
Marking Criteria

iUCT43 – Provide massage using pre-blended aromatherapy oils

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 45 minutes
- Consultation must be carried out prior to the examination
- Clients should be on the couch ready for the examination
- 45 minute massage to include head, face, chest and shoulders, one arm and hand, abdomen, one leg (front and back) and foot, and back in whichever order the learner has been taught
- Clients should be helped off the couch following treatment
- 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 completed 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 marks 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 the client
2. Assisted the client off the couch
3. Explained the treatment procedure to the client
4. Ensured the 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 appropriate sanitiser before and after use
2. Sanitised hands before, during and after treatment as appropriate
3. Replaced lids on products and used spatulas to remove cream
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Ensured the client's footwear was stowed under the couch and that the client did not walk around barefoot

Preparation of treatment area and client – 5 marks (1 mark each)

1. Reviewed initial consultation and agreed a treatment plan with the client
2. Selected pre-blended oil in accordance with treatment plan
3. Prepared work environment, self and client for treatment
4. Positioned the client comfortably and used support(s) where necessary
5. Assessed the areas to be treated and checked for contra-indications

Oil selection – 36 marks (6 marks each)

1. Checked the client's approval of the blended oil
2. Decanted the correct quantity of blended oil ensuring waste was minimised
3. Justified choice of the blended oil
4. Demonstrated knowledge of carrier oils in the blended oil; safety data, source and therapeutic effects
5. Demonstrated knowledge of essential oils in the blended oil; safety data, source and therapeutic effects
6. Stated examples of alternative blended oils that could have been chosen, with a rationale

Massage techniques – 24 marks (4 marks each)

1. Performed effleurage correctly
2. Performed petrissage correctly
3. Performed tapotement correctly
4. Performed pressure points correctly
5. Pressure was varied according to the client's needs, movements performed and area treated
6. Demonstrated a flowing, even and logical routine at an appropriate speed

Posture – 10 marks (2 marks each)

1. Maintained the appropriate working position for each area – standing/sitting
2. Maintained correct working position of shoulders
3. Maintained correct working position of elbows
4. Maintained correct working flexibility of knees
5. Maintained correct flexibility/working position of back (stance)

Aftercare – 5 marks (1 mark each)

1. Provided immediate aftercare and advice
2. Recorded the treatment details, adaptations and client feedback
3. Explained how to avoid contra-actions and how to respond if any occur
4. Provided home care advice, including advice on suitable blended oils and methods for safe self-treatment
5. Made recommendations for further treatments and frequency

Sample oral questions

1. What precautions should be taken with nut oils?
2. What is an essential oil?
3. What oils would you expect to find in a relaxing/balancing/uplifting blend?
4. Describe the contra-indications to this treatment
5. What aftercare advice would you give to the client?
6. How often would you recommend the client to have a massage with pre-blended oils?

Document History

Version	Issue Date	Changes	Role
v1.0	20.1.20	First published	Assessment Lead for health and beauty