

Multiple Choice Sample Questions

ITEC Unit 825 – Provide Massage using Pre-blended Aromatherapy Oils

1	Which of the following is a general effect of effleurage?		1
A	Cleansing	B	B
C	Toning	D	
		Extracting	
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	A
C	It eases flu and cold symptoms	D	
		It helps to stimulate blood flow	
3	Which of the following is considered correct storage for pre-blended aromatherapy oils?		3
A	To store in dark glass bottles	B	A
C	To store in clear glass bottles	D	
		To store in a warm atmosphere	
4	Which of the following oils can cause headaches and nausea?		4
A	Grapefruit	B	C
C	Ylang Ylang	D	
		Lemon	
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	A
C	To maximise toxic reaction to treatment	D	
		To ensure the client makes a follow up appointment	