

Aromatherapy Practice Test Questions and Answers

1. What is a hydrosol in aromatherapy?

- A) The water-based byproduct of steam distillation, containing water-soluble plant compounds and trace essential oil
- B) A type of essential oil blend
- C) An alcohol-based tincture
- D) A synthetic room spray

2. What are essential oils chemically?

- A) Volatile aromatic compounds extracted from plants, composed primarily of terpenes, esters, aldehydes, and phenols
- B) Synthetic fragrances made in laboratories
- C) Oils pressed from seeds like olive oil
- D) Water-based solutions of plant material

3. What is essential oil sensitization?

- A) An immune system reaction causing increasing allergic responses to an oil with repeated exposure
- B) Getting used to a scent over time
- C) Becoming more sensitive to all smells
- D) A temporary skin redness that goes away

4. How does inhalation aromatherapy work?

- A) Volatile molecules stimulate olfactory receptors, sending signals to the limbic system which influences emotions and physiological responses
- B) Essential oils enter through the ears
- C) The oils must be swallowed to work
- D) Aromatherapy only works through skin absorption

Answers: 1-A 2-A 3-A 4-A

For More Aromatherapy Questions and Answers FREE, Aromatherapy Online Prep Training, Aromatherapy Exam, Aromatherapy Study Guide, Aromatherapy Flashcards, Aromatherapy Quizzes visit:

Aromatherapy Practice Test