



IFBW · INTEGRATIVE FUNCTIONAL BOTANICAL WELLNESS · FOUNDATION

Welcome to Plant Aromatic Application — Foundation

Foundation · No prior experience needed

STARTS

24 January 2027

17 weeks · online

FORMAT

Online · Bilingual

English and Chinese

PRICE

¥3,599

Standalone course · also sold
inside the IFBW packages

You are in the right place

Plant Aromatic Application (Foundation) is your first professional step. Designed for beginners with no prerequisite experience, it combines plant aromatics, functional nutrition and the wisdom of traditional Chinese medicine into a safe, complete and practical professional foundation.

"Nature itself is the best physician."

Hippocrates

NO EXPERIENCE NEEDED

Designed for beginners with no prerequisite experience. Learn a safe, complete and practical foundation combining plant aromatics, functional nutrition and traditional Chinese wellness.

What you will study

Every tier of Plant Aromatic Application is taught under the same four modules, so what changes between them is depth, not subject: botanical aromatics, core knowledge, fragrance aesthetics and applied practice.

CHAPTER **Historical Evolution of Aromatic Plant Applications**

1

Where aromatic practice comes from, East and West, and where it stands today.

CHAPTER **The Three Elements: Vegetable Oils, Hydrosols & Essential Oils**

2

The three aromatic essentials, and what each one actually does.

CHAPTER **Essential Oil Quality & Environmental Ecology**

3

How quality is judged, and the ecology behind the bottle.

CHAPTER **Three Approaches to Understanding Essential Oils**

4

Plant parts, plant families and chemical composition — three ways to read an oil.

CHAPTER **Modern Plant Aromatic Applications**

5

Hands-on with 12 essential oils, 3 vegetable oils and 2 hydrosols.

CHAPTER **Plants & Life — From Chinese & Western Aromatic Herbs to Nutrition**

6

Connecting aroma and nutrition, across both herbal traditions.

CHAPTER **Fragrance Aesthetics & Perfume Creation**

7

Awakening the sense of smell: aroma identification, blending and creation.

Your place in the Botanical Wellness path

FOUNDATION · YOU

Begin

INTERMEDIATE

Build

ADVANCED

Practise

Foundation, Intermediate and Advanced are one path: Foundation needs no prior experience, Intermediate builds the knowledge base, and Advanced turns that knowledge into professional practice.

The full week-by-week outline is published before the course begins.

Your teaching team

Dr Anthony Ng

Lead Instructor, Phase 3 · Hong Kong

Ms Stephanie Chin

Instructor · Melbourne

Ms Lina Lee

Instructor · Melbourne

Mr Stanley Ho

Instructor · Melbourne

Mr Andy Cheung

Instructor · Hong Kong

Full profiles at anwa.org/instructors

Where Foundation takes you

- Work confidently with the three aromatic essentials — vegetable oils, hydrosols and essential oils — and say what each is for.
- Judge an essential oil's quality by plant part, plant family and chemistry rather than by its label.
- Blend and create with 12 essential oils, 3 vegetable oils and 2 hydrosols you handle yourself.
- Qualify for the IFBW Foundation Certification, which adds FNWM Phases 1 and 2 and a second co-issued certificate.

A certificate you can stand behind

Verifiable

Every ANWA certificate carries a code anyone can check at anwa.org/verify.

5,000+ students

Taught by ANWA since 2012, across Australia, China, Hong Kong, Taiwan, Malaysia and Singapore.

Academic partners

Genovasi University College ·
Raffles University · Mantissa College

Dates and how to enrol

- **24 January 2027** — Foundation begins. 17 weeks, online.
- **Now** — Enrolment is open.

This course can be taken on its own, or as part of an IFBW certification package — the package route adds the FNWM phases and a second, co-issued certificate.

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17 weeks · online

Enrol: www.anwa.org/enrol · www.anwa-cn.com/enrol

Questions: support@anwa.org

Australia Nutrition & Wellness Association · anwa.org