

## Higher National Unit Specification

### General information for centres

**Unit title:** Aromatherapy: Advanced

**Unit code:** F1BJ 35

**Unit purpose:** This Unit is designed to enable candidates to understand the profiles of 20 essential oils. It prepares them for work with a diverse range of clients and an expansion of applications. There should be knowledge of current developments within Aromatherapy.

On completion of the Unit the candidate should be able to:

- 1 Investigate current developments within aromatherapy.
- 2 Research oils used in aromatherapy.
- 3 Consult, prepare and perform aromatherapy treatments.
- 4 Evaluate the effectiveness of the treatments.

**Credit points and level:** 2 HN Credits at SCQF level 8: (16 SCQF credit points at SCQF level 8\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

**Recommended prior knowledge and skills:** Access to this Unit requires the candidate to possess the underpinning knowledge of the Units: Aromatherapy; Chemistry for Aromatherapy; Body massage; Anatomy and Physiology; Research and Methodology; Complementary Therapies: Professional Issues in Practice. (NQ Unit, SVQ Unit, HN Unit).

**Core Skills:** There may be opportunities to gather evidence towards Core Skills in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

**Context for delivery:** If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

**Assessment:** Two different instruments of assessment will be used to assess the Unit.

Outcome 1 will be assessed by a written project.

Outcomes 2, 3 and 4 will be assessed holistically using a checklist during observation of practical treatments and supported by oral questions, client records and case studies.

## **Higher National Unit specification: statement of standards**

**Unit title:** Aromatherapy: Advanced

**Unit code:** F1BJ 35

The sections of the Unit stating the Outcomes, knowledge and/or skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Investigate current developments within aromatherapy

#### **Knowledge and/or skills**

- ◆ Scientific
- ◆ Legislation
- ◆ Government bodies
- ◆ Current research

#### **Evidence Requirements**

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

Outline current developments within aromatherapy from each of the following areas:

- ◆ scientific
- ◆ legislation
- ◆ government bodies
- ◆ current research

The report should include current developments within the Aromatherapy industry, in relation to lead bodies, government guidelines, legislation.

#### **Assessment guidelines**

This report should be undertaken in open-book form. The candidate should be encouraged to carry out this investigation in their home study time and oral questions will be applied to reinforce authenticity.

## Higher National Unit specification: statement of standards (cont)

**Unit title:** Aromatherapy: Advanced

### Outcome 2

Research oils used in aromatherapy

#### Knowledge and/or skills

A comprehensive study of essential oils should be undertaken to enable the candidate to understand:

- ◆ Profiles of essential oils
- ◆ Profiles of carrier oils
- ◆ Current developments within the Aromatherapy Industry

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

Research 20 essential oils by:

- ◆ common name
- ◆ basic properties
- ◆ chemical constituents
- ◆ botanical family
- ◆ description of plant
- ◆ geographical location
- ◆ type of note
- ◆ origins
- ◆ extraction methods
- ◆ contra-indications
- ◆ safety precautions and uses

This investigation should include any current research of these oils.

Investigate 15 carrier oils by:

- ◆ basic properties
- ◆ chemical constituents
- ◆ botanical family
- ◆ description of plant
- ◆ geographical location
- ◆ origins
- ◆ extraction methods
- ◆ contra-indications
- ◆ safety precautions and uses

## Higher National Unit specification: statement of standards (cont)

### Unit title: Aromatherapy: Advanced

This assessment will take the form of a project of essential oil profiles and carrier oil profiles and will be achieved through evidence of self investigation.

- ◆ consultation/communication skills
- ◆ contra-indications
- ◆ treatment planning
- ◆ preparation
- ◆ oils and blends

Candidates will need evidence to demonstrate the knowledge and/or skills by showing that they can:

- ◆ gather clear and accurate client details in a sensitive, empathetic manner using questioning and visual examination
- ◆ identify any contra-indications to the essential oils chosen, application of these oils and possible consequences of using these essential oils and application
- ◆ prepare a suitable treatment environment with appropriate lighting, temperature, ventilation and privacy
- ◆ blending should be calculated using the percentage method and taking account of chemical constituents
- ◆ essential oils chosen have clear explanation of their synergy with referencing to scientific data, for fragrance synergy top, middle and base notes are normally used
- ◆ synergy in regard to bioactivity should demonstrate blending to treat the whole person and essential oils with a similar composition to treat a specific condition

This Outcome will be holistically assessed with Outcome 3 and 4. Details of the assessment are stated at Outcome 4.

### Assessment guidelines

Treatments should be carried out across a range of clients and cover a wide range of conditions. Supplementary oral questions can be used to clarify decisions made.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Aromatherapy: Advanced

### **Outcome 3**

Consult, prepare and perform aromatherapy treatments

#### **Knowledge and/or skills**

- ◆ Consultation/communication skills
- ◆ Contra-indications
- ◆ Treatment planning/preparation
- ◆ Application techniques
- ◆ Oils and blends and rationale for use

#### **Evidence Requirements**

- ◆ different applications of compress, sprays, topical application, massage, dry/steam inhalations should all be demonstrated on a range of clients
- ◆ maintain client care and comfort to ensure client's condition is taken into consideration
- ◆ awareness of client body language and non verbal communication throughout the treatment
- ◆ provide products in accordance with health and safety regulations
- ◆ explain essential oils, application and rationale

#### **Assessment guidelines**

This Outcome will be holistically assessed with Outcome 2 and 4. Details of the assessment are stated at Outcome 4.

Treatments should be carried out across a range of clients and cover a wide range of conditions. Supplementary oral questions can be used to clarify decisions made.

### **Outcome 4**

Evaluate the effectiveness of the treatment

#### **Knowledge and/or skills**

- ◆ Evaluation
- ◆ Contra-actions
- ◆ Aftercare/homecare
- ◆ Recording documentation

## Higher National Unit specification: statement of standards (cont)

**Unit title:** Aromatherapy: Advanced

### Evidence Requirements

Candidates will need evidence to demonstrate their skills and/or knowledge by showing that they can:

- ◆ evaluate the effectiveness of the treatment by gaining client feedback in an accurate emphatic and supportive manner
- ◆ advise clients on possible contra-actions to treatments including: extreme tiredness, nausea, dehydration, headache, temporary erythema, allergic reaction and emotional release
- ◆ provide general aftercare advice following treatment and specific homecare plans including self-massage, sitz baths, bathing, dry/steam inhalation and compresses
- ◆ record clearly and accurately client details relating to the effectiveness of advanced aromatherapy treatments
- ◆ use problem-solving strategies to manage possible contra-actions, interpret client feedback and give advice and support, which is constructive and satisfactory to the client

This holistic assessment provides evidence for Outcomes 2, 3 and 4. This should be evidenced by the use of observation checklists and case studies. The candidate is required to complete 40 treatments in total, to include four case studies of six weeks each and the remainder made up from individual treatments.

Treatments should be carried out on a range of clients including:

- ◆ maintaining health
- ◆ presenting differing conditions
- ◆ diverse client groups

### Assessment guidelines

Supplementary oral questions can be used to clarify decisions. Evaluating existing printed case studies and reasoning the therapist's choice of treatment leads to reinforce the value of reflective evaluation. Any differences which are evident may require to be justified.

## Administrative Information

**Unit code:** F1BJ 35  
**Unit title:** Aromatherapy: Advanced  
**Superclass category:** HK  
**Original date of publication:** February 2007  
**Version:** 01

### History of Changes:

Version	Description of change	Date

**Source:** SQA

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## Higher National Unit specification: support notes

### Unit title: Aromatherapy: Advanced

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

### Guidance on the content and context for this Unit

This Unit is intended to enable candidates to expand on their existing aromatherapy skills using a variety of different applications in Aromatherapy: Advanced. The candidates are required to research 20 essential oils giving underpinning knowledge and current developments within aromatherapy to then consult, prepare, carry out and evaluate treatment effects using appropriate applications and providing homecare plans on a range of client conditions.

Outcome 1 involves a comprehensive study of 20 essential oil profiles and 15 carrier oils profiles. Explore current developments within the Aromatherapy industry. Candidate's knowledge and understanding of both Basic and Advanced essential oil profiles will enable a source of research and scientific evidencing in client case studies.

The various client conditions which would benefit from advanced aromatherapy treatments should be linked with scientific research and work within current clinical parameters in industry.

#### Essential Oils

◆ Cedrus atlantica	◆ Zingiber officinale
◆ Citrus reticulate	◆ Coriandrum sativum
◆ Cymbopogon martini	◆ Cymbopogon citratus
◆ Eucalyptus smithii	◆ Eucalyptus staigeriana
◆ Foeniculum vulgare	◆ Hyssopus officinalis
◆ Lavandula latifolia	◆ Melaleuca viridiflora
◆ Pinus sylvestris	◆ Pogostemon cablin
◆ Ravensara aromatica	◆ Rosmarinus officinalis c.t. 1,8 cineole
◆ Rosmarinus officinalis c.t. camphor	◆ Salvia officinalis
◆ Thymus vulgaris c.t. linalool	◆ Thymus vulgaris c.t. thymol

#### Carrier Oils

◆ Olive	◆ Macademia
◆ Coconut	◆ Carrot
◆ Apricot kernel	◆ Peach kernel
◆ Evening Primrose	◆ Rape seed oil
◆ Calendula	◆ Linseed
◆ Sunflower	◆ Sesame
◆ Rosehip	◆ Arnica
◆ Soya bean	

## Higher National Unit specification: support notes (cont)

### Unit title: Aromatherapy: Advanced

Outcome 2 involves a thorough consultation with clients who may have a condition linked to a body system. The conditions may be chosen from the following body systems: Respiratory, Urinary, Reproductive, Endocrine, Digestive, Musculo/Skeletal, Circulatory, Nervous, Lymphatic, Integumentary.

A variety of applications can be used in the treatment plan involves accurate calculations of essential oils in a variety of % depending upon the client's presenting condition. This will normally vary between 0.5% — 3% in blended essential oil massage. Clear explanation of the type of synergy used should be included in the case study notes.

Outcome 3 different application methods should be explained fully and a variety of techniques may be used on a client in one session. Client care and comfort throughout the treatment is necessary with full explanations at each stage. To cover the range of body systems reference may be made to existing case studies within a body system and candidates to evaluate the rationale behind the therapist's choice of treatment. Any differences the candidate may suggest require to be justified with an evidenced rationale.

Outcome 4 involves thorough evaluation of the treatment plan and its effects on the client. Clear precise aftercare and home care is provided taking into account any legislation that may be required. Candidates require to reference their work in support of their conclusions. To cover the range of body systems reference may be made to existing case studies within a body system and candidates to evaluate the rationale behind the therapist's choice of treatment. Any differences the candidate may suggest require to be justified with an evidenced rationale.

### Guidance on the delivery and assessment of this Unit

This Unit is a mandatory Unit in the framework for HND Complementary Therapy. It will be delivered and assessed within the particular Group Award to which it contributes. There should be sufficient theoretical knowledge and practical experience by candidates to ensure competence and confidence of all advanced aromatherapy techniques.

Theoretical and practical skills should be delivered holistically with case studies commencing once students have shown a competency and a confidence with the massage routine. Until then, candidates should work on peers during practical tuition time.

This should be evidenced by the use of observation checklists and case studies. The candidate is required to complete 40 treatments in total, to include four case studies of six weeks each and the remainder made up from individual treatments.

Treatments should be carried out on a range of clients including:

- ◆ maintaining health
- ◆ presenting differing conditions
- ◆ diverse client groups

Ongoing oral questioning throughout the Unit will assist in monitoring the development of candidates underpinning knowledge. Candidates are encouraged to continue practising practical skills as home study and adding to knowledge gained from tutor through self-research, using textbooks and appropriate websites.

## **Higher National Unit specification: support notes (cont)**

### **Unit title:** Aromatherapy: Advanced

Outcome 2, 3, and 4 are assessed holistically through observation of the practical application of advanced aromatherapy treatment involving client consultation, treatment plans, preparation and application of treatment and evaluation. Assessments may take place after completion of sufficient treatments to infer competency. Supplementary oral questions can be used to clarify decisions.

This can be shown by evaluating existing printed case studies and reasoning the therapists' choice of treatment. Any differences you may want to suggest require to be justified with an evidenced rationale. The underpinning knowledge regarding contra-indications should be demonstrated in the project of essential oils and carrier oils in this Unit.

#### ***Opportunities for developing Core Skills***

*(This section should be used to provide information on the opportunities to develop Core Skills in this Unit. It should expand on the summary information given on page 1).*

### **Open learning**

This Unit is not viable for open and distance learning, due to the large scale of practical work and observation for assessment purposes.

### **Candidates with disabilities and/or additional support needs**

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Alternative Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on SQA's website: **[www.sqa.org.uk](http://www.sqa.org.uk)**.

## General information for candidates

### Unit title: Aromatherapy: Advanced

This Unit is designed to enable you to understand the profiles of 20 essential oils. It prepares them for work with a diverse range of clients and an expansion of applications. There should be an appreciation of current developments within Aromatherapy.

On completion of the Unit you should be able to:

- 1 Understand current developments within aromatherapy.
- 2 Consult and prepare for aromatherapy treatments.
- 3 Perform aromatherapy treatments.
- 4 Evaluate the effectiveness of the treatment.

This Unit is designed to expand on existing aromatherapy knowledge and skills. You will gain the knowledge required to enable you to research essential oils, consult with a variety of clients, carry out practical applications and provide homecare plans. You will expand, through research, conditions which would benefit from treatments and the conditions you cannot treat.

**Outcome 1** involves a comprehensive research of 20 essential oil profiles and current developments within the Aromatherapy industry. You are required to build upon your knowledge and skills in Basic Aromatherapy and look more closely at the properties, chemical groups and specific chemicals found within essential oils. You are required to reference your research and provide scientific evidencing for each essential oil profile.

The information researched and gathered in Outcome one will result in a project assessment to prove competency.

**Outcome 2** involves a detailed consultation with clients information accurately recorded. Clear explanations of the treatment and its different applications are understood by the client. The underpinning knowledge of contra-indications is considered throughout the consultation. There is agreement between the candidate and client with the treatment plan. You are required to show sensitivity and empathy throughout the consultation.

You are required to treat four case studies of six weeks each and the remainder made up from individual treatments with Aromatherapy: Advanced applications from a range of body systems. You are required to prove full knowledge of any assessment area that cannot be demonstrated. This can be shown by evaluating existing printed case studies and reasoning the therapist's choice of treatment. Any differences you may want to suggest require to be justified with an evidenced rationale.

**Outcome 3** involves calculations of essential oils to be worked in a variety of % depending upon the clients' presenting condition. You will need to show the calculations for your suggested formula of essential oils. You will need to account for the synergy used in the applications and the different methods used in the treatment plan. Client care and comfort needs to be sensitive and empathic throughout the treatment. You are required to treat four case studies of six weeks each and the remainder made up from individual treatments with Advanced Aromatherapy applications from a range of body systems. You are required to prove full knowledge of any assessment area that cannot be demonstrated. This can be shown by evaluating existing printed case studies and reasoning the therapist's choice of treatment. Any differences you may want to suggest require to be justified with an evidenced rationale.

## General information for candidates (cont)

### Unit title: Aromatherapy: Advanced

**Outcome 4** will require you to evaluate your treatment plan and the effect it has on the client. Within current legislation clear after care and home care is provided. This requires correct labelling and storage of any essential oil which maybe given to the client. You are required to reference your work to support your conclusions. You are required to treat four case studies of six weeks each and the remainder made up from individual treatments with Advanced Aromatherapy applications from a range of body systems. You are required to prove full knowledge of any assessment area that cannot be demonstrated. This can be shown by evaluating existing printed case studies and reasoning the therapist's choice of treatment. Any differences you may want to suggest require to be justified with an evidenced rationale.

**Outcomes 2, 3 and 4** are assessed collectively through observation of the practical application of Advanced Aromatherapy treatment involving client consultation, treatment plans, preparation and application of effective treatment and evaluation. Assessment may take place after completion of sufficient treatments to infer competency. You are required to produce four case studies of six weeks each and the remainder made up from individual treatments with conditions from selected body systems. Supplementary oral questions can be used to clarify decisions made. You must be able to prove full knowledge of any area that cannot be demonstrated. This can be shown by evaluating existing printed case studies and reasoning the therapist's choice of treatment. Any differences you may want to suggest require to be justified with an evidenced rationale.