

Sample Questions

iUCT22 – Aromatherapy

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

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

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

4	What is meant by synergistic effect in aromatherapy?			
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	C
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	

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

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

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

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

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

10	Bach flower remedies are defined as:			
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	A
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

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v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator