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38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Aromatherapy Registration Council (ARC)

ARCRA

Registration Examination in Aromatherapy

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Aromatherapy Registration Council (ARC) **ARCRA**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **ARCRA**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

An essential oil is analyzed and found to be dominated by esters, with linalyl acetate being the largest single component. Which of the following essential oils is most consistent with this chemical profile?

- ☒ **A** Lavender (*Lavandula angustifolia*)
- ☐ **B** Tea tree (*Melaleuca alternifolia*)
- ☐ **C** Eucalyptus (*Eucalyptus radiata*)
- ☐ **D** Peppermint (*Mentha x piperita*)

ANSWER A

WHY Lavender essential oil is characteristically rich in esters, with linalyl acetate and linalool typically being the dominant constituents. Tea tree is dominated by terpinen-4-ol (a monoterpene), eucalyptus by 1,8-cineole (an oxide), and peppermint by menthol (a monoterpene) and menthone (a ketone).

QUESTION 2

SINGLE CHOICE

Which of the following essential oils is well known for being phototoxic due to its furanocoumarin content, requiring clients to avoid ultraviolet exposure for at least 12 to 24 hours after topical application?

- ☒ **A** Bergamot (*Citrus bergamia*) expressed
- ☐ **B** Lemon (*Citrus limon*) distilled
- ☐ **C** Mandarin (*Citrus reticulata*)
- ☐ **D** Sweet orange (*Citrus sinensis*)

ANSWER A

WHY Cold-pressed bergamot contains bergapten and other furanocoumarins that cause phototoxicity. Distilled lemon has reduced furanocoumarin content, and mandarin and sweet orange are not regarded as significantly phototoxic.

QUESTION 3

SINGLE CHOICE

Which extraction method uses a fat or oil to absorb the aromatic compounds from plant material and is typically employed for delicate flowers such as jasmine or rose?

- ☐ A Steam distillation
- ☐ B Cold pressing (expression)
- ☒ C Enfleurage
- ☐ D Solvent extraction

ANSWER C

WHY Enfleurage is a traditional method in which odorless, solidified fat absorbs the volatile aromatic compounds from delicate botanical material. Solvent extraction uses chemical solvents (not a fat); steam distillation uses heated water vapor; cold pressing is applied to citrus peels.

QUESTION 4

SINGLE CHOICE

Aromatherapy Registration Council practice guidelines typically recommend a conservative dermal dilution of approximately 0.5% to 1% for full body application on which population?

- ☐ A Healthy adult athletes
- ☒ B Pregnant clients in the second trimester
- ☐ C Young, healthy adults with no medical conditions
- ☐ D Adults receiving professional sports massage for muscle recovery only

ANSWER B

WHY Common conservative guideline recommendations suggest around 0.5% to 1% dilution for pregnant clients, in contrast to the usual 2% to 3% used for general adult full-body applications. Healthy adults typically tolerate higher dilutions without issue.

QUESTION 5

SINGLE CHOICE

A client is seeking an aromatherapy blend to support relaxation and reduce feelings of stress before a scheduled procedure. Which of the following essential oils is most traditionally associated with calming, sedative-type properties in aromatherapy literature?

- ☐ A Rosemary (*Rosmarinus officinalis*) ct. camphor
- ☒ B Lavender (*Lavandula angustifolia*)
- ☐ C Lemongrass (*Cymbopogon citratus*)
- ☐ D Black pepper (*Piper nigrum*)

ANSWER B

WHY Lavender is the most consistently cited essential oil for calming, relaxation and stress relief across aromatherapy literature. Rosemary ct. camphor is generally considered stimulating; lemongrass is often used for muscular discomfort; black pepper is warming and stimulating.

QUESTION 6

SINGLE CHOICE

Which method of essential oil application delivers the volatile aromatic compounds directly to the olfactory system and is commonly associated with the practice of aromatherapy as distinct from massage-based work?

- ☐ A Compress
- ☒ B Inhalation (diffuser or direct)
- ☐ C Diluted topical application
- ☐ D Bathing

ANSWER B

WHY Inhalation through diffusion or direct smelling is the defining route of aromatherapy, delivering volatile constituents to the olfactory system. The other options are routes of dermal or contact application rather than primary olfactory delivery.

QUESTION 7

SINGLE CHOICE

Salicylate-rich oils such as wintergreen (*Gaultheria procumbens*) and birch (*Betula lenta*) require caution primarily because of concern related to their:

- ☐ A High limonene content and oxidation
- ☒ B High methyl salicylate content and anticoagulant activity
- ☐ C Photosensitivity from furanocoumarins
- ☐ D Neurotoxicity from pinocarvyl acetate

ANSWER B

WHY Wintergreen and birch contain very high levels of methyl salicylate, a compound with aspirin-like action that raises concern regarding anticoagulant effects, drug interactions and toxicity in sensitive populations. Furanocoumarin photosensitivity is associated with expressed citrus oils.

QUESTION 8

SINGLE CHOICE

A client states during an intake that she is currently taking a prescription blood-thinning medication and asks whether she can use essential oils alongside it. According to standard aromatherapy practice guidelines, the most appropriate response is to:

- ☐ A Recommend she stop the medication so the essential oils can work without interaction
- ☐ B Advise her to increase her dose of oils rich in methyl salicylate
- ☒ C Refer her back to her prescribing healthcare provider and document the conversation
- ☐ D Provide a standard blend without modification since the question is outside scope

ANSWER C

WHY Practitioners are expected to recognize their scope of practice and refer medication-related questions to the client's qualified healthcare provider, while documenting the conversation. Aromatherapists do not advise on prescription medications.

QUESTION 9

MULTIPLE CHOICE

Which of the following practices help extend the usable shelf life of essential oils? (Choose two.)

- ☒ **A** Storing bottles in a cool, dark location away from direct sunlight
- ☒ **B** Keeping lids tightly closed when the bottle is not in use
- ☐ **C** Storing essential oils in clear glass on a sunny windowsill
- ☐ **D** Leaving dropper tops loose so the oil can 'breathe'

ANSWER A - B

WHY Cool, dark storage and tightly closed containers limit oxidation caused by heat, light, and air exposure. Clear glass on a sunny windowsill and loose lids accelerate degradation.