

Unit 734 – Carry Out Massage using Pre-blended Aromatherapy Oils

Guided Learning Hours: 67

| Learning Outcome | Assessment Criteria |
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| 1. Be able to maintain safe and effective methods of working when carrying out massage using pre-blended aromatherapy oils | <ul style="list-style-type: none">1.1 set up and maintain the treatment area to meet organisation and manufacturers' instructions1.2 maintain personal hygiene, protection and appearance meets accepted industry and organisational requirements1.3 clean all equipment using the correct methods1.4 position equipment and pre-blended oils for safety and ease of use1.5 position the client and themselves to minimise fatigue and risk of injury and in a way suitable for treatment1.6 use accepted industry hygiene and safety practices throughout the treatment to minimise the risk of cross-infection1.7 adopt a positive, polite and reassuring manner towards the client at all times1.8 maintain the client's modesty, privacy and comfort at all times1.9 complete the treatment within a commercially viable time1.10 keep records up-to-date, accurate, easy to read and signed by the client and practitioner1.11 leave the treatment area and equipment in a suitable condition for future treatments |
| 2. Be able to consult, plan and prepare for treatments with clients | <ul style="list-style-type: none">2.1 use effective consultation techniques to determine the client's treatment needs2.2 obtain signed, written, informed consent prior to carrying out the treatment from the |

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| | <p>client or parent/guardian if the client is a minor</p> <p>2.3 explain to the client the treatment procedure in a way they can understand</p> <p>2.4 question the client to identify the client's medical history, physical characteristics and lifestyle pattern</p> <p>2.5 consult with the client to identify any contra-indications to aromatherapy treatments, recording the clients responses, and take any necessary action</p> <p>2.6 encourage clients to ask questions and clarify any points</p> <p>2.7 carry out a sensitivity test to establish response and suitability for treatment</p> <p>2.8 provide client advice without reference to a specific medical condition and without causing undue alarm or concern</p> <p>2.9 explain and agree the projected cost, likely duration, frequency and types of treatment needed</p> <p>2.10 agree in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable</p> <p>2.11 protect client's clothing, hair and accessories</p> <p>2.12 select suitable pre-blended aromatherapy oils which meet the treatment objectives which are fit for purpose</p> |
| 3. Be able to massage the body using pre-blended aromatherapy oils | <p>3.1 provide suitable support and cushioning to specific areas of the body during the treatment if necessary</p> <p>3.2 adapt massage techniques, sequence and use of pre-blended oil to meet the client's physical characteristics and treatment area(s)</p> <p>3.3 vary the depth, rhythm and pressure of massage movements to meet treatment</p> |

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| | <p>objectives, treatment area(s) and client's physical characteristics and preferences</p> <p>3.4 apply and use pre-blended oil to minimise waste</p> <p>3.5 take prompt remedial action if contra-actions or discomfort occur during the course of treatment</p> <p>3.6 give the client sufficient post-treatment recovery time</p> <p>3.7 check that the finished result is to the client's satisfaction and meets the agreed treatment objectives</p> <p>3.8 provide aftercare advice</p> |
| 4. Understand organisational and legal requirements for carrying out massage using pre-blended aromatherapy oils | <p>4.1 explain own responsibilities under current health and safety legislation, standards and guidance</p> <p>4.2 explain own responsibilities under local authority licensing regulations for themselves and the premises</p> <p>4.3 explain the importance of not discriminating against clients with illnesses and disabilities and why</p> <p>4.4 explain the age at which an individual is classed as a minor and how this differs nationally</p> <p>4.5 explain why it is important, when treating minors under 16 years of age, to have a parent or guardian present</p> <p>4.6 explain why minors should not be given treatments without informed and signed parental or guardian consent</p> <p>4.7 explain the legal significance of gaining signed, informed consent to treatment</p> <p>4.8 explain own responsibilities and reasons for maintaining personal hygiene,</p> |

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| | <p>protection and appearance according to accepted industry and organisational requirements</p> <p>4.9 explain the manufacturers' and organisational requirements for waste disposal</p> <p>4.10 explain the importance of the correct storage of client records in relation to the Data Protection Act</p> <p>4.11 explain how to complete client records, the importance of and reasons for keeping records of treatments and gaining client signatures</p> <p>4.12 explain the organisation's requirements for client preparation</p> <p>4.13 explain the organisation's service times for massage treatments and the importance of completing the service in a commercially viable time</p> <p>4.14 explain the organisation's and manufacturers' requirements for the treatment area, maintenance and cleaning of equipment</p> |
| <p>5. Understand how to work safely and effectively when carrying out massage using pre-blended aromatherapy oils</p> | <p>5.1 explain how to set up the work area for massage treatments</p> <p>explain the necessary environmental conditions for body massage treatments</p> <p>5.2 (including lighting, heating, ventilation, sound and general comfort) and why these are important</p> <p>5.3 explain the importance and reasons for disinfecting hands and how to do this effectively</p> <p>5.4 explain how to position themselves and the client for massage treatments taking into account individual physical characteristics</p> <p>5.5 explain what repetitive strain injury (RSI) is, its cause and how to avoid developing it when delivering massage treatments</p> <p>5.6 explain the importance of adopting the correct posture throughout the treatment and the</p> |

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| | <p>impact this may have on themselves and the outcome of the treatment</p> <p>5.7 explain the reasons for maintaining client modesty, privacy and comfort during the treatment</p> <p>5.8 explain why it is important to maintain high standards of hygiene and the principles of avoiding cross-infection</p> <p>5.9 explain how to minimise and dispose of waste treatments</p> |
| 6. Understand how to consult with clients | <p>6.1 explain how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, ages, disabilities and genders for this treatment</p> <p>6.2 explain why it is important to encourage and allow time for clients to ask questions</p> <p>6.3 explain the importance of questioning clients to establish any contra-indications to head and body massage treatments</p> <p>6.4 explain why it is important to record client responses to questioning</p> <p>6.5 explain the legal significance of client questioning and the recording of client responses</p> <p>6.6 explain how to give effective advice and recommendations to clients</p> <p>6.7 explain how to visually assess the clients' physical characteristics</p> <p>6.8 explain how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine</p> <p>6.9 explain how to recognise different skin types and conditions</p> <p>6.10 explain how to effectively carry out a skin sensitivity test for allergies to pre-</p> |

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| | <p>blended aromatherapy oils</p> <p>6.11 explain the types of reactions that can occur as a result of using pre-blended aromatherapy oils and how to recognise them</p> <p>6.12 explain the reasons why it is important to encourage clients with contra-indications to seek medical advice</p> <p>6.13 explain the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice</p> <p>6.14 explain why it is important to maintain client's modesty and privacy</p> <p>6.15 explain the relationship between lifestyle patterns and effectiveness of treatment</p> <p>6.16 summarise the beneficial effects which can result from changes to the client's lifestyle pattern</p> |
| 7. Be able to prepare to carry out massages using pre-blended aromatherapy oils | <p>7.1 explain the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment</p> <p>7.2 explain why it is important to reassure clients during the preparation process whilst also maintain the client's modesty and privacy</p> <p>7.3 explain how to select the appropriate pre-blended aromatherapy oil suitable for skin type, condition and treatment objectives</p> <p>7.4 explain how to cleanse different areas of the body in preparation for treatment e.g. face and feet</p> |
| 8. Understand anatomy and physiology related to massage treatments | <p>8.1 explain the structure and function of cells and tissues</p> <p>8.2 explain the structure and function of muscles, including the types of muscle</p> <p>8.3 explain the positions and actions of the main muscle groups within the treatment</p> |

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| | <p>areas of the body</p> <p>8.4 explain the position and function of the primary bones and joints of the skeleton</p> <p>8.5 explain how to recognise postural faults and conditions</p> <p>8.6 explain the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse</p> <p>8.7 explain the interaction of lymph and blood within the circulatory system</p> <p>8.8 explain the structure and function of the lymphatic system</p> <p>8.9 explain the basic principles of the central and autonomic nervous system</p> <p>8.10 explain the basic principles of the endocrine, respiratory, digestive and excretory system</p> <p>8.11 explain the structure and function of the skin</p> <p>8.12 explain the skin characteristics and skin types of different ethnic client groups</p> <p>8.13 explain the structure and location of the adipose tissue</p> <p>8.14 summarise the effects of massage using pre-blended aromatherapy oils on the individual systems of the body</p> <p>8.15 summarise the physical and psychological effects of massage using pre-blended aromatherapy oils</p> <p>8.16 explain how to recognise erythema and its causes</p> |
| 9 Understand contra-indications and | <p>9.1 explain the contra-indications that prevent treatment and why</p> <p>9.2 explain the contra-indications which may restrict treatment or where caution should</p> |

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| aromatherapy oils | <p>be taken, in specific areas and why</p> <p>9.3 explain possible contra-actions which may occur during and post treatment, why and how to deal with them</p> |
| 10 Understand how to use pre-blended aromatherapy oils | <p>10.1 explain how to store and maintain pre-blended aromatherapy oils in a safe and hygienic manner</p> <p>10.2 explain how to use pre-blended aromatherapy oils safely and effectively, including the effects of volatility</p> <p>10.3 summarise the types of pre-blend aromatherapy massage oils available, their purpose</p> <p>10.4 explain how to adapt their choice of pre-blended aromatherapy oils to meet specific clients' physical and emotional needs</p> |
| 11. Understand the principles behind massage techniques using pre-blended aromatherapy oils | <p>11.1 explain why it is important to maintain correct posture during massage and complete their own stretching exercises to prevent repetitive strain injury</p> <p>11.2 explain the correct use and application of massage techniques to meet a variety of treatment objectives</p> <p>11.3 explain how to adapt the massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences</p> <p>11.4 explain how to adapt massage treatments for male and female clients</p> <p>11.5 explain the areas of the body and body characteristics needing particular care when undertaking massage using pre-blended aromatherapy oils</p> <p>11.6 explain the advantages of massage using pre-blended aromatherapy oils</p> <p>11.7 explain how and why support and cushioning would be used during the treatment</p> |

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| | <p>11.8 explain the limitations of using pre-blended aromatherapy oils and when and why to refer clients onto a clinical aromatherapist</p> <p>11.9 explain the importance of evaluating the effectiveness of massage using pre-blended aromatherapy oils</p> |
| 12. Understand how to provide aftercare advice | <p>12.1 evaluate the lifestyle factors and changes that may be required to improve the effectiveness of the treatment</p> <p>12.2 explain post-treatment restrictions and future treatment needs</p> <p>12.3 explain products for home use that will benefit and protect the client and those to avoid and why</p> <p>12.4 explain how eating and exercise habits can affect the effectiveness of treatment</p> |