



Higher National Unit specification

General information for centres

Unit title: Aromatherapy

Unit code: F1B7 34

Unit purpose: This Unit is designed to provide the candidate with a basic knowledge of selected essential oils used in aromatherapy and the skills required to apply aromatherapy treatments. It is intended for candidates working or seeking employment within a Beauty/Complementary Therapy environment.

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

- 1 Consult with clients to develop aromatherapy treatment plans.
- 2 Prepare for aromatherapy treatments.
- 3 Perform aromatherapy treatments.
- 4 Evaluate the effectiveness of the treatments.

Credit points and level: 2 HN Credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*)

**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: It is recommended that candidates possess the HN Units in Body Massage, Anatomy and Physiology, Health and Safety Legislation: An Introduction and a current First Aid Certificate or equivalent qualifications.

Core Skills: There are opportunities to develop the Core Skills of Problem Solving and Communication at SCQF level 6 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. This Unit must be taught in conjunction with the HN Unit in Aromatherapy Chemistry.

Assessment: The practical elements of Outcomes 1, 2, 3 and 4 can be assessed holistically. Candidates will be observed in a realistic working environment using checklists supported by evidence in the form of client records, client case studies and an evaluative report.

Higher National Unit specification: statement of standards

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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

Consult with clients to develop aromatherapy treatment plans

Knowledge and/or skills

- ◆ Consultation/communication skills
- ◆ Client assessment/aims and requirements
- ◆ Forms of treatment
- ◆ Application techniques/effects
- ◆ Contra-indications to treatment and oils
- ◆ Treatment planning

Evidence Requirements

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

- ◆ explain forms of treatment — inhalation, compress, massage
- ◆ describe application techniques
- ◆ agree treatment plans in relation to the client requirements
- ◆ identify contra-indications and restrictions to treatments and oil usage

Candidates' communication and interpersonal skills should be observed through consultation with a range of clients (age, gender, requirements).

Performance evidence should be recorded on an observational checklist. Candidates are required to produce three case studies of six treatments each although not all consultation/treatments need be observed.

Details of the consultation should be recorded on each client's case study/record. This can be used to support the observational evidence.

Assessment guidelines

The assessment for this Outcome can be combined with Outcome 2, 3 and 4.

Higher National Unit specification: statement of standards (cont)

Unit title: Aromatherapy

Outcome 2

Prepare for aromatherapy treatments.

Knowledge and/or skills

- ◆ Professional appearance
- ◆ Work station and equipment
- ◆ Health and safety regulation
- ◆ Investigation of 20 essential oils
- ◆ Oils and blends
- ◆ Preparation of client

Evidence Requirements

Candidates will need to provide evidence to demonstrate their skills and/or knowledge by showing that they can, with reference to practical aromatherapy treatments:

- ◆ prepare themselves to a professional standard of appearance in terms of dress, nails, footwear and hygiene
- ◆ prepare the work area for treatment to ensure client comfort, privacy and safety in accordance with health and safety regulations
- ◆ select oils in accordance with client consultation and identify restrictions to treatment and oil usage

An observational checklist should be used to record performance evidence. To achieve this Outcome candidates should investigate 20 essential oils, as listed, to demonstrate their knowledge and understanding of: basic properties and composition, family, type of note and origin and extraction methods. This assessment will take the form of a project and will be achieved through satisfactory evidence of self investigation.

Assessment guidelines

The assessment of this Outcome can be combined with Outcomes 1, 3 and 4.

Candidates are required to produce three case studies of six treatments each although not all consultation/treatments need be observed.

Higher National Unit specification: statement of standards (cont)

Unit title: Aromatherapy

Outcome 3

Perform aromatherapy treatments

Knowledge and/or skills

- ◆ Blending process of oils
- ◆ Application techniques
- ◆ Massage movements — timing, sequencing and continuity
- ◆ Client care — physical, physiological and psychological
- ◆ Aftercare/homecare advice

Evidence Requirements

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

- ◆ perform the processes and procedures of blending of oils, taking into account the proportions, notes, compatibility and synergy
- ◆ adapt techniques which are appropriate to the client's physical, physiological and psychological requirements
- ◆ recognise the importance of timing, sequencing and continuity of massage movements
- ◆ ensure client care and comfort is maintained throughout treatment

Candidates are required to produce three case studies of six treatments each although not all consultation/treatments need to be observed. Observational checklists should be used to record performance evidence.

Assessment guidelines

The assessment of this Outcome can be combined with Outcomes 1, 2 and 4.

Outcome 4

Evaluate the effectiveness of the treatments

Knowledge and/or skills

- ◆ Effects of treatments
- ◆ Treatments sessions — individual, course
- ◆ Client feedback
- ◆ Aftercare and homecare

Higher National Unit specification: statement of standards (cont)

Unit title: Aromatherapy

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by evaluating the effectiveness of the treatments performed. The evaluation should include information on:

- ◆ immediate and short term reactions/effects
- ◆ long term effects
- ◆ individual treatment sessions
- ◆ course of treatments
- ◆ details of client feedback
- ◆ provision of after and homecare advice

Candidates are required to produce three case studies of six treatments each. Evidence can be recorded in the form of a report, on client records or by observation.

Assessment guidelines

The assessment of this Outcome may be combined with Outcomes 1, 2 and 3.

Candidates are required to produce three case studies of six treatments each although not all consultation/treatments need to be observed.

Administrative Information

Unit code:	F1B7 34
Unit title:	Aromatherapy
Superclass category:	HK
Original date of publication:	February 2007
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History of Changes:

Version	Description of change	Date
02	Amendments to wording in Outcome 1 Knowledge and/or Skills bullet point 2 and support notes Outcome 1 bullet point 2 — to read: client assessment/aims and requirements.	14/08/09

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Higher National Unit specification: support notes

Unit title: Aromatherapy

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 body massage skills by giving them underpinning knowledge and skills to enable them to plan and effectively carry out aromatherapy treatments. Candidates should be able to identify client's needs through consultation, prepare, perform and adapt treatments accordingly, evaluate the treatment, thus providing an individual treatment specific to that client.

This Unit gives candidates the basic skills and knowledge for progression to the HN Unit Aromatherapy: Advanced.

Although this Unit is a very practical Unit Outcome 2 also includes looking at the profiles of essential oils and carrier oils. The 20 essential oils which should be covered in terms of their properties and effects are:

Essential Oils

- | | |
|--------------------------|-----------------------|
| ◆ Lavendula angustifolia | ◆ Pelargonium asperum |
| ◆ Jasminium officinale | ◆ Eucalyptus globulus |
| ◆ Ocimum basilicum | ◆ Boswellia carteri |
| ◆ Cananga odorata | ◆ Mentha piperata |
| ◆ Rose centifolia | ◆ Santalum album |
| ◆ Melaleuca alternifolia | ◆ Citrus paradisi |
| ◆ Juniperus communis | ◆ Cymbopogon citrates |
| ◆ Origanum majorama | ◆ Citrus aurantium |
| ◆ Citrus bergamia | ◆ Citrus limonum |
| ◆ Anthemis nobulis | ◆ Salvia sclavea |

Carrier Oils

- | | |
|-------------|-------------|
| ◆ Wheatgerm | ◆ Grapeseed |
| ◆ Avocado | ◆ Jojoba |
| ◆ Almond | |

The basic properties, composition, family, type of note, origin, extraction methods and therapeutic effects of each of the oils should be investigated. This will give candidates the underpinning knowledge and/or skills to gather information in relation to effective blending according to client's consultation and treatment.

Higher National Unit specification: support notes (cont)

Unit title: Aromatherapy

Outcome 1 addresses the client consultation process. The importance of gathering the correct information to diagnose the client's requirements and effectively plan and carry out treatments should be stressed. Candidates should be encouraged to study:

Importance of consultation:

- ◆ consultation techniques — sensitive, professional and empathic
- ◆ client assessment/aims and requirements
- ◆ forms of treatment
- ◆ application techniques
- ◆ contraindications to treatment and oils
- ◆ treatment plans

Outcome 2 looks at the preparation for the treatment in terms of candidate, client and work station in accordance with professional standards and health and safety regulations. Clients should be encouraged to think about:

- ◆ reasons for particular preparation of the environment and equipment
- ◆ importance of client positioning and comfort
- ◆ importance of professional appearance and standard
- ◆ investigate 20 essential oils
- ◆ selection of oils to be blended

Outcome 3 involves performing the aromatherapy techniques agreed in the client consultation process. It covers:

- ◆ client care and comfort during treatments
- ◆ oils blended and used in accordance to treatment plan
- ◆ application techniques appropriate to objectives of treatment plan eg: relaxation, stress relief
- ◆ effects and uses of different techniques — massage (effleurage, petrissage and lymphatic drainage), compresses and inhalations
- ◆ treatment areas — full body, scalp and face
- ◆ after/homecare advice

Outcome 4 evaluates the effectiveness of the treatment/s and their effects on the clients. Candidates should be encouraged to think about the following areas:

- ◆ importance of client feedback and effective communication skills
- ◆ possible contra-actions to treatments
- ◆ specific aftercare and homecare advice
- ◆ importance of keeping complete and accurate record cards
- ◆ any legislation relating to storage and labelling of oils if appropriate

Higher National Unit specification: support notes (cont)

Unit title: Aromatherapy

Guidance on the delivery and assessment of this Unit

This Unit is designed to provide candidates with a basic knowledge of essential oils and skills in aromatherapy treatments.

This Unit should be delivered in conjunction with the HN Unit Aromatherapy Chemistry and at time when candidates have a good appreciation of the anatomy and physiology required for this Unit.

Client case studies must be provided and submitted at the end of the allocated time for this Unit. It is recommended that three case studies of six treatments per case study, are carried out on clients of differing ages and genders.

Opportunities for developing Core Skills

All elements of the Core Skill of Problem Solving, that is, planning and organising, critical thinking, and reviewing and evaluating, will be developed to a sophisticated level as clients are diagnosed, and practical aromatherapy treatment activities are devised, performed and evaluated. Candidates undertake a detailed analysis of factors relating to health and identifying and assessing the relevance of all factors will include in depth consultation with different types of clients. Consideration of appropriate forms and techniques of treatment for specific client needs taking account of possible contra-indications will involve a high level of critical thinking. Selection of appropriate oils and delivery of treatments which consider the physical, physiological and psychological requirements of clients could involve on going review and adaptation. Analytical evaluation of the effectiveness of treatments is assessable in the Unit and skills could be enhanced by group discussion of criteria which might be used to measure success.

Although skills in Communication are not formally assessed candidates will be expected to research, produce and present oral and written communications to a professional standard. They will have opportunities to develop a sophisticated level of oral communication skills in practical work with clients. Sensitivity and an empathic understanding of the physical, emotional and cultural needs of a range of other people will support the ability to adapt language and non-verbal communication to progress effective communication. Communicating appropriate complex information to clients, explaining and reassuring during treatment sessions and advising on post treatment needs will be an essential aspect of competence. Candidates should be able to use and adapt vocabulary, register and style to suit their purpose and clientele, and to respond to in depth questioning from both clients and the assessor confidently and accurately. They should be made fully aware of a range of listening techniques in order to relate and respond to others in the most appropriate and effective way. Skills in accessing and evaluating sources which provide ideas and information should be developed, in order that candidates are able to analyse critically current reference materials from a range of paper based and electronic sites. The need to develop efficient systems of recording, coding and storing drafts and notes for ease of reference should be emphasised.

Open learning

This Unit is not suited to delivery by open or distance learning because it requires the candidates to be observed by a qualified practitioner during the practical assessments.

Higher National Unit specification: support notes (cont)

Unit title: Aromatherapy

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

General information for candidates

Unit title: Aromatherapy

This Unit will provide you with knowledge of selected essential oils in aromatherapy treatments and the skills required to carry out aromatherapy treatments.

Outcome 1 involves the client consultation process. This will form the basis of the aromatherapy treatment plan.

Outcome 2 involves the preparation for the aromatherapy treatment. You will work to professional standards and adhere to health and safety regulations when preparing the workstation, oils client and yourself.

It also includes a self-investigation project of 20 essential oils in which you are required to gain knowledge in — basic properties and composition, effects, history, family, origin and extraction methods.

Outcome 3 you will perform aromatherapy treatments employing appropriate techniques.

Outcome 4 evaluates the aromatherapy treatments taking cognisance of short/long term effects. Single sessions and courses of treatments will be evaluated. You will also provide aftercare and homecare advice to clients.