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**UNIVERSITI TUN HUSSEIN ONN MALAYSIA**

**FINAL EXAMINATION  
SEMESTER I  
SESSION 2015/2016**

COURSE NAME : AROMATHERAPY  
COURSE CODE : DAU 23102  
PROGRAMME : 2 DAU  
EXAMINATION DATE : DECEMBER 2015/JANUARY 2016  
DURATION : 2 HOURS AND 30 MINUTES  
INSTRUCTION : ANSWER **FOUR (4)** QUESTIONS ONLY

THIS QUESTION PAPER CONSISTS OF **THREE (3)** PAGES

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- Q1** (a) Explain the term essentials oil with suitable examples. (2 marks)
- (b) Discuss **five (5)** characteristics of essential oils when they get into the body. (10 marks)
- (c) List **three (3)** ways of essential oils enter to the body systems. Explain your answer. (6 marks)
- (d) Give **three (3)** factors that increase the rate of skin absorption of essential oils. (3 marks)
- (e) Describe herbs and spices with suitable example. (4 marks)
- Q2** (a) Discuss **five (5)** methods used in the production of essential oils. (15 marks)
- (b) Describe the following:
- (i) Resinoids. (3 marks)
- (ii) Concretes. (3 marks)
- (iii) Absolutes. (4 marks)
- Q3** (a) (i) Give **five (5)** methods of adulterating essential oils. Explain your answer. (10 marks)
- (ii) List **five (5)** factors that affect the quality of essential oils. (5 marks)
- (b) Classify the quantifiable analysis that allow users to determine the quality of essential oils. (5 marks)
- (c) A true essential oil is extracted from plant by its nature. The extraction process may be long and difficult. This has led to a mass market of adulterated essential oils. Explain the process of adulteration. (5 marks)

- Q4** (a) An infection of the bronchial tubes that leads to the lungs show the symptoms like chesty cough, high temperature and chest pain. Identify the possible causes of these symptoms and recommend the suitable essential oils to be used. (10 marks)
- (b) Explain the nervous systems. (5 marks)
- (c) Give **two (2)** recipes in the production of essential oil used to treat anxiety and stress. (10 marks)
- Q5** (a) Define thalassotherapy. (5 marks)
- (b) Discuss about hydrotherapy. (5 marks)
- (c) List the advantages and disadvantages of taking a bubble bath. (5 marks)
- (d) In your own words, discuss the art of bathing. (10 marks)
- Q6** (a) The majority of essential oils produced are used in food flavouring agents, perfume materials and also in pharmaceutical industry. List **five (5)** ways in which essential oils can be used in daily grooming by adding benefit of the therapeutic properties. (5 marks)
- (b) Choose **two (2)** of these listed essential oil. In your own words, elaborate the profile of the essential oil with their therapeutic benefits.
- (i) Lemongrass (2 marks)
- (ii) Chamomile (2 marks)
- (iii) Cinnamon (2 marks)
- (iv) Ginger (2 marks)
- (v) Lavender (2 marks)
- (c) **“Contraindication in Essential Oils”**. Explain this statement in your own words. (10 marks)

- END OF QUESTION -