

DISCIPLINE SHEET
PERFUMES AND AROMATHERAPY
ACADEMIC YEAR
2025-2026

1. STUDY PROGRAM INFORMATION

1.1. Higher education institution	UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA		
1.2. Faculty	PHARMACY		
1.3. Department	PHARMACY I		
1.4. Field of study	HEALTH		
1.5. Study cycle	LICENSE		
1.6. Study program/Qualification	MEDICAL COSMETICS AND COSMETIC PRODUCT TECHNOLOGY/Bachelor of Cosmetology		

2. INFORMATION ABOUT THE DISCIPLINE

2.1. Name of the discipline	PERFUMES AND AROMATHERAPY			
2.2. Discipline code	CM2206			
2.3. The holder of course activities	Cornelia BEJENARU			
2.4. Academic degree – course activities	Associate Professor, PhD			
2.5. Employment (base norm/associate)	Base norm			
2.6. The holder of seminar activities	Antonia BLENDEA			
2.7. Academic degree – seminar activities	Lecturer, PhD			
2.8. Employment (base norm/associate)	Base norm			
2.9. Year of study	II	2.10. Semester	IV	2.11. Type of discipline (content)
				DS
				2.12. Student attendance policy
				DOB

3. TOTAL ESTIMATED TIME

3.1. Number of credits						2
3.2. Number of hours per week	course	1	seminar/practical work	1	total	2
3.3. Total hours in the curriculum	course	14	seminar/practical work	14	total	28
3.4. Examinations						2
3.5. Total hours of individual study						30
3.5.1. Study using textbooks, course materials, bibliographies, and notes						12
3.5.2. Additional documentation in the library, on specialized electronic platforms, and in the field						10
3.5.3. Preparation of seminars/practical works, assignments, reports, portfolios, and essays						6
3.5.4. Tutoring						–
3.5.5. Other activities (consultations)						2
3.6. Total hours per semester (1 credit = 30 hours)						60

4. PREREQUISITES

4.1. Curriculum	Students must have knowledge of botany, physiology, and chemistry.
4.2. Competences	–

5. CONDITIONS

5.1. For conducting the course	Classroom with audio/video equipment.
5.2. For conducting the seminary/practical work	Practical work room/online environment.

6. SPECIFIC COMPETENCES ACQUIRED

PROFESSIONAL COMPETENCES	PC1. Knowledge of the structure and method of developing a perfume, the odorous raw materials used to obtain perfumes, knowledge of the aromas included as ingredients of cosmetic products and their safety when administered.
	PC2. Knowledge of the concept of aromatherapy, aromatherapy techniques, biological characteristics of volatile oils used in aromatherapy, applicability in cosmetics (cosmetic aromatherapy).
	PC3. Consultancy and expertise in the field of perfumery and aromatherapy.
	PC4. Ability to synthesize and apply the scientific knowledge acquired in order to carry out a competent activity in the profile units.

TRANSVERSAL COMPETENCES	<p>TC1. Autonomy and responsibility:</p> <ul style="list-style-type: none"> • the acquisition of moral marks, the formation of professional and civic attitudes, allowing students to be correct, honest, non-conflict, cooperative, available to help people, interested in community development; • to know and apply the ethical principles related to specifics of professional qualification; • to recognize a problem when it comes out and to provide solutions responsible for solving it. <p>TC2. Social interaction:</p> <ul style="list-style-type: none"> • to have respect for diversity and multiculturalism; • to develop teamwork skills; • to communicate orally and in writing the requirements, the way of work, the results obtained; • to engage in volunteering, to know the essential issues of the community. <p>TC3. Personal and professional development:</p> <ul style="list-style-type: none"> • to have openness to lifelong learning; • to become aware of the need for individual study as a basis for personal autonomy and professional development; • to capitalize optimally and creatively their own potential in the collective activities; • to use the information and communication technology.
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7.1. DISCIPLINE OBJECTIVES

GENERAL OBJECTIVE OF THE DISCIPLINE

- Study of perfumery and aromatherapy as complementary ways of achieving/sustaining the attractiveness/efficiency of cosmetic products.

SPECIFIC OBJECTIVES

- Acquiring knowledge about the influence of smells on human physiology;
- Accumulating notions about the types of perfume odorant components and their methods of obtaining, mixing and using/including in cosmetic products;
- Accumulating knowledge about the use of essential oils in aromatherapy and understanding the biological effects of essential oils in aromatherapy and cosmetic aromatherapy and the safety of their use;
- Acquiring knowledge about the appreciation of the quality of perfumes and essential oils in aromatherapy.

7.2. LEARNING OUTCOMES

KNOWLEDGE

- The student identifies, describes, explains and understands the principles of cosmetic care and treatments according to the needs of the beneficiary.

SKILLS

- The student distinguishes and categorizes care and dermatocosmetic products/procedures according to their particularities, role and destination.

RESPONSIBILITY AND AUTONOMY

- The student evaluates situations, identifies solutions, applies and monitors results.

8. CONTENTS

8.1. Course (content units)	No. of hours
1. Olfactory function and the influence of smell on human physiology.	1
2. Genealogy of perfumes – definition of perfume, history of perfume and perfumery, perfume architecture, olfactory pyramid, olfactory notes, olfactory families, perfume composition, types of perfumes.	1
3. Perfumery components and the process of creating a perfume – sources, production, classification, sensory characteristics, combination techniques, creation of odorous accords.	1
4. Applications of odorant components in cosmetics. IFRA (<i>International Fragrance Association</i>) and EU regulations on components fragrances in perfumery and cosmetic products (labeling, sensitizers, allergens).	1
5. Aromatherapy – concept, history, evolution, classification, techniques.	2
6. Essential oils – botanical sources, production, biological properties, adverse reactions, toxicity.	2
7. Important essential oils in aromatherapy and in cosmetic aromatherapy.	3
8. Methods of combining essential oils in aromatherapy. Aromatherapeutic formulations in cosmetics (skin care, antiaging, body care, hair products).	3
Total	14

REFERENCES

1. Anthis Christina, *The beginner's guide to essential oils: everything you need to know to get started*, Callisto Publishing, Toronto, Canada, 2019.
2. Ariel Stephanie, *Essential oil recipes for home and body care*, Fox Chapel Publishing, Mount Joy, PA, USA, 2023.
3. Bojor O., Popescu O., *Fitoterapie tradițională și modernă*, ediția a V-a revizuită și adăugită, Ed. Fiat Lux, București, 2009, 306–325.
4. Conti Fiorella, *Aromaterapia: beneficiile uleiurilor esențiale*, Ed. Prestige, București, 2016.

5. Farrer-Halls Gill, <i>Total despre aromaterapie. Mică enciclopedie</i> , Nemira & Co., Bucureşti, 2008.
6. Huard Danielle, <i>Uleiurile esențiale. Aromaterapie: ghid practic</i> , Ed. Paralela 45, Piteşti, 2009.
7. Istudor Viorica, <i>Farmacognozie. Fitochimie. Fitoterapie. Vol. II: Aetherolea, rezine, iridoide, principii amare, vitamine</i> , Ed. Medicală, Bucureşti, 2001, 1–40.
8. Whichello Brown Denise, <i>Aromaterapie: terapie prin uleiuri esențiale</i> , Ed. Niculescu, Bucureşti, 2010.
9. Worwood Valerie Ann, <i>The complete book of essential oils and aromatherapy, revised and expanded</i> , New World Library, Novato, California, USA, 2016.
10. Zielinski E., <i>The healing power of essential oils: soothe inflammation, boost mood, prevent autoimmunity, and feel great in every way</i> , Harmony/Rodale/Convergent Publishers–Penguin Random House, New York, USA, 2018.

8.2. Practical works (topics/themes)	No. of hours
1. Aromatherapy. Definition. Brief history. <i>Aetherolea</i> : extraction, storage, preservation.	1
2. <i>Aetherolea</i> : aromatogram, energetic activity (electrical referential), mechanisms of action, influence on physiological functions, chronobiology.	1
3. <i>Aetherolea</i> : methods of use, administration rules, toxicity, precautions, contraindications.	1
4. Aromatherapy according to skin types.	1
5. Aromatherapy for acne.	1
6. Anti-aging aromatherapy.	1
7. Aromatherapy in the periocular area.	1
8. Aromatherapy for rosacea.	1
9. Aromatherapy in cellulite.	1
10. Aromatherapy in the treatment of stretch marks.	1
11. Aromatherapy in body massage.	1
12. Aromatherapy for scalp and hair care.	1
13. Aromatherapy in skin infections.	1
14. Antistress aromatherapy.	1
Total	14

REFERENCES

1. Anthis Christina, *The beginner's guide to essential oils: everything you need to know to get started*, Callisto Publishing, Toronto, Canada, 2019.
2. Ariel Stephanie, *Essential oil recipes for home and body care*, Fox Chapel Publishing, Mount Joy, PA, USA, 2023.
3. Conti Fiorella, *Aromaterapie: beneficiile uleiurilor esențiale*, Ed. Prestige, Bucureşti, 2016.
4. Farrer-Halls Gill, *Total despre aromaterapie. Mică enciclopedie*, Nemira & Co., Bucureşti, 2008.
5. Gîrd Cerasela Elena, Duțu Ligia Elena, Popescu Maria Lidia, Pavel Mariana, Iordache Alina Titina, Tudor Ioana, *Bazele teoretice și practice ale analizei farmacognostice*, vol. I (2008), vol. II (2009), Ed. Curtea Veche, Bucureşti.
6. Huard Danielle, *Uleiurile esențiale. Aromaterapie: ghid practic*, Ed. Paralela 45, Piteşti, 2009.
7. Istudor Viorica, *Farmacognozie. Fitochimie. Fitoterapie. Vol. II: Aetherolea, rezine, iridoide, principii amare, vitamine*, Ed. Medicală, Bucureşti, 2001, 1–40.
8. Whichello Brown Denise, *Aromaterapie: terapie prin uleiuri esențiale*, Ed. Niculescu, Bucureşti, 2010.
9. Worwood Valerie Ann, *The complete book of essential oils and aromatherapy, revised and expanded*, New World Library, Novato, California, USA, 2016.
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9. CORROBORATING THE DISCIPLINE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES RELATING TO THIS PROGRAM

The content of the course syllabus is the result of an evaluation process based on information from students and employers. The knowledge acquired through participation in the classes/practical work will allow the graduate to carry out his professional activity both in dermatocosmetic clinics and in the cosmetics industry.

10. METHODOLOGICAL GUIDELINES

Types of activity	Teaching/learning techniques, materials, resources: lectures, interactive courses, group work, problem-based/project-based learning, etc. Learning, teaching, research, and practical application activities within the discipline are conducted in a blended format.
Course	The following methods are used in combination: lectures, debates, problem-solving.
Practical works	The following methods are used in combination: practical applications, case studies, projects.
Individual study	Before each course and each practical assignment.

11. EVALUATION

Type of activity	Evaluation forms	Evaluation methods	Weight of final grade
Lecture	Formative assessment through tests during the semester Summative assessment during the exam	Oral exam. Grades are given on a scale of 1–10. The minimum passing grade is 5.	60%
Practical work	Formative assessment through tests during the semester Summative assessment in the last week of the semester	Oral exam. Grades are given on a scale of 1–10. The minimum passing grade is 5.	20%
Assessment of stage knowledge	Tests during the semester	Test (written). Grades are given on a scale of 1–10. The minimum passing grade is 5.	10%
Individual performance evaluation	Formative assessment through essays, projects, worksheets, applied discussion	Applied discussion	10%
Minimum performance standard			
Appeals	According to the Student Examination Methodology.		

12. RECOVERY PROGRAM AND CONSULTATIONS

Absence recovery	No. absences that can recover	Place of deployment	Period	In charge	Scheduling of topics
	3	Official Discipline location	Weekly	All teaching staff	According to the course schedule
Consultation schedule	No. of hours	Place of deployment	Period	In charge	Scheduling of topics
	2 hours/week	Headquarters of the Discipline	Weekly	Course instructors	Theme of the week

Date of approval: 26th September 2025

Dean,
Prof. univ. dr. Octavian Croitoru

Department Director,
Conf. univ. dr. Cornelia Bejenaru

Discipline Holder,
Conf. univ. dr. Cornelia Bejenaru