

SKABT09B24 (SQA Unit Code - F9KK 04)

Carry out massage using pre-blended aromatherapy oils



Overview

This unit is about the skills involved in preparing clients for and delivering massage using pre-blended aromatherapy oils. The ability to adapt the use of pre-blended oils and massage techniques to suit individual client needs is a crucial requirement.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and good communication with the client.

The main outcomes of the unit are:

1. maintain safe and effective methods of working when providing massage using pre-blended aromatherapy oils
2. consult, plan and prepare for treatments with clients
3. massage the body using pre-blended aromatherapy oils
4. provide aftercare advice

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Performance criteria

You must be able to:

- P1 **maintain safe and effective methods of working when carrying out massage using pre-blended aromatherapy oils** by
- P1.1 setting up and monitoring the treatment area to meet organisation procedures and manufacturers' instructions
 - P1.2 making sure that environmental conditions are suitable for the client and the treatment
 - P1.3 ensuring your personal hygiene, protection and appearance meets accepted industry and organisational requirements
 - P1.4 effectively disinfecting your hands prior to and after treatment
 - P1.5 ensuring your own posture and position minimises fatigue and risk of injury whilst working
 - P1.6 ensuring all equipment is cleaned using the correct methods
 - P1.7 positioning equipment and pre-blended oils for ease and safety of use
 - P1.8 ensuring the client is in a comfortable and relaxed position suitable for the treatment
 - P1.9 maintaining accepted industry hygiene and safety practices throughout the treatment
 - P1.10 adopting a positive, polite and reassuring manner towards the client throughout the treatment
 - P1.11 maintaining the client's modesty, privacy and comfort at all times
 - P1.12 disposing of waste materials safely and correctly
 - P1.13 ensuring the treatment is cost effective and is carried out within a commercially viable time
 - P1.14 ensuring client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner
 - P1.15 leaving the treatment area and equipment in a condition suitable for future treatments
- P2 **consult, plan and prepare for treatments with clients** by
- P2.1 using **consultation techniques** in a polite, sensitive and friendly manner to determine the client's treatment needs
 - P2.2 obtaining signed, written informed consent from the client prior to carrying out the treatment
 - P2.3 ensuring that informed and signed parent or guardian consent is obtained for minors prior to any service
 - P2.4 ensuring that a parent or guardian is present throughout the massage treatment for minors under the age of 16
 - P2.5 clearly explaining to the client what the treatment entails in a way they can
 - P2.6 using suitable **consultation techniques** to identify your client's

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- P2.7 medical history, **physical characteristics** and life style pattern asking your client appropriate questions to identify if they have any contra-indications to massage treatments
- P2.8 accurately recording your clients' responses to questioning
- P2.9 encouraging clients to ask questions to clarify any points
- P2.10 effectively carrying out a sensitivity test to establish response and suitability for treatment
- P2.11 taking the **necessary action** in response to any identified contra-indications
- P2.12 ensuring any referral is given without reference to a specific medical condition and without causing undue alarm and concern
- P2.13 actively encouraging clients to ask questions and clarify any points
- P2.14 clearly explaining and agreeing the projected cost, likely duration, frequency and types of treatment needed
- P2.15 agreeing in writing the client's needs, expectations and **treatment objectives**, ensuring they are realistic and achievable
- P2.16 ensuring that the client's **treatment area(s)** are clean and suitably prepared
- P2.17 ensuring that clothing, hair and accessories are effectively protected or removed
- P2.18 selecting suitable pre-blended aromatherapy oils which meet the **treatment objectives** which are fit for purpose
- P3 **massage the body using pre-blended aromatherapy oils** by
 - P3.1 providing suitable support and cushioning to specific areas of the body during the treatment if necessary
 - P3.2 adapting your **massage techniques**, sequence and use of pre-blended oil to meet the client's **physical characteristics** and **treatment area(s)**
 - P3.3 effectively varying the depth, rhythm and pressure of massage movements to meet **treatment objectives**, **treatment area(s)** and client's **physical characteristics** and preferences
 - P3.4 ensuring the application and use of pre-blended oil minimises waste
 - P3.5 taking appropriate and prompt remedial action if contra-actions or discomfort occur during the course of treatment
 - P3.6 allowing the client sufficient post-treatment recovery time
 - P3.7 ensuring the finished result is to the client's satisfaction and meets the agreed **treatment objectives**
- P4 **provide aftercare advice** by
 - P4.1 giving **advice** and recommendations accurately and constructively
 - P4.2 giving your clients suitable **advice** specific to their individual needs

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Knowledge and understanding

You need to know and understand:

Organisational and legal requirements

- K1 your responsibilities under current health and safety legislation, standards and guidance, eg the Care Standards Act, the Health & Safety at Work Act (and any other relevant legislation)
- K2 your responsibilities under local authority licensing regulations for yourself and your premises
- K3 the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)
- K4 the age at which an individual is classed as a minor and how this differs nationally
- K5 why minors should not be given treatments without informed and signed parental or guardian consent
- K6 why it is important, when treating minors under the age of 16, to have a parent present
- K7 the legal significance of gaining signed, informed client consent to treatment
- K8 manufacturers' and organisational requirements for waste disposal
- K9 the importance of the correct storage of client records in relation to the Data Protection Act
- K10 how to complete the client records used in your organisation and the importance of and reasons for keeping records of treatments and gaining client signatures
- K11 your responsibilities and reasons for maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements
- K12 the organisation's requirements for client preparation
- K13 your organisation's service times for massage treatments and the importance of completing the service in a commercially viable time
- K14 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes

You need to know and understand:

How to work safely and effectively when carrying out massage using pre-blended aromatherapy oils

- K15 how to set up the work area for massage treatments
- K16 the necessary environmental conditions for massage treatments (including lighting, heating, ventilation and general comfort) and why these are important
- K17 the importance and reasons for disinfecting hands and how to do this effectively
- K18 how to position yourself and the client for massage treatments taking into account individual physical characteristics

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- K19 what is repetitive strain injury (RSI), how it is caused and to avoid developing it when delivering massage treatments
- K20 the importance of adopting the correct posture throughout the treatment and the impact this may have on yourself and the outcome of the treatment
- K21 reasons for maintaining client modesty, privacy and comfort during the treatment
- K22 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection
- K23 how to minimise and dispose of waste from treatments

You need to know and understand:

Client consultation

- K24 why it is important to encourage and allow time for clients to ask questions
- K25 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment
- K26 the importance of questioning clients to establish any contra-indications to massage using pre-blended aromatherapy oils
- K27 why it is important to record client responses to questioning
- K28 the legal significance of client questioning and recording the client's responses.
- K29 how to give effective advice and recommendations to clients
- K30 how to visually assess the physical characteristics in the range
- K31 how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine
- K32 how to recognise different skin types and conditions
- K33 how to effectively carry out a skin sensitivity test for and allergies to pre-blended aromatherapy oils
- K34 the types of reactions that can occur as a result of using pre-blended aromatherapy oils and how to recognise them
- K35 the reasons why it is important to encourage clients with contra-indications to seek medical advice
- K36 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice
- K37 why it is important to maintain clients' modesty, privacy and comfort
- K38 relationship between lifestyle patterns and effectiveness of treatment
- K39 the beneficial effects which can result from changes to the client's lifestyle pattern (eg food and fluid intake, exercise habits, smoking habits, sleep patterns, hobbies, interests and means of relaxation)

You need to know and understand:

Preparation for treatment

- K40 the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment
- K41 why it is important to reassure clients during the preparation process

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- whilst also maintaining the client's modesty and privacy
- K42 how to select the appropriate pre-blended aromatherapy oil suitable for skin type, condition and treatment objectives
 - K43 how to cleanse different areas of the body in preparation for treatment, eg face and feet

Anatomy and physiology

You need to know and understand:

- K44 the structure and function of cells and tissues
- K45 the structure and function of muscles, including the types of muscles (ie voluntary and involuntary)
- K46 the positions and actions of the main muscle groups within the treatment areas of the body specified in the range
- K47 the position and function of the primary bones and joints of the skeleton
- K48 how to recognise postural faults and conditions (eg lordosis, kyphosis, scoliosis)
- K49 the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse
- K50 the interaction of lymph and blood within the circulatory system
- K51 the structure and function of the lymphatic system
- K52 the basic principles of the central nervous system and autonomic system
- K53 the basic principles of the endocrine, respiratory including sinuses, olfactory, digestive and excretory systems
- K54 the structure and function of skin (ie the layers of the epidermis, the dermis, subcutaneous layer, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)
- K55 the skin characteristics and skin types of different ethnic client groups
- K56 the structure and location of the adipose tissue
- K57 the effects of massage using pre-blended aromatherapy oils on the individual systems of the body
- K58 the physical and psychological effects of massage using pre-blended aromatherapy oils

You need to know and understand:

Contra-indications and contra-actions

- K59 those contra-indications that prevent treatment and why (eg deep vein thrombosis, during chemotherapy and radiotherapy, contagious skin diseases, etc)
- K60 those contra-indications which may restrict treatment or where caution should be taken, in specific areas and why (eg diabetes, epilepsy, varicose veins, high and low blood pressure, product allergies, any medical condition with specialist or general practitioner approval etc)
- K61 possible contra-actions which may occur during and post-treatment and how to deal with them (eg light-headedness, headache, nausea etc)

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You need to know and understand:

Pre-blended aromatherapy oils

- K62 how to store and maintain pre-blended aromatherapy oils in a safe and hygienic manner (eg in date and away from light and heat) and why this is important
- K63 how to use pre-blended aromatherapy oils safely and effectively, including the effects of volatility
- K64 the types of pre-blended aromatherapy massage oils available, their purpose (eg relaxation, uplifting, sense of wellbeing etc) and their beneficial properties
- K65 how to adapt your choice of pre-blended aromatherapy oils to meet specific clients' physical and emotional needs

You need to know and understand:

Treatment specific knowledge

- K66 how to recognise erythema and its causes
- K67 why it is important to maintain correct posture during massage and complete your own stretching exercises to prevent repetitive strain injury
- K68 the correct use and application of massage techniques to meet a variety of treatment objectives, including those in the range
- K69 how to adapt the massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences
- K70 how to adapt massage treatments for male and female clients
- K71 the areas of the body and body characteristics needing particular care when undertaking massage using pre-blended aromatherapy oils
- K72 the advantages of massage using pre-blended aromatherapy oils
- K73 how and why support and cushioning would be used during the treatment
- K74 the limitations of using pre-blended aromatherapy oils and when and why to refer clients onto a clinical aromatherapist
- K75 the importance of evaluating the effectiveness of massage using pre-blended aromatherapy oils

You need to know and understand:

Aftercare advice for clients

- K76 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
- K77 post-treatment restrictions and future treatment needs
- K78 products for home use that will benefit and protect the client and those to avoid and why
- K79 how current eating and exercise habits can affect the effectiveness of treatment
- K80 how healthy eating and exercise can improve the effectiveness of the treatment.

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Additional Information

Scope/range related to performance criteria

1. **Consultation techniques** are
 - 1.1. questioning
 - 1.2. visual
 - 1.3. manual
 - 1.4. reference to client records

2. **Physical characteristics** are
 - 2.1. weight
 - 2.2. height
 - 2.3. posture
 - 2.4. muscle tone
 - 2.5. age
 - 2.6. health
 - 2.7. skin condition

3. **Necessary action** should be
 - 3.1. encouraging the client to seek medical advice
 - 3.2. explaining why the treatment cannot be carried out
 - 3.3. modification of treatment

4. **Treatment objectives** are
 - 4.1. relaxation
 - 4.2. sense of wellbeing
 - 4.3. uplifting
 - 4.4. anti-cellulite
 - 4.5. stimulating

5. **Massage techniques** are
 - 5.1. effleurage
 - 5.2. petrissage
 - 5.3. tapotement
 - 5.4. pressure point

6. **Treatment areas** are
 - 6.1. face
 - 6.2. head
 - 6.3. chest and shoulders
 - 6.4. arms and hands
 - 6.5. abdomen
 - 6.6. back
 - 6.7. gluteals
 - 6.8. legs and feet

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7. **Advice** covers
 - 7.1. avoidance of activities which may cause contra-actions
 - 7.2. future treatment needs
 - 7.3. modifications to lifestyle patterns
 - 7.4. healthy eating and exercise advice
 - 7.5. suitable home care products and their use

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