



National Unit specification: general information

Unit title: Wellness Therapies: Natural Products

Unit code: FR0K 12

Superclass: HK

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Version: 02

Summary

This Unit has been designed as an optional Unit in the National Certificate Group in Wellness Therapies at SCQF level 6, but can also be taken as a free- standing Unit.

Candidates will be able to investigate how natural ingredients are suitable for use in the treatment of various minor ailments. They will learn about the benefits and effects to clients well being and gain an understanding of common conditions.

Candidates will also be introduced to a selection of essential and carrier oils that can be introduced to ingredients before applying to client.

This Unit is suitable for those who have no previous qualification or experience of Natural Products used within the Wellness Sector.

This Unit is at an introductory level which develops basic skills excluding diagnose.

Outcomes

- 1 Demonstrate knowledge of recipes using only natural ingredients suitable for minor ailments.
- 2 Research the properties and uses of carrier oils and essential oils.
- 3 Prepare, consult and select natural products for application.
- 4 Carry out application of natural products.

Recommended entry

Access to this Unit is at the discretion of the centre. It would be beneficial if the candidates had an appropriate level of Communication, ICT and Numeracy skills.

National Unit specification: general information (cont)

Unit title: Wellness Therapies: Natural Products

Credit points and level

1 National Unit credit(s) at SCQF level 6: (6 SCQF credit points at SCQF level 6*)

**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.*

Core Skills

Achievement of this Unit gives automatic certification of the following Core Skills component:

- ◆ Critical Thinking at SCQF level 6

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit specification.

National Unit specification: statement of standards

Unit title: Wellness Therapies: Natural Products

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.

Outcome 1

Demonstrate knowledge of recipes using only natural ingredients suitable for minor ailments.

Performance Criteria

- (a) Identify minor ailments that can be treated holistically.
- (b) Identify natural ingredients that would be beneficial for use.
- (c) Describe factors that would prevent treatment taking place.

Outcome 2

Research the properties and uses of carrier oils and essential oils.

Performance Criteria

- (a) Describe the therapeutic properties and uses of selected carrier and essential oils.
- (b) Identify the contra-indication for each carrier and essential oil listed.
- (c) Evaluate the beneficial effects of using natural products with treatment.

Outcome 3

Prepare, consult and select natural products for application.

Performance Criteria

- (a) Prepare treatment area appropriately.
- (b) Carry out consultation to determine minor ailments and client requirements.
- (c) Select appropriate ingredients and blend.
- (d) Prepare client for the required treatment.

Outcome 4

Carry out application of natural products.

Performance Criteria

- (a) Carry out application of natural products to help improve minor ailments.
- (b) Record relevant aftercare, homecare advice and natural product recommendations given to client.
- (c) Comply with relevant current legislation requirements.

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Natural Products

Evidence Requirements for this Unit

Performance evidence and written/oral recorded evidence which covers all the Outcomes and Performance Criteria is required for this Unit.

Outcome 1 and 2

Candidate must demonstrate their knowledge of the following:

- ◆ common ailments could be — allergies, bloating, cold sores, skin conditions (psoriasis, eczema, dermatitis, acne, blemishes, boils, bruising), fungal infection, menopausal disorders, pre menstrual stress, sleep disorders, winter ailments (coughs, colds, sore throats), spring ailment for example hay fever
- ◆ essential oils — Jasmine, lavender, lime, lemon, tea tree, eucalyptus, chamomile
- ◆ carrier oils — olive oil, sweet almond oil, mustard oil, coconut oil
- ◆ natural ingredients could include honey, vinegar, fruit, vegetables, yoghurt/milk, herbs, spices, salt, mineral salts, a variety of teas, aloe vera
- ◆ awareness of legislation required in relation to labelling and home use of topical products

Candidate will demonstrate knowledge of a minimum of six ailments for Outcome 1

Outcome 2

Candidates will demonstrate knowledge of each essential oil and carrier oil to include Latin names, therapeutic uses, general use, contra-indication and general information.

Candidates will demonstrate knowledge of contra-indications to a minimum of six natural ingredients.

Outcome 3

Candidates will be required to demonstrate by practical activity on the minimum of three occasions on clients with different conditions.

- ◆ Prepare the treatment area appropriately.
- ◆ Consult with client to determine minor ailment and required treatment.
- ◆ Prepare client for the required treatment.
- ◆ Select correct products to be used according to clients needs.
- ◆ Select correct resources to be used according to procedure.

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Natural Products

Outcome 4

Candidates will be required to demonstrate by practical activity on the minimum of three occasions on clients with different conditions.

- ◆ Carry out treatment which may improve minor ailment.
- ◆ Provide relevant aftercare, homecare advice and natural product recommendations to client.
- ◆ Record aftercare, homecare advice and product recommendations on client record.
- ◆ Comply with relevant current legislation.

Performance evidence to cover Outcome 3 and 4 must be gathered on the same assessment occasions within in a realistic time.

Practical performance must be demonstrated on a minimum three different clients, each practical performance covering different minor ailments.

Candidates must not diagnose ailments, the conditions must be pre existing.

An assessor observation checklist and completed client records which accurately records aims and objectives of the treatment, product selection, relevant aftercare and homecare advice and product recommendations must be used to provide evidence for Outcome 3 and 4.

National Unit specification: support notes

Unit title: Wellness Therapies: Natural Products

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 40 hours.

Guidance on the content and context for this Unit

Candidates will learn about minor ailments, treatments using natural ingredients, essential and carrier oils.

Candidates will learn how to prepare remedies in a holistic environment, selecting appropriate natural products to help improve minor ailments.

Practical treatment must be carried out on a client.

It is essential that relevant aspects of current health and safety legislation are explained and adhered too as part of the work of this Unit.

Key areas of knowledge are:

- ◆ minor ailments that can be treated holistically
- ◆ natural ingredients that would be beneficial for use
- ◆ factors that would prevent treatment taking place
- ◆ therapeutic properties and uses of selected carrier and essential oils
- ◆ contra-indication for each carrier and essential oil listed
- ◆ hygiene procedures
- ◆ working safely in the salon
- ◆ prevention of infection
- ◆ beneficial effects of using natural ingredients as a remedy
- ◆ conditions of work for example dress code, personal conduct
- ◆ resources required for application of treatment
- ◆ knowledge and the importance of adhering to the requirements of appropriate current legislation and where to find further information on:
 - Health and Safety at Work act 1974
 - Control of Substances Hazardous to Health (COSHH), Regulations
 - Personal Protective Equipment (PPE) at Work Regulations
 - Data Protection Act
 - Provision and use of Work Equipment Regulations
- ◆ organisational requirements relating to treatment area, storage and disposal
- ◆ client preparation according to environment
- ◆ importance of analysis of minor ailment
- ◆ natural product knowledge
- ◆ salon procedure for treatment application
- ◆ effective communication
- ◆ how to plan a treatment package to meet client needs

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Natural Products

Guidance on learning and teaching approaches for this Unit

There should be an introduction to the Unit which allows the candidates to understand fully what is required and the approaches which will be adopted.

The main approach to learning in the Unit should be experiential, practical and candidate centred. Candidates should have the opportunity to learn and develop practical skills in a salon environment where they will experience workplace conditions and will learn to work with others.

Due to the practical nature of this Unit, each part of learning and teaching should incorporate both theory and practical, to facilitate learning. Candidates will therefore understand the relevance of the knowledge and understanding more easily as they experience the practical application. The learning and teaching should arise naturally throughout the practical activities.

Practical demonstration followed by supported role play, initially with peers will enable candidates to practice and gain confidence before progressing to work on clients. Emphasis will be placed on good interpersonal skills, professional behaviour, appropriately dress code and working safely in the working environment. Formative work throughout will enhance performance.

Candidates should be shown and allowed to practice consultation techniques with possible problem scenarios explored with questioning and observation.

Candidates should be shown how to prepare the client appropriately for treatment, ensuring client comfort and emphasising choice of suitable natural products for minor ailments. Cost effectiveness of the use of natural products should be discussed. Candidates should learn how to observe and monitor the client throughout the treatment to ensure client comfort and detect possible contra-actions during treatment.

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Natural Products

Guidance on approaches to assessment for this Unit

The evidence requirements are fully expressed in the mandatory section of this Unit specification.

Evidence should be gathered at appropriate points throughout the Unit. The evidence for Outcome 1 and 2 should be gathered when the research and underpinning knowledge has been covered.

Evidence for Outcomes 3 and 4 will be shown.

An assessor observation checklist and completed client records which accurately records aims and objectives of the treatment, product selection, relevant aftercare and homecare advice and product recommendations must be used to provide evidence for outcome 3 and 4.

Practical performance must be demonstrated on a minimum three different clients, each practical performance covering different minor ailments.

Candidates must not diagnose ailments, the conditions must be pre existing.

There are good opportunities for formative assessment in this Unit, including self and peer assessment and for collecting feedback from the assessor.

Opportunities for the use of 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 e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Natural Products

Opportunities for developing Core Skills

In this Unit candidates will investigate the suitability of natural ingredients for the treatment of various minor ailments.

Candidates will:

- ◆ research and describe the therapeutic properties and uses of selected carrier and essential oils
- ◆ consult with client to determine minor ailments and client requirements
- ◆ decide which treatments are most suitable and select and blend the appropriate ingredients
- ◆ prepare treatment area in accordance with current legislative requirements
- ◆ prepare client for the required treatment
- ◆ carry out treatment complying with current legislative requirements
- ◆ evaluate the effectiveness of treatment through discussion with client
- ◆ advise client of relevant aftercare
- ◆ complete client records

This Unit has the Problem Solving component of Critical Thinking embedded in it, so when candidates achieve this Unit their Core Skills profile will be updated to show they have achieved Critical Thinking at SCQF Level 6. In addition, as candidates are doing this Unit they will be developing aspects of the Core Skills in Communication and Working with Others.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 6 embedded.	08/08/2011

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