



AG382

ITEC Level 3

Unit 382 - Provide Aromatherapy for Complementary Therapies Assignment Guidance Form

Research essences/essential oils

To include:

- Common and botanical name of the oil
- Plant family
- Country of Origin
- Plant source
- Method of extraction
- Significant chemical constituents
- Therapeutic actions – e.g., anti-inflammatory, diuretic etc
- Which systems/conditions benefit from its use?
- Most beneficial/suitable methods of use
- Safety data

For any *fifteen* of the following oils:

- | | |
|---|------------------|
| • Basil | • Lavender spike |
| • Benzoin | • Lemon |
| • Bergamot | • Lemongrass |
| • Black pepper | • Mandarin |
| • Cedarwood atlas | • Marjoram |
| • Chamomile German | • Myrrh |
| • Chamomile Roman | • Neroli |
| • Clary sage | • Orange Bitter |
| • Cypress | • Orange Sweet |
| • Eucalyptus (citriodora, dives, globulus, smithii) | • Patchouli |
| • Fennel | • Peppermint |
| • Frankincense | • Petitgrain |
| • Geranium | • Rose cabbage |
| • Ginger | • Rose damask |
| • Grapefruit | • Rosemary |
| • Jasmine | • Sandalwood |
| • Juniper | • Tea tree |
| • Lavandin | • Thyme |
| • Lavender | • Vetivert |
| | • Ylang Ylang |

This assignment may be presented in any of the following formats and may include some ICT:

- Written report
- Chart
- Spider diagram
- Graph
- Other pictorial presentation e.g. mood board