



## Higher National Unit specification

### General information

**Unit title:** Aromatherapy Massage (SCQF level 7)

**Unit code:** HF7T 34

**Superclass:** HK

**Publication date:** July 2016

**Source:** Scottish Qualifications Authority

**Version:** 02

### Unit purpose

On completion of this Unit the learner should be able to demonstrate knowledge the physiological and psychological effects of aromatherapy massage and how essential oils enter the body. Learners will gain knowledge of essential oil extraction methods, properties, basic chemical structures, essential oil safety, legislation relating to storage and labelling of oils, conditions which prevent and restrict treatment and contra actions which may occur. They will research 20 essential oils and will understand the relevance of the use and properties of carrier oil.

Learners will develop skills in the correct application of massage techniques. They will consult with clients, devise treatment plans, blend and select oils which meet clients' needs, then prepare for and perform the aromatherapy massage treatment, adapting the massage techniques to suit the treatment objectives. They will evaluate the effectiveness of the treatment, provide recommendations for future treatment adaptations and give appropriate individual lifestyle advice. Practical application will include the use of pre-blended and blended oils.

Throughout learners will demonstrate knowledge of and adherence to relevant health and safety procedures; appearance which reflects organisational and industry standards and effective communication and consultation techniques.

This Unit will be beneficial for those who wish to pursue a career within the beauty therapy, complementary therapy and spa industries broadening their knowledge and skills.

## Higher National Unit specification: General information (cont)

**Unit title:** Aromatherapy Massage (SCQF level 7)

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Demonstrate knowledge of aromatherapy and aromatherapy massage.
- 2 Plan and prepare for aromatherapy massage.
- 3 Perform and evaluate the effectiveness of aromatherapy massage.

### Credit points and level

2 Higher National Unit credits at SCQF level 7: (16 SCQF credit points at SCQF level 7)

### Recommended entry to the Unit

Learners must possess or be working towards an Anatomy Physiology qualification. It would be beneficial if the learners have completed HN Unit DN6C 33 *Body Massage* or equivalent.

### Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

### 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.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

### Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements).

## Higher National Unit specification: Statement of standards

### Unit title: Aromatherapy Massage (SCQF level 7)

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

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. Learners 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

Demonstrate knowledge of aromatherapy and aromatherapy massage.

#### Knowledge and/or Skills

- ◆ Physiological and psychological effects of aromatherapy massage
- ◆ How essential oils enter the body via the skin, lungs and olfactory system
- ◆ Extraction of essential oils
- ◆ Properties of essential oils
- ◆ Basic chemical structures of essential oils — esters, ketones, alcohols, phenols, terpenes, aldehydes
- ◆ Essential oil safety — sensitisation, irritation, toxicity
- ◆ Essential oils — Bergamot, black pepper, Roman chamomile, clary sage, cypress, eucalyptus, frankincense, geranium, jasmine, juniper, lavender, neroli, rose, rosemary, sandalwood, ylang ylang, melissa, basil, marjoram and lemongrass. Their use, basic properties, basic composition, plant family, type of note, origin, extraction method, chemical constituents and contra-indications for use.
- ◆ The relevance of carrier oil use
- ◆ Properties of carrier oils
- ◆ Use of carrier oils — grapeseed, avocado, wheatgerm, apricot kernel, jojoba, evening primrose
- ◆ Legislation relating to storage and labelling of oils
- ◆ Conditions which may prohibit treatment (contra-indications) and why — contagious skin diseases, dysfunction of the nervous system, recent scar tissue, undiagnosed lumps and swellings
- ◆ Conditions which restrict treatment (special care conditions) and necessary adaptation — undergoing medical treatment, uncontrolled diabetes, epilepsy, high blood pressure, low blood pressure, history of thrombosis or embolism, medication, pregnancy, piercings, cuts and abrasions, during cancer treatment
- ◆ Possible contra-actions — erythema, hyperemia, allergy to essential oils, carrier oils and pre-blended oils

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

**Unit title:** Aromatherapy Massage (SCQF level 7)

### **Outcome 2**

Plan and prepare for aromatherapy massage.

#### **Knowledge and/or Skills**

- ◆ Personal preparation
- ◆ Treatment environment preparation
- ◆ Comprehensive consultation techniques
- ◆ Treatment planning
- ◆ Client preparation
- ◆ Carrier oil and essential oil selection and blending to meet client needs
- ◆ Pre-blend oil selection to meet client needs
- ◆ Methods of recording client data

### **Outcome 3**

Perform and evaluate the effectiveness of aromatherapy massage.

#### **Knowledge and/or Skills**

- ◆ Massage techniques — effleurage, petrissage, lymphatic drainage, pressure point
- ◆ Correct massage application techniques — effleurage, petrissage, lymphatic drainage, pressure point
- ◆ Benefits of massage techniques — effleurage, petrissage, lymphatic drainage, pressure point
- ◆ Treatment areas — full body: legs and feet, back, neck and shoulder, abdomen, arms and hands, chest and shoulders, face, scalp and ears
- ◆ How to adapt the techniques and massage application to suit different treatment objectives — stress relief, relaxation, wellbeing, lymphatic drainage
- ◆ Timing, sequence, continuity, rhythm, duration
- ◆ Client comfort and safety
- ◆ Relevant current health and safety legislation
- ◆ Aftercare advice
- ◆ Lifestyle advice which may enhance the effectiveness of the treatment
- ◆ Methods used to evaluate the effectiveness of aromatherapy massage treatments

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

**Unit title:** Aromatherapy Massage (SCQF level 7)

### Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

#### Outcome 1

Answer structured questions in closed-book conditions. The questions set must enable learners to demonstrate their knowledge of aromatherapy and aromatherapy massage and cover:

- ◆ the physiological and psychological effects of aromatherapy.
- ◆ how essential oils enter the body via the skin, lungs and olfactory system.
- ◆ essential oil extraction methods.
- ◆ properties of essential oils.
- ◆ basic chemical structures of essential oils — esters, ketones, alcohols, phenols, terpenes, aldehydes.
- ◆ essential oil safety — sensitisation, irritation, toxicity.
- ◆ relevance of carrier oil use.
- ◆ properties of carrier oils.
- ◆ use of carrier oils — grapeseed, avocado, wheatgerm, apricot kernel, jojoba, evening primrose.
- ◆ legislation relating to storage and labelling of oils.
- ◆ conditions which may prohibit treatment and why — contagious skin diseases, dysfunction of the nervous system, recent scar tissue, undiagnosed lumps and swellings.
- ◆ conditions which restrict treatment and necessary adaptation – undergoing medical treatment, uncontrolled diabetes, epilepsy, high blood pressure, low blood pressure, history of thrombosis or embolism, medication, pregnancy, piercings, cuts and abrasions, during cancer treatment.
- ◆ possible contra-actions to treatment — erythema, hyperemia, allergy to essential oils, carrier oils and pre-blended oils.

Research in open-book conditions essential oils bergamot, black pepper, Roman chamomile, clary sage, cypress, eucalyptus, frankincense, geranium, jasmine, juniper, lavender, neroli, rose, rosemary, sandalwood, ylang ylang, melissa, basil, marjoram and lemongrass. The research for each essential oil must identify botanical name, note plant family, origin extractions methods, contra indications for use, therapeutic properties and use.

#### Outcomes 2 and 3

Demonstrate by observed practical performance on a minimum of five occasions on different clients that they are able to prepare for and carry out full body aromatherapy massage treatments. Two massages must be carried out with pre-blended oils. Three massages must be carried out with blended oils (carrier and essential oils selected and blended by the learner to suit client needs).

Practical performance must demonstrate all treatment objectives — stress relief, relaxation, wellbeing, lymphatic drainage.

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

**Unit title:** Aromatherapy Massage (SCQF level 7)

Learners must:

- ◆ prepare self appropriately.
- ◆ prepare treatment environment appropriately following current industry and organisational requirements.
- ◆ demonstrate an effective consultation technique.
- ◆ devise an appropriate treatment plan which meets client aims.
- ◆ position, cover and protect the client appropriately.
- ◆ select and blend appropriate carrier and essential oils which meets client needs.
- ◆ select a pre-blended oil which meets client needs.
- ◆ carry out the aromatherapy massage treatment — full body: legs and feet; back, abdomen, arms and hands; chest and shoulders; face, scalp and ears.
- ◆ adapt and apply the massage techniques effectively to meet client treatment objectives — stress relief, relaxation, well-being and lymphatic drainage.
- ◆ explain reasons for technique selection.
- ◆ carry out the aromatherapy massage following organisations timing, sequence and duration.
- ◆ maintain continuity and rhythm in accordance with good practice.
- ◆ ensure client comfort and safety throughout treatment.
- ◆ comply with relevant current health and safety legislation throughout treatment.
- ◆ give appropriate aftercare advice to the client.
- ◆ give relevant specific lifestyle advice to the client.
- ◆ record treatment accurately.
- ◆ evaluate the effectiveness of the treatment in relation to the client's aims.

An assessor observation checklist must be used to provide evidence of performance supported by an accurate client record completed by the learner, which must include detail of oils used and an evaluation of the treatment in relation to client's aims. The evaluation should include adaptations which would be recommended for subsequent treatments.

Practical performance must be carried out in a commercially acceptable time.



## Higher National Unit Support Notes

**Unit title:** Aromatherapy Massage (SCQF level 7)

Unit Support Notes are offered as guidance and 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 designed to help learners gain knowledge of aromatherapy and develop skills in aromatherapy massage. They will gain knowledge of the physiological and psychological effects of aromatherapy massage and how essential oils enter the body, extraction methods, properties, basic chemical structure, essential oil safety, legislation relating to storage and labelling of oils, conditions which prevent and restrict treatment and contra actions which may occur. They will research 20 essential oils and will understand the relevance of the use and properties of carrier oil.

Learners will develop their practical skills by consulting with clients and devising treatment plans which meet treatment objectives, then prepare for and perform the aromatherapy treatment, adapting massage techniques to suit the treatment objectives. Practical application will include the use of pre-blended and blended oils.

Learners will evaluate the effectiveness of the treatment, provide recommendations for future treatment adaptations and give appropriate individual lifestyle advice which will enhance the effectiveness of the treatment given.

Throughout learners must demonstrate knowledge of and adherence to relevant health and safety procedures; appearance which reflects organisational and industry standards and effective communication and consultation skills.

Key areas of knowledge will be:

- ◆ Physiological and psychological effects of aromatherapy massage
- ◆ How essential oils enter the body via the skin, lungs and olfactory system
- ◆ Essential oil extraction methods
- ◆ Properties of essential oils
- ◆ Basic chemical structures of essential oils — esters, ketones, alcohols, phenols, terpenes, aldehydes
- ◆ Essential oil safety — sensitisation, irritation, toxicity
- ◆ Essential oils — Bergamot, black pepper, Roman chamomile, clary sage, cypress, eucalyptus, frankincense, geranium, jasmine, juniper, lavender, neroli, rose, rosemary, sandalwood, ylang ylang, melissa, basil, marjoram and lemongrass. Their use, basic properties, basic composition, plant family, type of note, origin, extraction method, chemical constituents and contra-indications for use.

## Higher National Unit Support Notes (cont)

**Unit title:** Aromatherapy Massage (SCQF level 7)

- ◆ The relevance of carrier oil use
- ◆ Properties of carrier oils
- ◆ Use of carrier oils — grapeseed, avocado, wheatgerm, apricot kernel, jojoba, evening primrose
- ◆ Legislation relating to storage and labelling of oils
- ◆ Conditions which may prohibit treatment (contra-indications) and why — contagious skin diseases, dysfunction of the nervous system, recent scar tissue, undiagnosed lumps and swellings
- ◆ Conditions which restrict treatment (special care conditions) and necessary adaptation — undergoing medical treatment, uncontrolled diabetes, epilepsy, high blood pressure, low blood pressure, history of thrombosis or embolism, medication, pregnancy, piercings, cuts and abrasions, during cancer treatment
- ◆ Possible contra-actions — erythema, hyperemia, allergy to essential oils, carrier oils and pre-blended oils
- ◆ Organisational and industry standards of personal preparation
- ◆ Treatment environment preparation
- ◆ Comprehensive consultation techniques
- ◆ Treatment planning
- ◆ Client preparation and positioning
- ◆ How to select and blend essential oils to suit client needs
- ◆ How to select pre-blended oil to suit client needs
- ◆ Methods of recording client data
- ◆ Correct massage application techniques — effleurage, petrissage, lymphatic drainage pressure point
- ◆ Benefits of massage techniques — effleurage, petrissage, lymphatic draining, pressure point
- ◆ Treatment areas — full body: legs and feet, back, neck and shoulder, abdomen, arms and hands, chest and shoulders, face, scalp and ears
- ◆ How to adapt the techniques and massage application to suit different treatment objectives
- ◆ Correct timing, sequence and duration reflective of industry practice
- ◆ The importance of continuity and rhythm
- ◆ Client comfort and safety
- ◆ Relevant current health and safety legislation
- ◆ How to give appropriate aftercare and lifestyle advice
- ◆ Aftercare advice
- ◆ Lifestyle advice which may improve the effectiveness of the treatment
- ◆ Methods used to evaluate the effectiveness of the aromatherapy massage treatment

Learners should be given the opportunity and time to develop good working practice in a realistic working environment or real workplace.

National Occupation Standards (NOS) are created by Habia, the Sector Skills Body (SSB) and industry authority for hair, barbering, beauty, nails and spa therapy. These form the basis of all qualifications in hair and beauty. Aspects of the NOS from the SVQ in Beauty Therapy at SCQF level 6 have been incorporated into this Unit; Linked to elements Unit SKABT17 Carry out massage using pre-blended aromatherapy oils.



## Higher National Unit Support Notes (cont)

**Unit title:** Aromatherapy Massage (SCQF level 7)

### Guidance on approaches to delivery of this Unit

It is recommended that an induction to the Unit be given enabling the learner to understand fully what is required and the approaches which will be adopted. A learner centred, participative and practical approach should be encouraged throughout.

Due to the practical nature of the Unit, each part of learning and teaching should incorporate both theory and practice, to facilitate learning. Learners will therefore understand the relevance of the knowledge more easily as they experience the practical application.

It is important that learners get feedback on their progress throughout. Feedback should highlight aspects where learners did well and areas that require to be improved.

Tutorials should be given to cover theoretical aspects of the Unit. Research should be encouraged to enhance and give breadth and depth to learning.

Practical demonstration followed by supported role-play, initially with peers will enable the learner to practise and gain confidence before progressing to the working environment. Formative work throughout will enhance performance.

Emphasis should be placed on the importance of communicating with clients in a professional manner, communicating effectively during consultation, developing treatments plans, selection and use of appropriate oils, adapting massage techniques and giving lifestyle advice which meet the needs of the individual client; which should enable the learner to demonstrate an understanding of the knowledge component detailed in the Unit Specification.

The learner should be shown how to select and blend carrier and essential oils to meet individual client needs taking into account proportions, notes, compatibility and synergy.

In addition learners should have an understanding of the constituents in pre-blended oils to facilitate appropriate selection.

The centre should provide as a minimum the 20 essential oils on which the learner will carry out research as detailed in the Evidence Requirements section of the Unit Specification; which will enhance learner understanding of the oils by their selection and use in practical application.

Learners could be encouraged to compile a 'recipe cards' for common ailments as they carry out their research for use practical sessions, eg card for stress, showing top, middle and base note options, contra-indications for oil use if applicable, synergistic blends, blends which work well together.

Learners should be aware of the limits of the technique and of the boundaries over which it would be unethical to stray. They should not attempt to diagnose any ailment, or suggest cures.

## Higher National Unit Support Notes (cont)

### Unit title: Aromatherapy Massage (SCQF level 7)

Opportunities should be taken within Unit delivery to integrate relevant current legislation knowledge in a realistic context. Learners should be aware of how legislation affects everyday practice in the salon. They will develop an understanding of their responsibilities with regard to relevant legislation and be able to check their own working practices and working areas for any risks to themselves or others.

The learner should be encouraged to develop good working practices which meet both organisational and current national health and safety policies and procedures, enhancing their employability skills profile.

Centres are encouraged to establish links with industry representatives, who may be willing to offer support in the form of visits from a member of staff to give demonstrations of contemporary massage methods using essential oils which will enhance the learner experience.

Achievement of this Unit will be dependent on the learner being able to demonstrate knowledge and carry out practical activities either in a realistic working environment or real workplace, which involves working with customers, working with others in a team and will develop good working practice.

The Unit, therefore, should incorporate a variety of approaches to learning and teaching, including:

- ◆ Tutorials supported by handouts
- ◆ Research
- ◆ Demonstration
- ◆ Group work and discussion
- ◆ Practical activities
- ◆ Visiting speakers
- ◆ Reflection and evaluation

### Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

The Evidence Requirements are fully expressed in the mandatory section of this Unit Specification.

The opportunity exists within this Unit (HF7T 34 Aromatherapy Massage) to cross reference contra-indications and special care conditions applicable to Outcome 1 where these have been successfully achieved in the closed book written assessment of the following unit -

- HF7J 34 Body Massage Treatments



## Higher National Unit Support Notes (cont)

**Unit title:** Aromatherapy Massage (SCQF level 7)

### Outcome 1

The structured questions must be carried out in closed-book conditions. Written, oral or electronic methods could be used.

Research of the 20 oils should be carried out in open-book conditions. The research could be submitted over a period of weeks or as a single piece of work.

### Outcomes 2 and 3

Performance evidence should be gathered concurrently over a realistic timeframe, which will give learners the opportunity to develop good working practices.

Learners must prepare for and carry out full body aromatherapy massage treatments on a minimum of five occasions on different clients. Two massages must be carried out with pre-blended oils. Three massages must be carried out with blended oils. (carrier and essential oils selected and blended by the learner to suit client needs).

Practical performance must demonstrate all treatment objectives - stress relief, relaxation, wellbeing, lymphatic drainage.

Client consultation, consultation records, the development of individual treatment plans, massage technique adaptations, oil selection, treatment evaluation and lifestyle advice should facilitate the demonstration of an understanding of knowledge in practice.

Practical performance must be carried out in a commercially acceptable time.

There are good opportunities for formative assessment within these Outcomes, including self and peer assessment.

### Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).

## Higher National Unit Support Notes (cont)

**Unit title:** Aromatherapy Massage (SCQF level 7)

### Opportunities for developing Core and other essential skills

All components of the Core Skill of *Problem Solving*, that is, Planning and Organising, Critical Thinking, and Reviewing and Evaluating, will be naturally developed as the aromatherapy massage treatment is planned and safely undertaken. In planning the treatment learners will identify and analyse a range of factors including suitable products and techniques to ensure the treatment meets the needs of each individual client. The treatment application must ensure client comfort and safety. Taking account of timing sequence and duration will require good planning and organising skills. Compliance with health and safety legislation is integral to achievement. Analytical evaluation of the effectiveness of treatments in relation to identified aims could be enhanced by formative group discussion.

*Communication* skills are not formally assessed however learners will be expected to present oral and written communication to an acceptable professional standard. Skills in accessing and analysing information on essential oils, massage effects and techniques should be developed to provide underpinning knowledge.

Oral communication skills will be developed in practical work with clients when interaction must be professional, sensitive and empathic. Communicating appropriate information to clients, explaining and reassuring during treatment sessions and giving aftercare advice and specific relevant lifestyle advice will be an essential aspect of competence. Learners should be fully aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way, adapting language, register and style to suit their purpose and clientele.

In addition to the specific vocational skills developed and assessed learners will have the opportunity to develop generic skills which will enhance their employability skills profile, eg customer care skills, communication skills, time management.

## History of changes to Unit

Version	Description of change	Date
02	Cross reference opportunity re Outcome 1 contra-indications and special care conditions added to “ <i>Guidance on approaches to assessment</i> ”	19/02/20

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## General information for learners

### Unit title: Aromatherapy Massage (SCQF level 7)

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

On completion of this Unit you should be able to demonstrate knowledge of aromatherapy and have developed skills in aromatherapy massage. You will gain knowledge of the physiological and psychological effects of aromatherapy massage and how essential oils enter the body, essential oil extraction methods, properties, basic chemical structures, essential oil safety, legislation relating to storage and labelling of oils, conditions which prevent and restrict treatment and contra actions which may occur. You will research 20 essential oils and will understand the relevance of the use and properties of carrier oil.

Your practical skills will be developed by consulting with clients and devising treatment plans which meet treatment objectives, then preparing for and performing the aromatherapy treatment, adapting massage techniques to suit the treatment objectives. Practical application will include the use of pre-blended and blended oils. You will evaluate the effectiveness of the treatment, provide recommendations for future treatment adaptations and give appropriate individual lifestyle advice which will enhance the effectiveness of the treatment given.

Throughout you must demonstrate knowledge of and adherence to relevant health and safety procedures; appearance which reflects organisational and industry standards and effective communication and consultation skills.

You will be assessed by answering restricted questions in closed-book conditions, carrying out research on 20 essential oils and will be observed preparing for and carrying out full body aromatherapy massage treatments, on a minimum of five occasions on different clients.

Two massages must be carried out with pre-blended oils. Three massages must be carried out with blended oils. (carrier and essential oils selected and blended by you to suit client needs).

Practical performance must demonstrate all treatment objectives - stress relief, relaxation, wellbeing, lymphatic drainage. Practical performance must be carried out in a commercially acceptable time.

Key areas of knowledge will be:

- ◆ Physiological and psychological effects of aromatherapy massage
- ◆ How essential oils enter the body via the skin, lungs and olfactory system
- ◆ Extraction of essential oils
- ◆ Properties of essential oils
- ◆ Basic chemical structures of essential oils — esters, ketones, alcohols, phenols, terpenes, aldehydes
- ◆ Essential oil safety — sensitisation, irritation, toxicity

## General information for learners (cont)

### Unit title: Aromatherapy Massage (SCQF level 7)

Essential oils — Bergamot, black pepper, Roman chamomile, clary sage, cypress, eucalyptus, frankincense, geranium, jasmine, juniper, lavender, neroli, rose, rosemary, sandalwood, ylang ylang, melissa, basil, marjoram and lemongrass. The research for each essential oil must identify botanical name, note plant family, origin extractions methods, contra indications for use, therapeutic properties and use.

- ◆ The relevance of carrier oil use
- ◆ Properties of carrier oils
- ◆ Use of carrier oils — grapeseed, avocado, wheatgerm, apricot kernel, jojoba, evening primrose
- ◆ Legislation relating to storage and labelling of oils
- ◆ Conditions which may prohibit treatment (contra-indications) and why — contagious skin diseases, dysfunction of the nervous system, recent scar tissue, undiagnosed lumps and swellings
- ◆ Conditions which restrict treatment (special care conditions) and necessary adaptation — undergoing medical treatment, uncontrolled diabetes, epilepsy, high blood pressure, low blood pressure, history of thrombosis or embolism, medication, pregnancy, piercings, cuts and abrasions, during cancer treatment
- ◆ Possible contra-actions — erythema, hyperemia, allergy to essential oils, carrier oils and pre-blended oils
- ◆ Organisational and industry standards of personal preparation
- ◆ Treatment environment preparation
- ◆ Equipment preparation and positioning
- ◆ Comprehensive consultation techniques
- ◆ Treatment planning
- ◆ Client preparation and positioning
- ◆ How to select and blend essential oils to suit client needs
- ◆ How to select pre-blended oil to suit client needs
- ◆ Correct massage application techniques — effleurage, petrissage, lymphatic drainage pressure point
- ◆ Benefits of massage techniques — effleurage, petrissage, lymphatic draining, pressure point
- ◆ Treatment areas — full body: legs and feet, back, neck and shoulder, abdomen, arms and hands, chest and shoulders, face, scalp and ears
- ◆ How to adapt the techniques and massage application to suit different treatment objectives
- ◆ Correct timing, sequence and duration reflective of industry practice
- ◆ The importance of continuity and rhythm
- ◆ Client comfort and safety
- ◆ Relevant current health and safety legislation
- ◆ How to give appropriate aftercare and lifestyle advice
- ◆ Aftercare advice
- ◆ Lifestyle advice which may improve the effectiveness of the treatment
- ◆ Methods used to evaluate the effectiveness of the aromatherapy massage treatment
- ◆ Method of recording client data



## General information for learners (cont)

### Unit title: Aromatherapy Massage (SCQF level 7)

You will develop components of the Core Skill of *Problem Solving*, that is, Planning and Organising, Critical Thinking, and Reviewing and Evaluating, will be naturally developed as the massage treatment is planned and safely undertaken. In planning the treatment learners will identify and analyse a range of factors including suitable products, equipment and techniques to ensure the treatment meets the needs of each individual client. The treatment application must ensure client comfort and safety. Taking account of timing sequence and duration will require good planning and organising skills. Compliance with health and safety legislation is integral to achievement.

*Communication* skills are not formally assessed however you will be expected to present oral and written communication to an acceptable professional standard. Skills in accessing and analysing information on massage effects and techniques should be developed to provide underpinning knowledge on professional issues and resources.

Oral communication skills will be developed in practical work with clients when interaction must be professional, sensitive and empathic. Communicating appropriate information to clients, explaining and reassuring during treatment sessions and giving aftercare advice and specific relevant lifestyle advice will be an essential aspect of competence. You should be fully aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way, adapting language, register and style to suit their purpose and clientele.

In addition to the specific vocational skills developed and assessed you will have the opportunity to develop generic skills which will enhance your employability skills profile, eg customer care skills, communication skills, time management.