

Lesson Plan: The Art & Science of Aromatherapy Skincare

Subject: Health & Wellness, Applied Science

Grade Level: 6-12 (Adaptable for adults)

Time Allotment: 60-90 minutes

1. Learning Objectives

By the end of this lesson, the learner will be able to:

- Identify the properties and skincare benefits of at least three common essential oils.
 - Explain the critical safety rules for using essential oils on skin, including dilution and patch testing.
 - Formulate and create a personalized aromatherapy skincare product using proper dilution techniques.
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2. Materials & Preparation

Essential Materials:

- **Carrier Oil:** 1/2 cup (e.g., Jojoba, Sweet Almond, Fractionated Coconut Oil, or even Olive Oil from the pantry)
- **Essential Oils (choose 3-5):**
 - **Lavender:** Calming, good for all skin types, soothing for irritation.
 - **Tea Tree:** Cleansing, clarifying, great for oily or blemish-prone skin.
 - **Frankincense:** Rejuvenating, good for mature or scarred skin.
 - **Geranium:** Balancing, good for combination or oily skin.
 - **Chamomile (Roman or German):** Ultra-soothing, excellent for sensitive or dry skin.
- **Small Glass Bottles or Jars:** 1 oz (30 ml) or 2 oz (60 ml) size is ideal. A small, clean jam jar or glass food container can work. Dropper bottles are a plus.
- **Measuring Spoons** (Teaspoon, Tablespoon)
- **Notebook and Pen/Pencil**
- **Labels or Masking Tape and a Permanent Marker**
- **Handout:** "Essential Oil Quick Reference & Safety Chart" (Create a simple chart with columns for Oil Name, Skin Benefit, and Best For Skin Type).

Optional Materials for Extension Activity:

- Raw Shea Butter or Cocoa Butter
 - Small microwave-safe bowl and spoon for melting
 - Electric hand mixer (for whipped body butter)
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3. Lesson Procedure

Part I: Introduction (10 minutes)

Hook & Engagement:

Start with a question: "Have you ever walked past a flower garden and felt instantly happier or calmer just from the scent? That's the power of aromatherapy! Today, we're going to be like scientists and artists, capturing those amazing plant essences to create a custom skincare product that's perfect for you."

State Objectives:

"Our mission today is threefold: First, we'll become experts on a few powerful essential oils and what they do for our skin. Second, we'll learn the number one rule of using them safely. And third, you will get to create your very own, personalized aromatherapy facial or body oil."

Part II: Body of the Lesson (30-45 minutes)

Activity 1: What Are We Working With? (I Do - Direct Instruction, 10 mins)

1. Introduce the Key Players:

- **Essential Oils (The "Actives"):** "These are highly concentrated plant extracts. A little goes a very long way! Think of them as the 'superpower' in our formula. For example, Lavender is a superhero for calming angry skin." Briefly introduce the properties of the 3-5 oils you have available, referencing the handout.
- **Carrier Oils (The "Base"):** "Essential oils are too strong to go directly on our skin. They need a 'carrier' to deliver them safely. That's the job of our Carrier Oil, like Jojoba or Almond oil. It dilutes the essential oil and has its own moisturizing benefits."

2. Teach the Golden Rule: SAFETY FIRST.

- **Dilution is Non-Negotiable:** "We never, ever put undiluted essential oils directly on our skin, especially on the face. It can cause irritation and sensitivity."
- **The Safe Dilution Rate:** "For the face, we use a 1% dilution. That sounds complicated, but it's easy. It means for every tablespoon of carrier oil, we only add 2-3 drops of essential oil. That's it!"
- **The Patch Test:** "Before you use your new creation all over, always do a patch test. Put a tiny dab on your inner arm and wait 24 hours to make sure your skin loves it."

3. Formative Assessment (Quick Check):

Ask questions like, "What is the job of a carrier oil?" and "Why is it important to do a patch test?"

Activity 2: Designing Your Signature Blend (We Do - Guided Practice, 10-15 mins)

1. **Identify the Goal:** "Let's be skincare chemists. What is the goal for your product? Do you want something to calm redness? To help with oily spots? Or just a super-hydrating oil for dry skin?"
2. **Collaborative Formulation:** Using the "Essential Oil Quick Reference Chart," guide the learner in choosing oils.
 - **Educator:** "Okay, let's say our goal is a calming facial oil for sensitive skin. Looking at our

chart, which essential oil sounds like a good fit?"

- **Learner:** (Identifies Lavender or Chamomile).
- **Educator:** "Excellent choice! Why did you pick that one?" (Learner explains its calming properties).

3. **Calculate the Recipe:** Model the math for their specific bottle size.

- "We're making a 1 oz (or 30ml) facial oil. This is equal to 2 tablespoons of carrier oil."
- "Our 1% safety rule says about 2-3 drops of essential oil per tablespoon."
- "So, for our 2-tablespoon recipe, how many total drops of essential oil should we add?" (Answer: 4-6 drops).

4. **Learner's Turn:** Have the learner write down their final "recipe" in their notebook, listing the carrier oil and the specific essential oils and drop counts they will use.

Activity 3: The Aromatherapy Lab (You Do - Independent Practice, 10-20 mins)

Provide clear, step-by-step instructions for the hands-on creation process.

Success Criteria: "A successful product will be correctly measured and diluted, have a clear label, and you'll be able to explain exactly why you chose your ingredients."

1. **Step 1: Measure Your Base.** Carefully measure your chosen carrier oil and pour it into your clean, dry bottle or jar.
2. **Step 2: Add Your Actives.** Slowly and carefully add the exact number of essential oil drops from your recipe. Count each drop!
3. **Step 3: Mix It Up.** Secure the lid tightly. Gently roll the bottle between your hands for 30 seconds to mix everything together. (Shaking can create unnecessary air bubbles).
4. **Step 4: Label Your Creation.** On your label, write a creative name for your product, list all the ingredients (e.g., "Jojoba Oil, Lavender & Frankincense E.O."), and write today's date.

Part III: Conclusion & Assessment (10 minutes)

Share & Reflect:

Have the learner present their finished product. Ask them to share:

- The name of their product.
- What ingredients they chose and why.
- What the purpose of their product is (e.g., "This is my 'Zen Face Serum' to help calm my skin before bed.")

Recap Key Learnings:

Ask the learner to summarize the most important takeaways. "What are the two most important safety rules we learned today?" (Dilution and Patch Testing). "What is the difference between a carrier oil and an essential oil?"

Summative Assessment:

The final product and the learner's explanation serve as the assessment. Evaluate based on:

1. Did the learner correctly calculate the dilution rate? (Objective 3)
2. Can the learner explain why they chose their specific oils based on their properties? (Objective 1)

3. Can the learner articulate the key safety precautions discussed in the lesson? (Objective 2)

4. Differentiation & Extension

- **For Younger or Struggling Learners (Scaffolding):**
 - Provide pre-made "recipes" to choose from instead of having them formulate from scratch.
 - Pre-measure the carrier oil for them.
 - Limit the choice of essential oils to two to avoid overwhelm.
- **For Older or Advanced Learners (Extension):**
 - **Create a Whipped Body Butter:** Have them gently melt 1/4 cup of shea butter with 2 tablespoons of carrier oil. Let it cool until semi-solid, then whip with an electric mixer until fluffy before adding essential oils (use a 2% dilution for the body - about 10-12 drops per ounce).
 - **Research Project:** Assign the learner to research a new essential oil not covered in the lesson. They must present its skincare benefits, safety data, and a product recipe using it.
 - **Scent Blending:** Introduce the concept of top, middle, and base notes in perfumery and challenge them to create a blend that is not only effective but also smells complex and balanced.