherapy and Bodywork”, graduates can join the International Federation of Professional Aromatherapists (IFPA) without extra examination 完成三部份課程，獲發『國際專業香薰治療師文憑』後，學員可以申請成為國際專業香薰治療師聯會 (IFPA) 會員，無需另外考試。



## Language Medium & Course Manual 教學語言及課程筆記

The teaching will be given by a Chinese tutor and partly assisted in English. Course materials are provided in English, Traditional or Simplified Chinese.

課堂以中文教授，部份課堂由外籍導師講解（輔以廣東話傳譯）。課堂筆記以中文（繁 / 簡體）及英文書寫。

## Course Fee 課程費用

Modules 科目	Lecture 上課小時	Tuition Fee 學費 (HK\$)
Part 1 第一部份：Clinical and Essential Oil Science 香薰油科學與臨床應用	60	14,000**
Part 2 第二部份：Aromatherapy in Clinical Massage 香薰臨床治療及按摩	60	18,000**
Anatomy and Physiology 解剖生理學	50	7,000
Examination Fee 考試費用		1,800
· Part 1 : Clinical and Essential Oil Science 香薰油科學與臨床應用 (HK\$800)		
· Part 2 : Aromatherapy in Clinical Massage 香薰臨床治療及按摩 (HK\$800)		
· Anatomy and Physiology 解剖生理學 (HK\$200)		
Exemption administration cost for "Anatomy and Physiology" 豁免【解剖生理學】行政費用		500

\*\* Course fee includes all the course notes, essential oils and carrier oils to be used during the lesson  
課程費用包括所有筆記、堂上練習時使用之香薰油及底油。

## Special Discount 特別優惠

A Special discounted price of HK\$37,000 (original price HK\$40,800) is offered when all 3 modules are enrolled together i.e. Part 1 and 2 plus "Anatomy and Physiology". The first payment of HK\$9,000 is required at time of enrolment

凡一次過報讀國際專業香薰治療師文憑，包括第一部份、第二部份及【解剖生理學】，均可以優惠價 HK\$37,000 報讀 (原價 HK\$40,800)，請於報名當日繳交第一期學費 HK\$9,000

## Payment Method 付款方法

Full Diploma Course 文憑課程：

- First installment of HK\$9,000 is required at time of enrolment 第一期學費 HK\$9,000 於報名當天繳交
- Three monthly installment of HK\$7,000 each payable starting from one month after the course commencement date 餘下的款項分四期繳交，每期 HK\$7,000，於開課後首四個月的第一天繳交

Individual Modular Course 個別獨立單元報讀：

- 50% deposit is required at time of enrolment 報名當天繳交課程一半費用
- 50% balance is payable one month after the course commencement date 餘下之另一半費用於課程開始一個月後第一天繳交
- On completing the individual courses the student can sit the Examinations as per the above fees 報讀個別課程之學生需要繳交該課程之考試費

## Examination 考試

To be qualified to sit for the examinations, students have to satisfy a minimum attendance record of 80% (per module)  
參加各科考試之學員其出席率必須達到 80% (以科目計算) 或以上

1. Theory Examinations 理論考試：(2 papers, 3 hours each 2 份卷，每份 3 小時)  
~ Paper 1 卷一：Part 1 Clinical and Essential Oil Science 第一部份 香薰油科學與臨床應用  
~ Paper 2 卷二：Anatomy and Physiology 解剖生理學
2. Practical Examination 實習考試：  
~ Part 2 : Aromatherapy in Clinical Massage. Students are required to wear either black or white with comfortable walking shoes for the practical examination. 第二部份：香薰臨床治療及按摩 (學生須於考試時穿上黑色或白色運動鞋)
3. Minimum case studies required 實習個案  
45 case studies for 54 hours the case studies need to be completed **within 2 years** from the start of the course to qualify for the Diploma Certificate. 學員必須於開課後兩年內修畢課程，並繳交 45 個實習個案 (共 54 小時) 才獲發文憑

A Certificate will be issued by FLEUR School upon successful completion of each module.  
修畢課程每一部份可獲 FLEUR 頒發有關證書乙張。

To obtain the IFPA diploma, students have to complete all of the above modules and pass the IFPA-FLEUR examinations **within two years**. 學員如欲成為 IFPA 會員，必須於兩年內修畢所有要求科目，取得所有科目成績合格，及完成有關之實習個案紀錄。

### Course Description 課程介紹

This clinical course is designed to provide the students with a complete healing art - one that is complementary to primary healthcare. The course although structured by the science of essential oils also includes a truly holistic approach to the healing aspects of the therapy. It is perfect for those who cherish complementary ways of healing and want a greater understanding of this approach to health and life. This course is the perfect answer to all your questions about essential oils. It will provide you with a deep insight into aromatherapy, its origins and its uses. The course will teach the principles of the practice and how to reduce stress, lift depression, restore and enhance health and well-being.

【香薰油科學與臨床應用】課程為有志學習完整香薰治療人士而設。課程內容覆蓋基本香薰保健至整全治療理論；除著重香薰油的科學分析，亦包括整全治療的方法。此科使你深入了解香薰治療是什麼，它的起源及用途。導師透過實踐香薰治療的原則，教授學員如何減低壓力，消除沮喪心情，恢復並增進生理上的健康。對有志學習輔助療法，希望藉此增進專業健康知識之學員，此課程可解答你所有關於香薰油應用的問題。

This module is designed to provide the professionals with a thorough foundation in the science of essential oils. This course is the only one of its kind in Hong Kong offering an academic and professional qualification in aromatherapy.

此課程為欲成為專業香薰治療師的學員而設。課程教授學員以專業及科學的方法學習香薰治療基本知識及應用。此課程是香港唯一兼備學術及專業資格的香薰治療課程。

### Course Content 課程內容

- ◇ Historical and Philosophical Perspectives 香薰治療的歷史及哲學
- ◇ Definition and the Holistic Approach 香薰治療的基本理論及整全概念
- ◇ Methods of Extraction 香薰油的提取方法
- ◇ Methods of Application and contraindication 香薰油的使用方法及禁忌
- ◇ Methods of Use and Oil Blending 香薰油調配的技巧
- ◇ Properties of 60 Essential Oils 60種香薰油的特性
- ◇ Botany and Science of Essential Oils 植物學和香薰油的科學
- ◇ Chemistry of Essential Oil 精華油化學作用
- ◇ Essential Oil Production and Quality 香薰油的生產及品質
- ◇ Quality Control of Essential Oil 香薰油的品質控制
- ◇ Storage of Essential Oil 香薰油的儲存
- ◇ Related Botanical Products 相關的植物性基底產品
- ◇ Fixed Oils and Hydrolates 植物底油及花水
- ◇ Modern Natural Medicine 現代自然醫學
- ◇ Manage Aromatherapy Business 香薰營運管理
- ◇ Introductory Nutrition 基礎營養學
- ◇ Client Care and Communication 關心顧客及溝通技巧
- ◇ Olfactory System 嗅覺系統
- ◇ The use of aromatherapy for special groups - pregnancy, baby and child care, elderly and cancer care and stress related conditions 應用香薰治療於孕婦、嬰兒、長者、癌症病患者及壓力管理

### Learning Hours 學習時數：

60 lecture hours

Fee 學費：HK\$14,000

Examination Fee 考試費：HK\$800

### Award 獲發證書：

Upon meeting the minimum attendance of 80% and passing the module's assessment and theory examination, participants will [Certificate in Clinical and Essential Oil Science Certificate] issued by the Fleur International College of Professional Aromatherapy:

出席率達 80% 以上，並於 Part 1 考試取得成績合格之學員獲英國 Fleur 香薰治療學院頒發證書【香薰油科學與臨床應用】。

## Part 2 : Aromatherapy in Clinical Massage 香薰臨床按摩應用 (Course Code: PDAG-45591)

### Course Description 課程介紹

This module provides the academic with the range of skills and knowledge required for the safe and effective clinical practice of aromatherapy.

按摩是香薰治療過程中重要的一環。此課程旨在教授學員一套既安全，又有效，並且可應用於臨床的香薰按摩技巧及知識。

### Course Content 課程內容

- ◇ Consultation Skills 顧客諮詢技巧
- ◇ Treatment Approach 治療方法的選擇
- ◇ Client Referral 轉介有需要的顧客
- ◇ Aromatherapy for Specific Conditions 不同病況的治療方法
- ◇ Aromatherapy for Special Client Groups 不同顧客群的香薰治療
- ◇ Clinical Contraindications 臨床禁忌
- ◇ Psychological Aromatherapy 香薰治療心理學
- ◇ Therapeutic Massage 具有療效的香薰按摩手法
- ◇ The Benefits of Massage and techniques 按摩的好處及技巧
- ◇ Aromatherapy Full body and face massage 香薰全身按摩及面部按摩學習
- ◇ The living anatomy of each body surface area 解剖學和身體
- ◇ Contraindications 按摩禁忌
- ◇ Client assessment 顧客評估
- ◇ Foot Reflex Massage 腳底反射按摩研習
- ◇ Neck and Shoulder Massage 肩頸按摩
- ◇ Lymphatic massage 淋巴引流按摩

### Learning Hours 學習時數：

60-lecture hours

Fee 學費：HK\$18,000

Examination Fee 考試費：HK\$800

### Award 獲發證書：

Participants will receive a "Certificate in Aromatherapy Clinical Massage" issued by Fleur International College of Professional Aromatherapy upon meeting the minimum attendance of 80% and passing the module's practical examination. 出席率達 80% 以上，並於 Part 2 考試取得成績合格之學員除獲英國 Fleur 香薰治療學院頒發【香薰臨床按摩應用】證書。

## Anatomy and Physiology 解剖及生理學 (Course Code: PDAG-45582)

### Course Description 課程介紹

This module is designed to provide the adequate knowledge for the professions to understand the amazing human body and its functions. The functions and characteristics of different systems would be highlighted, including the musculoskeletal system, respiratory system, cardiovascular system, lymphatic system, urinary system, digestive system, immune system, endocrine system, nervous system and reproductive system. This course also provides a foundation in the understanding the common illness and pain so as to provide health advices.

此課程讓學員了解人體結構及其功能。課程內容分為：肌肉及骨骼系統、呼吸系統、心臟循環系統、淋巴系統、泌尿系統、消化系統、免疫系統、內分泌系統、神經系統及生殖系統等。課程亦教授一般疾病及痛楚，讓治療師可以給予顧客健康上的指引。

### Learning Hours 學習時數：

50 lecture hours 50 小時

Fee 學費：HK\$7,000

Examination Fee 考試費：HK\$200

### Course Content 課程內容

- ◇ How the human body works 人類身體的運作
- ◇ Normal physiology of the human body 人類生理學
- ◇ Cells to systems 細胞及結締組織
- ◇ The roles and functions of each systems in our body 不同系統在身體上之角色及功能
- ◇ The sign and symptoms of common illness and pain syndrome 一般疾病及痛症的病癥
- ◇ How the human body responds to stress 人體對壓力的反應
- ◇ Musculoskeletal system 肌肉及骨骼組織
- ◇ The respiratory system 呼吸系統
- ◇ The cardiovascular system 心循環系統
- ◇ The lymphatic system 淋巴系統
- ◇ The urinary system 泌尿系統
- ◇ The digestive system 消化系統
- ◇ The immune system 免疫系統
- ◇ The endocrine system 內分泌系統
- ◇ The nervous system 神經系統
- ◇ The reproductive system 生殖系統

### Award 獲發證書：

Participants will receive a "Certificate in Anatomy and Physiology" issued by Fleur International College of Professional Aromatherapy upon meeting the minimum attendance of 80% and passing the module's theory examination. 出席率達 80% 以上，並於考試取得合格之學員可獲英國 Fleur 香薰治療學院發出【解剖及生理學】證書。

## Application for Exemption: Anatomy and Physiology 申請豁免就讀解剖生理學課程

Practicing nurses or students who have obtained a recognized qualification in Anatomy & Physiology such as bachelor degree, which has already covered the subject of "Anatomy & Physiology", can apply for the exemption of this subject. To apply for exemptions, copies of certificates attained should be attached to the Application and Exemption Form. Applications submitted after the training course (Part 1) has commenced will not be accepted.

在職護士或曾修讀認可『解剖生理學』課程（如：有關學位）學員可申請豁免修讀『解剖生理』科目。豁免申請必須於開課前遞交，開課後之申請皆不會接受辦理。欲申請豁免，學員需於報名時連同有關證書副本一同遞交。

**Exemption Fee (Non-refundable) 申請豁免行政費用 (不獲退還):** HK\$500

## Upgrade to the International Federation of Professional Aromatherapists - IFPA 加入國際專業香薰治療師聯會 (IFPA) 的一份子

If you already hold an Aromatherapy qualification by a recognised body such as IFA, NAHA, or hold or working towards a recognised qualification in aromatherapy, you can now upgrade to the UK's most recognised aromatherapy organisation the International Federation of Professional Aromatherapist (IFPA).

如果你已經擁有一個香薰治療文憑的認可資格，例如 NAHA, IFA, 或從事有關香薰治療的工作，你可將你現有的資歷提升至成為英國認可 國際專業香薰治療師聯會 (IFPA) 的會員。

**Course fee 費用:** HK\$27,800

**Total Examination fee 總考試費:** HK\$1,800

- ◇ Part 1 Clinical and Essential Oil Science 第一部份 香薰油科學與臨床應用 : HK\$800
- ◇ Part 2 Aromatherapy in Clinical Massage 第二部份 香薰臨床治療及按摩 : HK\$800
- ◇ Anatomy and Physiology 解剖生理學 : HK\$200

- 50% deposit is required at time of enrolment 報名當天繳交課程一半費用 (HK\$13,900)
- 50% balance is payable one month after the course commencement date 餘下之另一半費用在課程開始一個月後第一天繳交 (HK\$13,900)

**Award 獲發證書:**

Participants will receive a "Professional Diploma in Aromatherapy & Bodywork" issued by Fleur International College of Professional Aromatherapy upon meeting the minimum attendance of 60% and passing the module's theory and practical examinations.

參與此部份學員其出席率需達 60% 或以上，經考試合格後獲發『FLEUR 國際專業香薰治療師文憑』。

## Application Procedures 申請手續:

To apply for the upgrade, copies of certificates attained should be attached to the Application Form. Applications submitted after the training course (Part 1) has commenced will not be accepted.

學員如欲申請，請於開課前連同有關證書副本及課程報名表一同遞交。開課後之申請皆不會接受辦理。



## Professional Short Courses in Aromatherapy 專業香薰短期課程 ( Programme Code : GPCA-A5014 )

### Who should attend the course 適合那類人士修讀？

The series of short courses in Aromatherapy are open for those who have an interest in aromatherapy and would like to know more. They are all good foundation courses that would interest the enthusiast who believes and would like to know more of the healing qualities and safe use of essential oils. They are also excellent courses for those who work in the professional trade to gain experience. This series of short courses is designed to develop your knowledge allowing you to provide a more individual assistance to your customers.

【專業香薰短期課程】特為對香薰有興趣人士而設。不論你對香薰是完全陌生，還是想增加更多有關方面的專業知識，此系列短期課程均可滿足你的需求，助你提升香薰治療專業知識，增進顧客服務質素。

### Award 獲發證書

A Record of Attendance will be issued by the Hong Kong Management Association upon meeting the minimum attendance of 80% for each course.

學員出席率達 80% 或以上可獲香港管理專業協會頒發相關課程之 [ 出席證明 ]。

## Introductory Aromatherapy 香薰治療基礎理論 (Course Code: GPCA-45830)

### 課程介紹

課程旨在教授香薰基本知識，透過學習與實踐，了解十種常用的香薰油基本使用。課程亦注重香薰之實用性，教授學員把香薰應用於日常生活中，以及如何配合香薰治療都市人身心上的各種問題。

- 香薰歷史
- 香薰油製造過程
- 香薰油使用方法及禁忌
- 如何分辨香薰油品質
- 如何儲存香薰油
- 花水及植物底油之使用及特性
- 混合香薰油之技巧

教學語言：課程以廣東話教授，輔以中文筆記

學習時數：5 (2.5 小時 x 2 堂) 費用：HK\$1100

## Neck and Shoulder Massage Workshop 肩頸按摩工作坊 (Course Code: GPCA-45832)

### 課程介紹

課程旨在教授學員一套肩頸按摩手法，講解肩頸痛症之主因及該部份之肌肉結構，並配合適當的香薰油使用，加強療效。透過按摩，可舒緩肩頸肌肉疲勞緊張，增加肌肉張緊力，有效地矯正肩部關節及骨骼的問題，減輕痛症，提高工作效率。課程對飽受肩頸肌肉疼痛、頭痛等問題的都市人有極大的幫助，亦有助學員幫助其家人及朋友消除肩頸肌肉痛症。

教學語言：課程以廣東話教授，輔以中文筆記

學習時數：2.5 (1 堂)

費用：HK\$550

## Lymph Facial Massage 面部淋巴引流按摩課程 (Course Code: GPCA-45875)

### 課程介紹

現今造成肌膚問題的原因很多，尤其以斑點、水腫、膚色暗黃等均是美容大敵。此等問題發生，很多時候均由於面部淋巴不暢通所致。本課程教導學員如何調配適合自己膚質的面部香薰按摩油，及一套利用經絡穴點的面部淋巴引流按摩手法，達致瘦臉、亮膚及提升面部輪廓之效果。女士們欲讓歲月停下腳步，可由自己動手按摩開始。

教學語言：課程以廣東話教授，輔以中文筆記

學習時數：2.5 (1 堂)

費用：HK\$550



## Aromatic Full Body Massage 香薰全身按摩基礎證書課程 (Course Code: GPCA-45914)

### 課程介紹

課程旨在教授學員認識何謂按摩，簡介按摩的效益、禁忌及技巧等。學習調配不同的按摩油加上正確的手法及技巧，可以有效地施行一套約一小時的全身按摩，達至減輕壓力，紓緩疲勞，消除痛症等效果，課堂中會以兩人為一小組進行按摩實習，學員成功完成課程後獲發『Fleur 香薰全身按摩基礎』證書。

**教學語言：**課程以廣東話教授，輔以中文筆記

**學習時數：**12 (3 小時 x 4 堂)

**費用：**HK\$2800

## Aromatherapy Products DIY for Natural Skincare 香薰護膚品 DIY 證書課程

### 課程介紹

課程旨在教授學員如何使用香薰油及其他原材料製作護膚用品。讓學員只需付出少許金錢便可以做出適合自己，無添加防腐劑及化學品，卻達顯著效果的護膚品。課程由淺入深分為三個不同階段，介紹各種不同原料應用及與香薰油之配合，理論實習兼備。DIY 的護膚品，可以根據不同年齡，性別，膚質，以及季節相應改變。導師亦教授多種不同配方，以應付學員不同膚質的需要。

學員將以實習形式上課，每堂可取走該堂所造之試用裝。學員成功完成全部三個階級獲發『Fleur 香薰護膚品基礎理論』證書。

**教學語言：**課程以廣東話教授，輔以中文筆記

初階班 (Essential Level) (Course Code: GPCA-45836):

- 深層清潔果香卸妝油
- 去痘茶樹潔面 喱
- 燕麥檀香去角質磨砂檸檬淨白面膜
- 清新果香檸檬收斂水
- 天然護膚泥天竺葵深層潔淨面膜
- 西柚毛孔收斂化妝水
- Luxury 透明質酸玫瑰保濕鎖水精華液
- 維他命 C 保濕美白面膜
- 甘菊眼部抗皺緊緻啫喱

進階班 (Advanced Level) (Course Code: GPCA-45837):

- 溫和西柚潔面慕司
- 山金車黑眼圏淡化按摩霜
- 玫瑰保濕抗皺面霜
- 皇室精露抗皺去斑美容油
- 甜橙身體潤膚乳液
- 薰衣草護理潤手霜
- 香薰蜜柑薄荷潤唇膏
- 收身絲柏杜松果排水浴鹽
- 萬用紫草茶樹香薰膏

深造班 (Professional Level) (Course Code: GPCA-45838):

- 潤澤黑糖身體磨砂
- 乳木果佛手柑潤膚霜 (Body butter)
- 高效美白防曬乳
- 香薰馬可蘭按摩潤膚芭
- 牛油果青檸沐浴油
- 保濕滋潤洗面乳
- 玫瑰果熊果素草本美白抗斑晚霜
- 薰衣草頭髮柔順修護噴霧
- 免沖水護髮乳
- 伊蘭潤澤護髮油
- 玫瑰草固體香膏 (Solid perfume)

**各級學習時數：**5 (2.5 小時 x 2 堂)

**各級費用：**HK\$1700

## Training Venue 上課地點

Classes are normally scheduled at the following venues 課程一般被安排於下列地點上課：

- Venue F: W Haking Management Development Centre, 14/F, Fairmont House, 8 Cotton Tree Drive, Central, Hong Kong  
香港管理專業協會黃克競管理發展中心 中環紅綿路八號東昌大廈十四樓 (金鐘地鐵站 近力寶中心)
- Venue SS: HKMA Management Development Centre, 3F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, KOWLOON (East Tsim Sha Tsui MTR Station exit P2)  
香港管理專業協會管理發展中心 九龍尖沙咀麼地道 75 號南洋中心第二座 3 樓 (尖東站 P2 出口)
- Venue NL: FLEUR International College of Professional Aromatherapy (HK)  
Room 701, 7/F, Hon Kwok Jordan Centre, No.7 Hillwood Road, Kowloon (Jordan MTR Station exit D)  
九龍尖沙咀山林道 7 號 漢國佐敦中心 7 樓 701 室 (港鐵佐敦站 D 出口)

## Withdrawal and Refund 學費退還

No refund will be made after payment, but participants can arrange to have their places substituted should they be unable to attend the programme by notifying the Association at least 2 days prior to programme commencement.  
一經繳費，所有款項概不退還。不過，倘申請者未能出席課堂，可於開課前最少兩天通知本會，安排替代其學額。

## Application Procedures 報名手續

Registration must be made on the Enrolment Form provided and returned to the Association before the programme commencement date (Not less than 5 days) with related fee.

須用指定報名表格註冊，並於開課前（不少於五天）連同有關之學費交予本會。

Applicants will be notified by telephone to confirm receipt of the application form and programme fee. An official receipt will be sent to you within two weeks.

申請人會獲電話通知，確認收妥申請表格及課程學費。本會將於兩星期內發出正式收據。

For application, please fill in the Enrolment Form, together with a crossed cheque payable to The Hong Kong Management Association should be returned to: Executive Director, The Hong Kong Management Association, 16/F, Tower B, Southmark, 11 Yip Hing Street, Wong Chuk Hang, Hong Kong.

請填妥報名表格，連同劃線支票（以「香港管理專業協會」名義抬頭）寄回：香港管理專業協會 香港黃竹坑業興街 11 號南匯廣場 B 座 16 樓 總裁 啟

## Enquiries 課程查詢

General Enquiry & Enrolment 報名／一般查詢 : 2774 8500 / 2774 8501  
Course Website 課程網址 : [www.hkma.org.hk/pd/pdag](http://www.hkma.org.hk/pd/pdag)  
For course details 課程詳情 : Ms Winnie Sit: 2774 8573  
Email 電郵 : [tsw@hkma.org.hk](mailto:tsw@hkma.org.hk)  
Fax 傳真 : 2365 1000



