

Carry out massage using pre-blended aromatherapy oils

Overview

This standard 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 an individual client's needs is a crucial requirement.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

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

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Performance criteria

You must be able to:

Maintain safe and effective methods of working when providing massage using pre-blended aromatherapy oils

1. maintain your responsibilities for health and safety throughout the treatment
2. prepare your client and yourself to meet legal and organisational requirements
3. maintain the client's modesty and privacy at all times
4. position your client to meet the needs of the treatment
5. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
6. ensure environmental conditions are suitable for the client and the treatment
7. use working methods that minimise the risk of cross-infection
8. ensure the use of clean equipment and materials
9. promote environmental and sustainable working practices
10. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
11. dispose of waste materials to meet legal requirements
12. complete the treatment within a commercially viable time

Consult, plan and prepare for pre-blended aromatherapy treatments

13. use **consultation techniques** to determine the client's treatment plan
14. ensure that informed and signed parental or guardian consent is obtained for minors prior to any treatment
15. ensure that a parent or guardian is present throughout the treatment for minors under the age of 16
16. recognise any contra-indications and take the **necessary action**
17. carry out a skin sensitivity test to establish suitability for use of pre-blended aromatherapy oils and record the results
18. agree the treatment and outcomes with the client that meet their needs
19. obtain signed, informed consent from the client prior to carrying out the treatment
20. assess the client's **physical characteristics** to determine a treatment plan
21. select pre-blended aromatherapy oils which meet the **treatment objectives** and the client's requirements

Massage the body using pre-blended aromatherapy oils

22. provide support and cushioning to the required areas of the body during the

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treatment

23. adapt your **massage techniques**, sequence and use of pre-blended aromatherapy oil to meet the client's **physical characteristics** and **treatment areas**

24. vary the depth, rhythm and pressure of massage movements to meet **treatment objectives, treatment areas** and client's **physical characteristics** and preferences

25. co-ordinate breathing techniques with that of the client

26. check the client's well-being throughout the treatment and allow sufficient post-treatment recovery time

27. ensure the finished result is to the client's satisfaction and meets the agreed **treatment objectives**

28. give your client **advice and recommendations** on the treatment provided

29. ensure the client's records are completed and signed by you and the client

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Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when providing massage using pre-blended aromatherapy oils

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the legal and organisational requirements for client protection and preparation
3. the legal and organisational requirements for your own personal hygiene, protection and appearance
4. your responsibilities under local authority licensing regulations for yourself and your premises
5. the reasons for maintaining the client's modesty and privacy during the treatment
6. safe positioning techniques for yourself and your client and why using these are important
7. the necessary environmental conditions for services such as heating and ventilation and why these are important
8. methods of cleaning, disinfection and sterilisation
9. methods of working safely and hygienically to avoid cross-infection
10. the hazards and risks which exist in your workplace and the safe working practices which you must follow
11. the different types of working methods that promote **environmental and sustainable working practices**
12. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
13. the legal requirements for waste disposal
14. the reasons for completing the treatment in a commercially viable time

Consult, plan and prepare for pre-blended aromatherapy treatments

15. why it is important to communicate with clients in a professional manner
16. how to complete a consultation taking into account the client's **diverse needs**
17. the legal requirements for providing treatment to minors under 16 years of age
18. the age at which an individual is classed as a minor and how this differs nationally
19. the importance of agreeing with the client the treatment that meets their

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needs

20. the legal significance of gaining signed, informed client consent to carry out the treatment
21. the legislative requirements for storing and protecting client data
22. how to recognise **contra-indications** that would prevent or restrict the treatment
23. the contra-indications requiring medical referral and why
24. the necessary action to take in relation to specific contra-indications when referring clients
25. the reasons for not naming specific contra-indications when referring clients
26. the procedure for carrying out a skin sensitivity test prior to using pre-blended aromatherapy oils and recording the results
27. the reasons for carrying out a skin sensitivity test prior to using pre-blended aromatherapy oils and recording the results
28. how to visually assess the client's physical characteristics
29. the causes of postural faults and conditions
30. how to match pre-blended aromatherapy oils to different skin types, conditions and treatments objectives
31. the types of pre-blended aromatherapy oils available, their purpose and their beneficial properties

Massage the body using pre-blended aromatherapy oils

32. the areas of the body that may require support and cushioning during the treatment and how to provide it
33. the use and application of massage techniques to meet a variety of treatment objectives
34. how to adapt the massage sequence, depth and pressure to suit different client physical characteristics, treatment objectives, treatment areas and client preference
35. the areas of the body and body characteristics needing particular care when undertaking massage using pre-blended aromatherapy oils
36. the benefits of co-ordinating your breathing techniques with that of the client
37. how to use, store and maintain pre-blended aromatherapy oils
38. the limitations of using pre-blended aromatherapy oils and when to refer clients onto a clinical aromatherapist
39. the remedial action to take if **contra-actions** or discomfort occur during the course of treatment
40. why it is important to check the client's well-being throughout the treatment and allow sufficient post-treatment recovery time
41. the **anatomy and physiology** of the body

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42. the **physical and psychological** effects of massage using pre-blended aromatherapy oils
43. the methods used to evaluate the effectiveness of massage using pre-blended aromatherapy oils
44. the **advice and recommendations** on products and service to your client

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Scope/range related to performance criteria

- Consultation techniques**
1. questioning
 2. listening
 3. visual
 4. manual
 5. written

Necessary action

1. encouraging the client to seek medical advice
2. explaining why the treatment cannot be carried out
3. modification of treatment

Physical characteristics

1. body type
2. posture
3. muscle tone
4. age
5. health
6. skin condition

Treatment objectives

1. relaxation
2. sense of well-being
3. uplifting
4. stimulating

Massage techniques

1. effleurage
2. petrissage
3. tapotement
4. pressure point

Treatment areas

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1. face
2. head
3. chest and shoulders
4. arms and hands
5. abdomen
6. back
7. gluteals
8. legs and feet

Advice and recommendations

1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. present and future products and treatments
4. post-treatment advice

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Scope/range related to knowledge and understanding **Health and safety**

1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

Environmental and sustainable working practices

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items
6. using recycled, eco-friendly furniture
7. using low chemical paint
8. using environmentally friendly product packaging
9. choosing responsible domestic products (Fairtrade tea and coffee)
10. encouraging carbon reducing journeys to work

Diverse needs

1. cultural
2. religious
3. age
4. disability
5. gender

Contra-indications which prevent

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1. contagious skin diseases
2. dysfunction of the nervous system
3. recent scar tissue
4. undiagnosed lumps and swellings

Contra-indications which restrict

1. undergoing medical treatment
2. uncontrolled diabetes
3. epilepsy
4. high/low blood pressure
5. history of thrombosis or embolism
6. medication
7. pregnancy
8. piercings
9. cuts and abrasions
10. during cancer treatment

Contra-actions

1. erythema
2. hyperaemia
3. allergy to pre-blended aromatherapy oils

Anatomy and physiology

1. the structure and function of cells and tissues
2. the structure, function and different types of muscles
3. the positions and actions of the main muscle groups identified within the treatment areas of the body
4. the position and function of the primary bones and joints of the skeleton
5. how to recognise postural faults and conditions
6. the structure and function of the circulatory system
7. the structure and function of the lymphatic system
8. the basic principles of the central nervous system and autonomic system

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9. the basic principles of the endocrine, respiratory (including sinuses and olfactory bulb), digestive and excretory systems
10. the structure and functions of skin
11. the structure and location of the adipose tissue

Physical and psychological

Physical effects:

1. relaxes muscles
2. stimulates circulatory and lymphatic systems
3. calms or stimulates nerve fibres

Psychological effects:

1. stress and tension relief
2. improved general well-being
3. calming and relaxing

Advice and recommendations

1. additional treatments
2. additional products
3. the lifestyle factors and changes that may be required to improve the effectiveness of the treatment such as diet, exercise, stress and sleep
4. post-treatment restrictions and future treatment needs
5. post-treatment advice includes drinking plenty of water and relaxation
6. time intervals between treatments

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Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1. a willingness to learn
2. a flexible working attitude
3. a team worker
4. a positive attitude
5. personal and professional ethics

Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1. meeting the organisation's standards of behaviour
2. greeting the client respectfully and in a friendly manner
3. communicating with the client in a way that makes them feel valued and respected
4. treating the client courteously and helpfully at all times
5. adapting behaviour to respond effectively to different client behaviour
6. checking with the client that you have fully understood their expectations
7. responding promptly and positively to the client's questions and comments
8. recognising information that the client might find complicated and checking whether they fully understood
9. meeting both organisational and industry standards of appearance.

Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

Glossary

Body types

The ectomorph is often below average weight for their height and will have a lean appearance. Ectomorphs tend to have a very high metabolism and often complain of relentless eating with little to no weight

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gain.

The endomorphic body type is the complete opposite of an ectomorph. This individual will usually be larger in appearance with heavier fat accumulation and little muscle definition. They find it hard to lose weight, even when they diet and exercise.

The mesomorph has a more muscular and lean physique. The mesomorph is between the ectomorph and the endomorph so displays qualities from both. They may have a larger frame than the endomorph, but a lower body fat percentage than the ectomorph. This is often the body type that everybody wants.

Clinical aromatherapist

A qualified practitioner that can select essential oils and blend with carrier oils to treat physical and psychological conditions.

Skin sensitivity test

This is a test to determine if the client is allergic to the product being applied.

Treatment plan

The stages or plan you intend to follow in carrying out a particular treatment. The basic content of the treatment plan includes areas to be treated, type of treatment, product and/or equipment to be used, known contra-indications, contra-actions, treatment advice, client signature and client feedback.

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