



AIA Journal – Case Study Guidelines

Individual case studies provide anecdotal information on essential oil efficacy and may help to inform and influence other aromatherapists' practices. Your written report should contain the following:

- The author's credentials
- Relevant client information (**Note: You must obtain written permission from the client to publish the case study**):
 - Age
 - Primary concern
 - Relevant health history and medications/supplements
- Objective of intervention
- Essential oils/CO2 extracts/carrier oils/herbs/hydrosols used and why
- Formulation/dosage
- Application method/by whom/how often
- How outcome is measured (i.e. photographs, interview, professional scale)
- Client response
- Evaluation – what did you learn, what further study is needed to determine efficacy, etc.

This is an abbreviated Case Study Outline, to view the full AIA Case Study Guidelines, click [here](#).

By submitting your article for publication, you acknowledge that any images or video, data, or written material that is not your own is cited and that you have obtained permission for its use. The author indemnifies and agrees to hold the Alliance of International Aromatherapists (AIA) and its officers harmless from and against any liability, damage, costs and expenses (including reasonable legal fees) arising from or in connection with any breach of copyright. This indemnity will survive termination of this agreement.

Photographs

You must obtain the client's written consent to publish

If your photos are from an outside source, you must obtain permission to use and identify the photographer.

Please submit your case study for review to the Editor to:

journal.editor@alliance-aromatherapists.org and put "Case Study" in the subject line.