

# Sample Questions

## iUCT22 – Aromatherapy

<b>1</b>	<b>Which of the following oils is contra-indicated for use on epileptics?</b>			
A	Styrax benzoin	B	Foeniculum vulgare	<b>B</b>
C	Thymus vulgaris	D	Piper nigrum	

<b>2</b>	<b>Which of the following oils would be most suitable if medical permission has been given for aromatherapy treatment for a pregnant client?</b>			
A	Clary sage	B	Mandarin	<b>B</b>
C	Peppermint	D	Juniper	

<b>3</b>	<b>What condition would the inhalation method be most suitable for?</b>			
A	Acne	B	Backache	<b>C</b>
C	Sinusitis	D	Oedema	

<b>4</b>	<b>What is meant by synergistic effect in aromatherapy?</b>			
A	When blending two or more oils together they should be undiluted for a better effect	B	When blending two or more oils together they should be diluted with water for a better effect	<b>C</b>
C	When two or more oils work together they produce more of an effect than they do alone	D	When two or more oils work together they produce less of an effect than they do alone	

<b>5</b>	<b>What is the meaning of 'volatile' when associated with essential oils?</b>			
A	To have a distinctive smell	B	To evaporate quickly	<b>B</b>
C	To be flammable	D	To be non-greasy	

<b>6</b>	<b>Bergamot oil consists mainly of which of the following chemical constituents?</b>			
A	Oxides	B	Esters	<b>B</b>
C	Sesquiterpenes	D	Ketones	

<b>7</b>	<b>From which part of the plant is Piper nigrum extracted?</b>			
A	The roots	B	The dried leaves	<b>D</b>
C	The bark	D	The dried berries	

<b>8</b>	<b>What is the approximate shelf life of essential oils?</b>			
A	2 months	B	5 years	<b>D</b>
C	12 months	D	2 years	

<b>9</b>	<b>Which of the following would be most beneficial for use on a compress to treat bruising?</b>			
A	German chamomile	B	Eucalyptus citriodora	<b>A</b>
C	Petitgrain	D	Sweet orange	

<b>10</b>	<b>Bach flower remedies are defined as:</b>			
A	Infusion of plants with water and alcohol to treat emotional problems	B	The use of minute doses of bacteria or substances that reflect the client's condition	<b>A</b>
C	A traditional method of using flowers to give energy	D	The insertion of fine needles into the skin to help relieve pain	

**Document History**

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator