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# Marking Criteria

## iUCT40 – Provide aromatherapy for complementary therapies

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by an internal assessor using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

Practical examination sequence – approximately 1 hour

- Clients should be prepared in gowns prior to the exam
- 15 minutes consultation to include selection and blending of oils. NB. The examiner will observe the learners blend the essential oils with the carrier oils to ensure they are being used in the correct ratio, as detailed in the unit specification
- Clients should be helped onto the couch after the consultation, prior to the treatment and off at the end of the treatment
- 45 minute aromatherapy massage treatment covering all areas of the body to include:
  - One arm
  - One leg (front and back)
  - Abdomen
  - Back
  - Chest
  - Neck
  - Face
  - Scalp
- To be completed in whichever order the learner has been taught
- Only one limb is required to be massaged in the examination, repetition on the opposite side is not required
- Summary of the treatment and specific home/aftercare advice to be noted on the consultation form
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learner and made available for the external examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the examiner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups (15 minutes)

Learners must achieve a minimum of 3 marks for appearance and 3 marks for client care in order to pass the practical examination

Learners must be able to demonstrate the following:-

**Appearance – 5 marks (0.5 mark each)**

1. Clean, ironed professional uniform
2. Clean, neat hair, tied back/up if long and off the collar and face
3. Short, clean well-manicured nails with no varnish and clean hands
4. Clean sensible full, flat shoes, socks should be worn
5. Tights an appropriate colour for the uniform, if wearing a skirt
6. No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. No visible undershirts/underwear
10. Skirts to the knee, trousers cropped no higher than calf/trousers not trailing on the floor

**Client care – 5 marks (1 mark each)**

1. Greeted and introduced self to client
2. Assisted client onto and off the couch
3. Explained the treatment procedure to the client
4. Ensured client's comfort/modesty throughout
5. Maintained a positive and professional approach to client throughout

**Hygiene and sterilisation – 10 marks (2 marks each)**

1. Wiped equipment over with sanitiser before, during and after use as appropriate
2. Sanitised hands before, during and after treatment as appropriate
3. Blended essential and carrier oils in a hygienic manner
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Sanitised the client's feet. Ensured the client's footwear was stowed under the couch and that the client did not walk around barefoot

**Consultation – 5 marks (1 marks each)**

1. Sat appropriately and used suitable body language
2. Tactfully obtained all relevant information and respected the client's confidentiality
3. Established a rapport with the client and explained any benefits, effects and limitations of the treatment and co-operation required
4. Utilised a range of questioning techniques
5. Allowed the client the opportunity to ask questions

**Oil selection – 25 marks (5 marks each)**

1. Selected suitable carrier/fixated oil(s) for treatment and justified choice i.e., common name(s), Latin name(s), reason, safety data/contraindications and therapeutic effects
2. Selected essential oil/essence No 1 and justified choice, i.e., common name, Latin name, reason, safety data/contraindications and therapeutic effects
3. Selected essential oil/essence No 2 and justified choice, i.e., common names, Latin name, reason, safety data/contraindications and therapeutic effects
4. Selected essential oil/essence No 3 and justified choice, i.e., common name, Latin name, reason, safety data/contraindications and therapeutic effects

5. Recommended examples of alternative oils/blends suitable for the client's needs

**Oil blending – 25 marks (5 marks each)**

1. Stated quantity of fixed/carrier oil(s) used for treatment
2. Stated quantity of essential oil/essence(s) used for treatment
3. Demonstrated knowledge of synergies
4. Selected and blended carrier and essential oils in a time efficient manner
5. Checked client's approval of blend and aroma

**Massage techniques – 15 marks (3 marks each)**

iTEC recognises that aromatherapy massage routines and techniques are varied and different

1. Demonstrated a variety of appropriate massage techniques
2. Ensured the massage movements covered the entire area treated
3. Massaged at an appropriate speed
4. Pressure was varied according to client, movement and area
5. Massage routine was performed in a logical manner and demonstrated flow and continuity

**Posture – 5 marks (1 marks each)**

1. Demonstrated appropriate standing/sitting position suitable for each area
2. Demonstrated correct working position of shoulders
3. Demonstrated correct working position of elbows
4. Demonstrated flexibility of knees and transference of weight
5. Demonstrated flexibility/correct working position of back (stance)

**Homecare advice – 5 marks (1 mark each)**

1. Provided advice on healthy eating for well being
2. Provided advice on suitable relaxation techniques
3. Provided advice on suitable oils for safe self-treatment
4. Provided advice on suitable methods of use for safe self-treatment
5. Provided recommendations for further professional treatments

**Sample oral questions**

1. Why is it important to complete a detailed consultation?
2. What conclusions have you come to from your consultation?
3. What oils are contra-indicated for this client?
4. What are the dangers of overdosing?
5. What are the signs of over dosage?
6. What other ways can essences be used at home?
7. How should an essential oil/essence be labelled?
8. Why is it important that the client likes the aroma of the oils?
9. What ratio of carrier/fixated oil to essential oil/essence do you blend?
10. Can essential oils be used for babies/children?
11. How would you increase the amount of oil necessary for a treatment?
12. How would you adapt your treatment for an elderly client?
13. How would you store your treatment consumables safely?
14. How does client feedback after a session help the ongoing treatment plan?
15. How does reflective practice help your development as an aromatherapist?

## Document History

Version	Issue Date	Changes	Role
V1	20.1.20	First published	Assessment Lead for Health and Beauty