

Multiple Choice Sample Questions
ITEC Unit 825 – Provide Massage using Pre-blended Aromatherapy Oils

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| 1 | Which of the following is a general effect of effleurage? | | 1 |
| A | Cleansing | B | Relaxing |
| C | Toning | D | Extracting |
| | | | <input type="checkbox"/> B |
| 2 | Which of the following is a benefit of using a pre-blend aromatherapy oil containing Chamomile Roman? | | 2 |
| A | It helps to reduce stress | B | It is good to use on an oily skin |
| C | It eases flu and cold symptoms | D | It helps to stimulate blood flow |
| | | | <input type="checkbox"/> A |
| 3 | Which of the following is considered correct storage for pre-blended aromatherapy oils? | | 3 |
| A | To store in dark glass bottles | B | To store in plastic bottles |
| C | To store in clear glass bottles | D | To store in a warm atmosphere |
| | | | <input type="checkbox"/> A |
| 4 | Which of the following oils can cause headaches and nausea? | | 4 |
| A | Grapefruit | B | Rose damask |
| C | Ylang Ylang | D | Lemon |
| | | | <input type="checkbox"/> C |
| 5 | Why is it important to give home care advice following a massage using pre-blended aromatherapy oils? | | 5 |
| A | To maintain the effects of the treatment | B | To give more value for money |
| C | To maximise toxic reaction to treatment | D | To ensure the client makes a follow up appointment |
| | | | <input type="checkbox"/> A |