



Higher National Unit specification

General information

Unit title: Aromatherapy Advanced (SCQF level 8)

Unit code: HL9Y 35

Superclass: HK

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Unit purpose

This unit is designed to enable learners to understand the profile of 20 essential oils. It prepares them for working with a diverse range of clients and an expansion of applications. Learners should have knowledge of *Aromatherapy Massage* prior to undertaking this Unit.

Outcomes

On successful completion of the unit the learner will 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 Higher National unit credits at SCQF level 8: (16 SCQF credit points at SCQF level 8)

Recommended entry to the unit

Access to this unit required the learner to possess the underpinning knowledge of the units *Aromatherapy Chemistry, Body Massage, Human Anatomy and Physiology, Complementary Therapies: Professional Issues and Practice and Research and Methodology*.

Higher National Unit Specification: General information (cont)

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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.

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.

Higher National Unit specification: Statement of standards

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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

Investigate current developments within aromatherapy.

Knowledge and/or skills

- ◆ Scientific
- ◆ Legislation
- ◆ Government Bodies
- ◆ Current Research

Outcome 2

Research oils used in aromatherapy.

Knowledge and/or skills

- ◆ A comprehensive study of essential oils should be undertaken to enable the learner to understand:
 - profiles of essential oils
 - profiles of carrier oils
 - current developments within the aromatherapy industry

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

Higher National Unit specification: Statement of standards (cont)

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Outcome 4

Evaluate the effectiveness of the treatment.

Knowledge and/or skills

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

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

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

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

The report should include current developments with the aromatherapy industry, in relation to lead bodies, government guidelines and current legislation.

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

Outcome 2

- ◆ 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

Higher National Unit specification: Statement of standards (cont)

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- ◆ The research investigation should include any current research of 15 carrier oils by:
 - basic properties
 - chemical constituents
 - botanical family
 - description of plant
 - geographical location
 - origins
 - extraction methods
 - contra-indications
 - safety precautions and uses

The assessment will be in the form of a project of essential oil profiles and carrier oil profiles. This will be achieved through evidence of self-investigation including:

- ◆ Consultation/communication skills
- ◆ Contra-indications
- ◆ Treatment planning
- ◆ Preparation oils and blends

Learners will need evidence to demonstrate the knowledge and skills by showing 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 chose 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.

Treatments should be carried out across a range of clients and cover a wide range of conditions.

This outcome should be holistically assessed with Outcomes 3 and 4. Details of the assessment are stated in Outcome 4.

Outcome 2, 3 and 4 may 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 (cont)

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Outcome 3

Learners will need to provide evidence to demonstrate their knowledge and/or skills across all outcomes by showing that they can:

- ◆ apply different applications of compress, sprays, topical applications, massage, dry/steam inhalations should all be demonstrated on a range of clients.
- ◆ maintain client care and conform to ensure client's conditions taken into consideration.
- ◆ show awareness of client body language and nonverbal communication throughout treatments.
- ◆ provide products in accordance with health and safety regulations.
- ◆ explain essential oils, application and rationale.

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

This outcome should be holistically assessed with Outcome 2 and 4. Details of the assessment are stated in Outcome 4.

Outcome 4

Learners will need evidence to demonstrate the knowledge and skills by showing 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, excrement 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. Evidence should be generated by the use of observations checklists and case studies. The learner 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 (specify treatments).

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

- ◆ Maintaining health
- ◆ Presenting different conditions
- ◆ Diverse client groups

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



Higher National Unit Support Notes

Unit title: Aromatherapy Advanced (SCQF level 8)

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 intends to enable candidates to expand on their existing aromatherapy skills using a variety of different applications in *Advanced Aromatherapy*. The learners are required to research 20 essential oils giving underpinning knowledge and current developments with aromatherapy to then consult, prepare carryout 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 oil profiles.

Explore current developments within the aromatherapy industry. Learner's knowledge and understanding of both basic and advanced essential oil profile will enable a source of research and scientific evidencing in client case study.

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.

The table below shows a list of essential and carrier oils, this list is not exhaustive.

Essential oils	
Cedrus atlantica	Zingiber officinale
Citrus reticulata	Coriandrum sativum
Cymbopogon martini	Manuka Leptospermum Scoparium
Eucalyptus smithii	Eucalyptus staigeriana
Foeniculum vulgare	Hyssopus officinalis
Lavandula latifolia	Melaleuca viridiflora
Pinus sylvestris	Pogostemon cablin
Citrus Limon	C paradisi
C sinensis	Chamomilla recutita

Higher National Unit Support Notes (cont)

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Carrier oils	
Olive	Macademia
Coconut	Carrot
	Hemp
Evening primrose	St John's wort
Calendula	linseed
Sunflower	Sesame
Rosehip	Arnica
Soya bean	

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, Muscula/Skeletal, Circulatory, Nervous, Lymphatic, Integumentary.

A variety of applications can be used in the treatment plan involved 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 learner 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.

Guidance on approaches to delivery of this unit

This unit will be delivered within the group award HND Complementary Therapies. This unit should be delivered once learners possess the underpinning knowledge of the units: *Anatomy and Physiology, Body Massage, Anatomy and Physiology, Research and Methodology, Complementary Therapies: Professional Issues and Practice.*

There should be sufficient theoretical knowledge and practical experience by learners to ensure competence and confidence of all advanced aromatherapy treatments. To gain experience learners should work on peers during practical tuition time.

Higher National Unit Support Notes (cont)

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Guidance on approaches to assessment of this unit

This unit should be assessed by the use of observation checklists and case studies. The learners 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 to including:

- ◆ Maintaining health
- ◆ Presenting differing conditions
- ◆ Diverse client groups

Ongoing oral questioning throughout the unit will assist in monitoring the development of the learners underpinning knowledge. Learners are encouraged to continue practicing practical skills as home study and adding to knowledge gained from self-research, using textbooks and appropriate websites.

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.

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.

Opportunities for developing Core and other essential skills

Aspects 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.

Higher National Unit Support Notes (cont)

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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

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General information for learners

Unit title: Aromatherapy Advanced (SCQF level 8)

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.

This Unit is designed to enable you to understand the profiles of 20 essential oils. It prepares you 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 learner 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.

General information for learners (cont)

Unit title: Aromatherapy Advanced (SCQF level 8)

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.

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 may be 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.