

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUCT43 - Provide massage using pre-blended aromatherapy oils

Total contact tuition hours proposed: 65

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> College rules and regulations College mission statement ITEC rules and regulations Health & safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
Be able to prepare for massage using pre-blended aromatherapy oils			
Prepare themselves, client and work area for body treatment using pre-blended aromatherapy oils	<ul style="list-style-type: none"> Preparation of working area Equipment Products Work wear Personal appearance and behaviour Hygiene e.g. sterilizing /sanitising tools and equipment Client for treatment Client care and modesty 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Test 	20

Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> • An example of a consultation form can be downloaded from: www.itecworld.co.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature 		
Advise the client on how to prepare for the treatment	<ul style="list-style-type: none"> • Explain the treatment to the client • Client preparation - remove clothing down to underwear and remove shoes • Use robes/towels to maintain client modesty 		
Provide clear recommendations to the client	<ul style="list-style-type: none"> • To include taking into account the following: <ul style="list-style-type: none"> - The outcome of the body analysis - Diet - Smoking - Alcohol - Central heating - Air conditioning - Stress - Sleep - Exercise - Fresh air - Occupation - Lifestyle - Current regime 		
Select products and tools to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers 		

	<ul style="list-style-type: none"> • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Plastic measuring container • Pre-blended oils: <ul style="list-style-type: none"> - Chamomile Roman - Clary Sage - Eucalyptus - Geranium - Grapefruit - Lavender - Lemon - Lemongrass - Neroli - Rose damask - Rosemary - Sandalwood - Marjoram - Tea tree - Ylang Ylang - The effects and benefits of each should be known • Carrier oils: <ul style="list-style-type: none"> - Almond - Apricot kernel - Avocado - Coconut - Evening primrose - Grapeseed - Jojoba - Macadamia - Peach kernel - Soya - Sunflower - Wheatgerm - The effects and benefits of each should be known 		
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Describe salon requirements for preparing themselves, the client and work area	<ul style="list-style-type: none"> Any particular rights, restrictions and acts applicable to massage using pre-blended aromatherapy oils treatment Code of practice/ethics Insurance and professional association membership Record keeping Professional appearance 		
Describe the environmental conditions suitable for body treatments using pre-blended aromatherapy oils	<ul style="list-style-type: none"> Lighting Heating Ventilation Noise levels Available space Music General hygiene Waste disposal Décor Equipment Privacy Reception areas General use/treatment areas 		
Describe the different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> Positive body language Positioning of the client (no barriers between themselves and client) Good communication skills (asking open and/or closed questions where appropriate) Verbal and non-verbal communication 		
Describe how to select products and tools to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> Couch or chair Trolley Stool Towels Blanket Additional support if appropriate Headband Bedroll Robe Disposable slippers Disinfecting fluid Tissues Cotton wool Spatulas 		

	<ul style="list-style-type: none"> • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Plastic measuring container • Pre-blended oils: <ul style="list-style-type: none"> - Chamomile roman - Clary sage - Eucalyptus - Geranium - Grapefruit - Lavender - Lemon - Lemongrass - Neroli - Rose damask - Rosemary - Sandalwood - Marjoram - Tea tree - Ylang Ylang - The effects and benefits of each should be known • Carrier oils: <ul style="list-style-type: none"> - Almond - Apricot kernel - Avocado - Coconut - Evening Primrose - Grapeseed - Jojoba - Macadamia - Peach Kernel - Soya - Sunflower - Wheatgerm - The effects and benefits of each should be known 		
Describe known contra- indications that may restrict or prevent body treatment using pre-	<ul style="list-style-type: none"> - With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist 		

blended aromatherapy oils	<ul style="list-style-type: none"> - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another complementary practitioner - Medical oedema - Osteoporosis - Arthritis - Nervous/psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. multiple sclerosis, Parkinson's disease, motor neurone disease) - Bell's palsy - Trapped/pinched nerve (e.g. sciatica) - Inflamed nerve - Cancer - Postural deformities - Spastic conditions - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism - Chemotherapy - Radiotherapy • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions 		
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	<ul style="list-style-type: none"> - Scar tissue (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Abdomen (first few days of menstruation depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Gastric ulcers - After a heavy meal - Anaphylaxis - Body piercing 		
Outline the safety precautions associated with the range of pre-blended aromatherapy oils	<ul style="list-style-type: none"> • Testing the pre-blended oil on the client's skin • Appropriate explanation to the client of the testing • Allow 24-48 hours for client's reaction to the tests • Hazards associated with the pre-blended oils – irritation, sensitisation, inter-action with other treatment/medication • Allergy to nuts • Contra-indications • Scope of treatment(s) • Aftercare advice • Home care advice • The correct storage of pre-blended essential oils: <ul style="list-style-type: none"> - Away from extremes of temperature - Dark glass bottles - Tightly sealed bottles - Out of reach of children 		

Be able to carry out massage using pre-blended aromatherapy oils			
Communicate and behave in a professional manner	<ul style="list-style-type: none"> • Checking consultations and contra-indications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands/feet as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Handout: • Homework • Test: 	45

	<ul style="list-style-type: none"> • Using appropriate covered supports • Adapting the treatments to suit the needs of the client • Ensuring client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment 		
Follow health and safety working practices	<ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturers' instructions 		
Position themselves and client correctly throughout the treatment	<ul style="list-style-type: none"> • Positioning of the client • Client comfort • Application of the treatments • Body therapist self-care 		
Use products and techniques to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Pre-blended oils: <ul style="list-style-type: none"> - Chamomile Roman - Clary Sage - Eucalyptus - Geranium - Grapefruit - Lavender - Lemon - Lemongrass - Neroli - Rose damask - Rosemary - Sandalwood - Marjoram - Tea tree 		

	<ul style="list-style-type: none"> - Ylang Ylang - The effects and benefits of each should be known • Carrier oils: <ul style="list-style-type: none"> - Almond - Apricot kernel - Avocado - Coconut - Evening Primrose - Grapeseed - Jojoba - Macadamia - Peach Kernel - Soya - Sunflower - Wheatgerm - The effects and benefits of each should be known • Effleurage • Petrissage – kneading and frictions • Tapotement including hacking, cupping, beating, pounding • Pressure points • Movements should be performed correctly and on areas appropriate for the movement 		
Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs 		
Record and evaluate the results of the treatment	<ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Home care advice 		
Provide suitable aftercare advice	<ul style="list-style-type: none"> • Recommendations for immediate aftercare • Suitable body care regime • Use of SPF • Lifestyle • Recommendation of further salon treatments 		
Explain how to communicate and behave in a professional manner	<ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills 		
Explain health and safety working practices	<ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act 		

	<ul style="list-style-type: none"> • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act /General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturers' instructions 		
Explain the importance of positioning themselves and the client correctly throughout the treatment	<ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment 		
Explain the importance of using products, tools and techniques to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Pre-blended oils: <ul style="list-style-type: none"> - Chamomile roman 		

	<ul style="list-style-type: none"> - Clary sage - Eucalyptus - Geranium - Grapefruit - Lavender - Lemon - Lemongrass - Neroli - Rose damask - Rosemary - Sandalwood - Marjoram - Tea tree - Ylang Ylang - The effects and benefits of each should be known • Carrier oils: <ul style="list-style-type: none"> - Almond - Apricot kernel - Avocado - Coconut - Evening primrose - Grapeseed - Jojoba - Macadamia - Peach Kernel - Soya - Sunflower - Wheatgerm - The effects and benefits of each should be known • Effleurage • Petrissage – kneading and frictions • Tapotement including hacking, cupping, beating, pounding • Pressure points • Movements should be performed correctly and on areas appropriate for the movement 		
Describe how treatments can be adapted to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Massage using pre-blended aromatherapy oils 		

State the contra-actions that may occur during and following treatments and how to respond	<ul style="list-style-type: none"> • Explaining any possible side effects to the treatment • Feeling tired • Increased micturition • Increased defecation • Healing crisis • Headache • Thirst • Heightened emotions • Skin reactions • Increase in symptoms • Referral procedures 		
Explain the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Concluding the treatment in an appropriate manner to meet client's needs • Ongoing treatments 		
Explain the importance of completing treatment records	<ul style="list-style-type: none"> • Maintaining records • Aftercare • Home care • Product advice • Compliance with Data Protection/General Data Protection Regulations (GDPR) 		
Describe the methods of evaluating the effectiveness of the treatment	<ul style="list-style-type: none"> • Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout 		
Describe the aftercare advice that should be provided	<ul style="list-style-type: none"> • Based upon consultation, body analysis and relevant test recommendations for ongoing or further treatments, home and aftercare advice • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Hobbies • Interests • Rest • Relaxation 		

	<ul style="list-style-type: none"> • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof 		
Describe the structure and the main functions of body systems	<p>Skin</p> <ul style="list-style-type: none"> • Epidermis <ul style="list-style-type: none"> - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/malpighian layer - Stratum germinativum/basal layer - Melanocytes • Dermis <ul style="list-style-type: none"> - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat glands: <ul style="list-style-type: none"> ▪ Eccrine ▪ Apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin - Histiocytes - Mast cells - Fibroblasts - Erector pili muscle - Subcutaneous layer - Secretion - Heat regulation - Absorption - Protection - Elimination - Sensation - Vitamin D formation (7-dehydro-cholesterol) - Keratinisation - Melanin formation • Skeletal <ul style="list-style-type: none"> - Support framework - Provides attachments for muscles - Forms joints to provide movement 		

	<ul style="list-style-type: none"> - Forms erythrocytes in the bone marrow - Stores calcium - Protection - Compact - Cancellous • Muscular <ul style="list-style-type: none"> - Voluntary - Involuntary - Cardiac - Ligament - Tendon - Fascia - Cardio-vascular - Erythrocytes - Leucocytes - Thrombocytes - Plasma and plasma proteins - Platelets - Arteries - Arterioles - Veins - Venules - Capillaries - Superior vena cava - Aortic arch - Inferior vena cava - Aorta - Right atrium - Right ventricle - Left atrium - Left ventricle - Septum - Pulmonary valve - Pulmonary artery - Pulmonary veins - Mitral (bicuspid) valve - Tricuspid valve - Endocardium - Myocardium - Pericardium • Lymphatic <ul style="list-style-type: none"> - Leucocytes - Lymphocytes 		
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	<ul style="list-style-type: none"> - Waste products - Lymphatic capillaries - Lymphatic vessels - Lymphatic nodes - Lymphatic ducts - Describe the way in which Lymph is moved around the body <ul style="list-style-type: none"> • Nervous <ul style="list-style-type: none"> - Neurone - Motor neurone - Sensory neurone - Mixed nerve - Dendrite - Axon - Synapse - Neurilemma - Nodes of Ranvier - White matter - Grey matter - Myelin sheath - End feet/axon terminals - Ganglia - Reflex arc • Central nervous system <ul style="list-style-type: none"> - Brain - Spinal cord • Peripheral nervous system <ul style="list-style-type: none"> - 31 pairs of spinal nerves - 12 pairs of cranial nerves • Autonomic nervous system <ul style="list-style-type: none"> - Sympathetic - Parasympathetic • Digestive <ul style="list-style-type: none"> - Alimentary canal - Salivary glands - Tongue - Teeth - Mouth - Epiglottis - Oesophagus - Stomach - Small intestine (Jejunum, Ileum, Duodenum) - Appendix - Large intestine 		
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	<ul style="list-style-type: none"> - Rectum - Anus - Accessory organs - Liver - Gall bladder - Pancreas - Peristalsis - Ingestion - Digestion - Absorption - Defecation • Urinary <ul style="list-style-type: none"> - Kidney (cortex and medulla) - Pelvis - Ureter - Bladder - Urethra - Functions of the Bowman's capsule - Filtration - Re-absorption - Secretion/micturition • Endocrine - pituitary posterior lobe <ul style="list-style-type: none"> - Oxytocin - Antidiuretic hormone (ADH or vasopressin) anterior lobe - Prolactin - Human growth hormone (HGH) - Thyroid stimulating hormone (TSH) - Adrenocorticotrophic hormone (ACTH) - Luteinising hormone (LH) - Follicle stimulating hormone (FSH) - Interstitial cell stimulating hormone (ICH) - Melanin stimulating hormone (MSH) • Thyroid gland <ul style="list-style-type: none"> - Thyroxin - Triiodothyronine - Calcitonin • Parathyroids <ul style="list-style-type: none"> - Parathormone • Thymus <ul style="list-style-type: none"> - Secretion of T Lymphocytes • Pineal <ul style="list-style-type: none"> - Releases melatonin 		
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	<ul style="list-style-type: none"> • Islets of Langerhans <ul style="list-style-type: none"> - Insulin - Glucagon - Glycogen • Adrenal medulla <ul style="list-style-type: none"> - Adrenalin - Noradrenalin • Adrenal cortex <ul style="list-style-type: none"> - Mineralocorticoids - Glucocorticoids - Sex hormones • Ovaries <ul style="list-style-type: none"> - Oestrogen - Progesterone • Testes <ul style="list-style-type: none"> - Testosterone 		
Describe the main diseases and disorders of body systems	<p>The skin:</p> <ul style="list-style-type: none"> • Infestations <ul style="list-style-type: none"> - Scabies - Pediculosis • Congenital <ul style="list-style-type: none"> - Atopic eczema - Atopic dermatitis - Psoriasis • Bacterial <ul style="list-style-type: none"> - Acne vulgaris - Impetigo - Acne rosacea - Boils - Folliculitis • Viral <ul style="list-style-type: none"> - Warts - Herpes simplex - Herpes zoster • Fungal <ul style="list-style-type: none"> - Tinea (ringworm) • Pigmentation disorders <ul style="list-style-type: none"> - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo 		

	<ul style="list-style-type: none"> - Moles(papilloma) - Naevae - Port wine stain - Leucoderma - General disorders - UV damage - Urticaria - Allergic reaction - Hyperkeratosis • Skeletal <ul style="list-style-type: none"> - Arthritis <ul style="list-style-type: none"> ▪ Osteoarthritis ▪ Rheumatoid arthritis - Gout - Osteoporosis - Stress • Cardiovascular <ul style="list-style-type: none"> - Anaemia - Varicose veins - Haemophilia - Arteriosclerosis - Atherosclerosis - HIV/AIDS - High blood pressure (hypertension) - Low blood pressure (hypotension) - High cholesterol - Hepatitis A,B & C - Coronary thrombosis - Septicaemia - Haemorrhoids - Phlebitis - Thrombus - Leukaemia - Aneurism - Stress • Lymphatic <ul style="list-style-type: none"> - Oedema/water retention - Lymphoedema - Hodgkin's disease - Muscular - Fibrositis - Cramp - Muscle fatigue 		
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	<ul style="list-style-type: none"> - Atony - Atrophy - Myositis - Rupture - Spasm - Spasticity - Sprain - Strain - Stress • Nervous <ul style="list-style-type: none"> - Neuritis - Bell's palsy - Neuralgia - Parkinson's disease - Stress - Myalgic encephalomyelitis (ME) - Cerebral palsy - Multiple sclerosis - Sciatica - Motor neurone disease • Digestive: <ul style="list-style-type: none"> - Appendicitis - Cirrhosis of the liver - Jaundice - Heartburn - Irritable bowel syndrome (IBS) - Ulcer - Hernia - Stress - Anorexia nervosa - Bulimia - Constipation - Gall stones - Diabetes mellitus - Diabetes insipidus - Coeliac's disease • Urinary <ul style="list-style-type: none"> - Cystitis - Kidney stones - Nephritis • Endocrine <ul style="list-style-type: none"> - Addison's syndrome - Amenorrhoea 		
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	<ul style="list-style-type: none"> - Cushing's syndrome - Pre-menstrual syndrome - Polycystic ovarian syndrome - Stress - Diabetes mellitus - Diabetes insipidus - Endometriosis 		
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iUCT43M – Provide massage using pre-blended aromatherapy oils			
Mock practical:	<ul style="list-style-type: none"> • To include full treatment 	<ul style="list-style-type: none"> • Mock theory paper 	
Mock theory:	<ul style="list-style-type: none"> • To include all the theory 		

Document History

Version	Issue Date	Changes	Role