



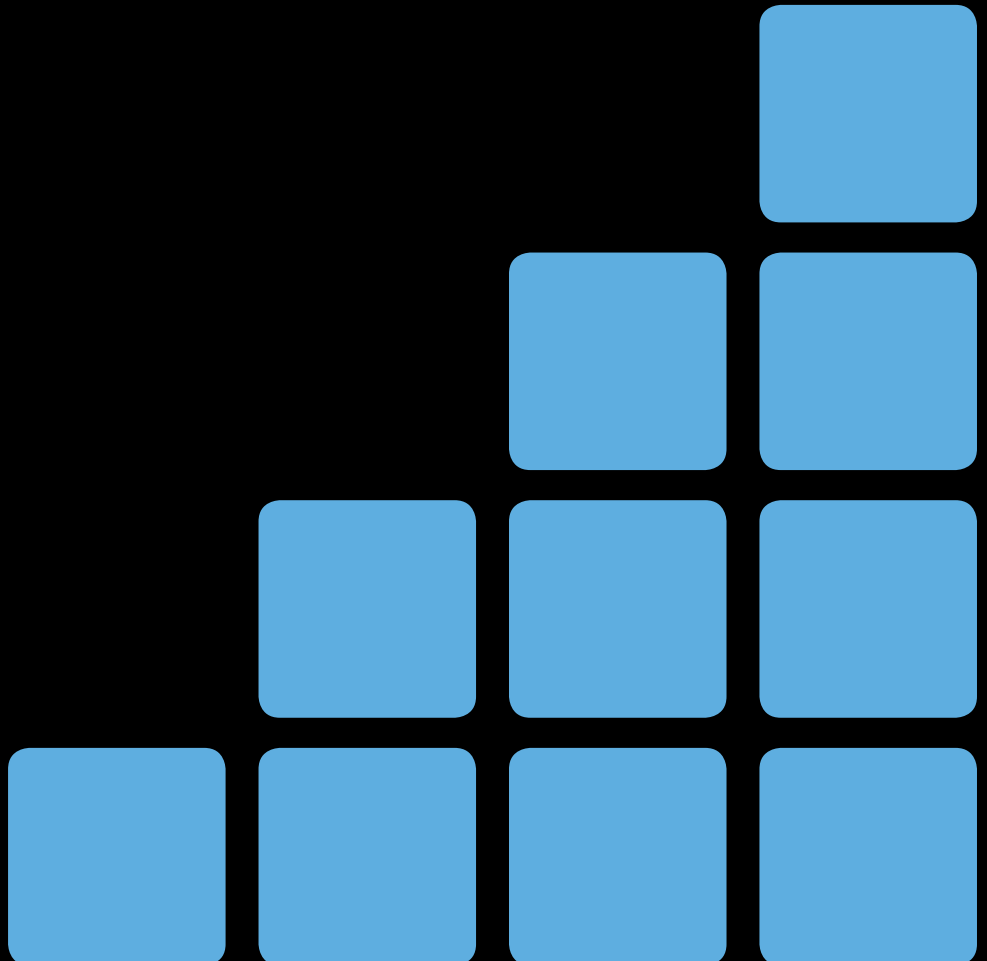
Carry out massage using pre-blended aromatherapy oils

UB30B24

K/600/7523

Learner name:

Learner number:



UB30B24

Carry out massage using pre-blended aromatherapy oils

This unit is about the skills involved in preparing clients for and delivery of massage using pre-blended aromatherapy oils. The ability to adapt the use of pre-blended oils and massage techniques to suit individual client needs are crucial requirements.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and good communication with the client.

NOS

B24

Level

3

Credit value

8

GLH

67

Observations

4

External paper(s)

2



Carry out massage using pre-blended aromatherapy oils

Learning outcomes

On completion of this unit you will:

1. Be able to maintain safe and effective methods of working when carrying out massage using pre-blended aromatherapy oils
2. Be able to consult, plan and prepare for treatments with clients
3. Be able to massage the body using pre-blended aromatherapy oils
4. Understand organisational and legal requirements for carrying out massage using pre-blended aromatherapy oils
5. Understand how to work safely and effectively when carrying out massage using pre-blended aromatherapy oils
6. Understand how to consult with clients
7. Be able to prepare to carry out massages using pre-blended aromatherapy oils
8. Understand anatomy and physiology related to massage treatments
9. Understand contra-indications and contra-actions that affect or restrict massages using pre-blended aromatherapy oils
10. Understand how to use pre-blended aromatherapy oils
11. Understand the principles behind massage techniques using pre-blended aromatherapy oils
12. Understand how to provide aftercare advice

Evidence requirements

1. Simulation is not allowed for any performance evidence within this unit.
2. You must practically demonstrate in your everyday work that you have met the standard for providing massage using pre-blended aromatherapy oils.
3. Your assessor will observe your performance on **at least 4 separate occasions, each on 4 different clients, which must include 2 full body massage treatments, incorporating the face.**
4. From the range, you must practically demonstrate that you have:
 - used all consultation techniques
 - dealt with all the clients' physical characteristics
 - dealt with **at least 1** of the necessary actions*
 - met all treatment objectives
 - used all massage techniques
 - covered all treatment areas
 - given all types of advice.

** However, you must prove to your assessor that you have the necessary knowledge, understanding and skills to be able to perform competently in respect of all the items in these ranges.*
5. It is likely most evidence of your performance will be gathered from the observations made by your assessor, but you may be required to produce other evidence to support your performance if your assessor has not been present.
6. Knowledge and understanding in this unit will be assessed by an external paper. The criteria that make up this paper are highlighted in white throughout this unit. **There are two external papers that must be achieved.**

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single client service.

Maximum service times

The following maximum service times apply to this unit:

Back massage	30 minutes
Full body massage (excluding head and face)	60 minutes
Full body massage (including head and face)	75 minutes

Achieving range

The range section indicates what must be covered. Ranges must be practically demonstrated as part of an observation. Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Outcome 1

Be able to maintain safe and effective methods of working when carrying out massage using pre-blended aromatherapy oils

You can:

- a. Set up and maintain the treatment area to meet organisational and manufacturers' instructions
- b. Maintain personal hygiene, protection and appearance that meets accepted industry and organisational requirements
- c. Clean all equipment using the correct methods
- d. Position equipment and pre-blended oils for safety and ease of use
- e. Position the client and yourself to minimise fatigue and risk of injury and in a way suitable for treatment
- f. Use accepted industry hygiene and safety practices throughout the treatment to minimise the risk of cross-infection
- g. Adopt a positive, polite and reassuring manner towards the client at all times
- h. Maintain the client's modesty, privacy and comfort at all times
- i. Complete the treatment within a commercially viable time
- j. Keep records up to date, accurate, easy to read and signed by the client and practitioner
- k. Leave the treatment area and equipment in a suitable condition for future treatments

**May be assessed through oral questioning.*

Observation	1	2	3	4
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Outcome 2

Be able to consult, plan and prepare for treatments with clients

You can:

- a. Use effective consultation techniques to determine the client's treatment needs
- b. Obtain signed, written, informed consent from the client or parent/guardian if the client is a minor prior to carrying out the treatment*
- c. Explain to the client the treatment procedure in a way they can understand
- d. Question the client to identify the client's medical history, physical characteristics and lifestyle pattern
- e. Consult with the client to identify any contra-indications to aromatherapy treatments, recording the client's responses, and take any necessary action
- f. Encourage clients to ask questions and clarify any points
- g. Carry out a sensitivity test to establish response and suitability for treatment
- h. Provide client advice without reference to a specific medical condition and without causing undue alarm or concern*
- i. Explain and agree the projected cost, likely duration, frequency and types of treatment needed
- j. Agree in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable
- k. Protect client's clothing, hair and accessories
- l. Select suitable pre-blended aromatherapy oils which meet the treatment objectives and which are fit for purpose

*May be assessed through oral questioning.

Observation	1	2	3	4
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Outcome 3

Be able to massage the body using pre-blended aromatherapy oils

You can:

- a. Provide suitable support and cushioning to specific areas of the body during the treatment if necessary
- b. Adapt massage techniques, sequence and use of pre-blended oil to meet the client's physical characteristics and treatment area(s)
- c. Vary the depth, rhythm and pressure of massage movements to meet treatment objectives, treatment area(s) and client's physical characteristics and preferences
- d. Apply and use pre-blended oil to minimise waste
- e. Take prompt remedial action if contra-actions or discomfort occur during the course of treatment*
- f. Give the client sufficient post-treatment recovery time
- g. Check that the finished result is to the client's satisfaction and meets the agreed treatment objectives
- h. Provide aftercare advice

*May be assessed through oral questioning.

Observation	1	2	3	4
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				

Range



You must practically demonstrate that you have:

Used all consultation techniques		Portfolio reference
Questioning		
Visual		
Manual		
Reference to client records		
Dealt with all the clients' physical characteristics		Portfolio reference
Weight		
Height		
Posture		
Muscle tone		
Age		
Health		
Skin condition		
Dealt with at least 1 of the necessary actions		Portfolio reference
Encouraging the client to seek medical advice		
Explaining why the treatment cannot be carried out		
Modification of treatment		
Met all treatment objectives		Portfolio reference
Relaxation		
Sense of well-being		
Uplifting		
Anti-cellulite		
Stimulating		



You must practically demonstrate that you have:

Used all massage techniques		Portfolio reference
Effleurage		
Petrissage		
Tapotement		
Pressure point		
Covered all treatment areas		Portfolio reference
Face		
Head		
Chest and shoulders		
Arms and hands		
Abdomen		
Back		
Gluteals		
Legs and feet		
Given all types of advice		Portfolio reference
Avoidance of activities which may cause contra-actions		
Future treatment needs		
Modifications to lifestyle patterns		
Healthy eating and exercise advice		
Suitable home care products and their use		

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

Achieving the external paper

The external paper will test your knowledge of the criteria highlighted in white. **A pass mark of 70% must be achieved.** Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence as **all unit criteria must be achieved.**

Your assessor will complete the table below when the 70% pass mark has been achieved.

Paper	Date achieved	Assessor initials
1 of 2		
2 of 2		

Knowledge



Outcome 4

Understand organisational and legal requirements for carrying out massage using pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
a. Explain your responsibilities under current health and safety legislation, standards and guidance	
b. Explain your responsibilities under local authority licensing regulations for yourself and the premises	
c. Explain the importance of not discriminating against clients with illnesses and disabilities and why	
d. Explain the age at which an individual is classed as a minor and how this differs nationally	
e. Explain why it is important, when treating minors under 16 years of age, to have a parent or guardian present	
f. Explain why minors should not be given treatments without informed and signed parental or guardian consent	
g. Explain the legal significance of gaining signed, informed consent to treatment	
h. Explain your responsibilities and reasons for maintaining personal hygiene, protection and appearance according to accepted industry and organisational requirements	
i. Explain the manufacturers' and organisational requirements for waste disposal	
j. Explain the importance of the correct storage of client records in relation to the Data Protection Act	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 4 (continued)

Understand organisational and legal requirements for carrying out massage using pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
k. Explain how to complete client records, the importance of, and reasons for, keeping records of treatments and gaining client signatures	
l. Explain the organisation's requirements for client preparation	
m. Explain the organisation's service times for massage treatments and the importance of completing the service in a commercially viable time	
n. Explain the organisation's and manufacturers' requirements for the treatment area, maintenance and cleaning of equipment	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 5

Understand how to work safely and effectively when carrying out massage using pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
a. Explain how to set up the work area for massage treatments	
b. Explain the necessary environmental conditions for body massage treatments (including lighting, heating, ventilation, sound and general comfort) and why these are important	
c. Explain the importance of, and reasons for, disinfecting hands and how to do this effectively	
d. Explain how to position yourself and the client for massage treatments taking into account individual physical characteristics	
e. Explain what repetitive strain injury (RSI) is, its cause and how to avoid developing it when delivering massage treatments	
f. Explain the importance of adopting the correct posture throughout the treatment and the impact this may have on yourself and the outcome of the treatment	
g. Explain the reasons for maintaining client modesty, privacy and comfort during the treatment	
h. Explain why it is important to maintain high standards of hygiene and the principles of avoiding cross-infection	
i. Explain how to minimise and dispose of waste treatments	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 6

Understand how to consult with clients

You can:	Portfolio reference / Assessor initials*
a. Explain how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, ages, disabilities and genders for this treatment	
b. Explain why it is important to encourage and allow time for clients to ask questions	
c. Explain the importance of questioning clients to establish any contra-indications to head and body massage treatments	
d. Explain why it is important to record client responses to questioning	
e. Explain the legal significance of client questioning and the recording of client responses	
f. Explain how to give effective advice and recommendations to clients	
g. Explain how to assess visually the client's physical characteristics	
h. Explain how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine	
i. Explain how to recognise different skin types and conditions	
j. Explain how to effectively carry out a skin sensitivity test for allergies to pre-blended aromatherapy oils	
k. Explain the types of reactions that can occur as a result of using pre-blended aromatherapy oils and how to recognise them	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 6 (continued)

Understand how to consult with clients

You can:	Portfolio reference / Assessor initials*
l. Explain the reasons why it is important to encourage clients with contra-indications to seek medical advice	
m. Explain the importance of, and reasons for, not naming specific contra-indications when encouraging clients to seek medical advice	
n. Explain why it is important to maintain the client's modesty and privacy	
o. Explain the relationship between lifestyle patterns and effectiveness of treatment	
p. Summarise the beneficial effects which can result from changes to the client's lifestyle pattern	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 7

Be able to prepare to carry out massages using pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
a. Explain the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment	
b. Explain why it is important to reassure clients during the preparation process whilst also maintaining the client's modesty and privacy	
c. Explain how to select the appropriate pre-blended aromatherapy oil suitable for skin type, condition and treatment objectives	
d. Explain how to cleanse different areas of the body in preparation for treatment (e.g. face and feet)	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 8

Understand anatomy and physiology related to massage treatments

You can:	Portfolio reference / Assessor initials*
a. Explain the structure and function of cells and tissues	
b. Explain the structure and function of muscles, including the types of muscle	
c. Explain the positions and actions of the main muscle groups within the treatment areas of the body	
d. Explain the position and function of the primary bones and joints of the skeleton	
e. Explain how to recognise postural faults and conditions	
f. Explain the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse	
g. Explain the interaction of lymph and blood within the circulatory system	
h. Explain the structure and function of the lymphatic system	
i. Explain the basic principles of the central and autonomic nervous system	
j. Explain the basic principles of the endocrine, respiratory, olfactory, digestive and excretory system	
k. Explain the structure and function of the skin	
l. Explain the skin characteristics and skin types of different ethnic client groups	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 8 (continued)

Understand anatomy and physiology related to massage treatments

You can:	Portfolio reference / Assessor initials*
m. Explain the structure and location of the adipose tissue	
n. Summarise the effects of massage using pre-blended aromatherapy oils on the individual systems of the body	
o. Summarise the physical and psychological effects of massage using pre-blended aromatherapy oils	
p. Explain how to recognise erythema and its causes	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 9

Understand contra-indications and contra-actions that affect or restrict massages using pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
a. Explain the contra-indications that prevent treatment and why	
b. Explain the contra-indications which may restrict treatment or where caution should be taken in specific areas and why	
c. Explain possible contra-actions which may occur during and post treatment, why they occur and how to deal with them	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 10

Understand how to use pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
a. Explain how to store and maintain pre-blended aromatherapy oils in a safe and hygienic manner and why this is important	
b. Explain how to use pre-blended aromatherapy oils safely and effectively, including the effects of volatility	
c. Summarise the types of pre-blended aromatherapy massage oils available and their purpose	
d. Explain how to adapt your choice of pre-blended aromatherapy oils to meet specific clients' physical needs	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 11

Understand the principles behind massage techniques using pre-blended aromatherapy oils

You can:	Portfolio reference / Assessor initials*
a. Explain why it is important to maintain correct posture during massage and complete your own stretching exercises to prevent repetitive strain injury	
b. Explain the correct use and application of massage techniques to meet a variety of treatment objectives	
c. Explain how to adapt the massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences	
d. Explain how to adapt massage treatments for male and female clients	
e. Explain the areas of the body and body characteristics needing particular care when undertaking massage using pre-blended aromatherapy oils	
f. Explain the advantages of massage using pre-blended aromatherapy oils	
g. Explain how and why support and cushioning would be used during the treatment	
h. Explain the limitations of using pre-blended aromatherapy oils and when to refer clients to a clinical aromatherapist and why	
i. Explain the importance of evaluating the effectiveness of massage using pre-blended aromatherapy oils	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 12

Understand how to provide aftercare advice

You can:	Portfolio reference / Assessor initials*
a. Evaluate the lifestyle factors and changes that may be required to improve the effectiveness of the treatment	
b. Explain post-treatment restrictions and future treatment needs	
c. Explain products for home use that will benefit and protect the client and those to avoid and why	
d. Explain how eating and exercise habits can affect the effectiveness of treatment	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.