
Marking Criteria

iUCT22 – Aromatherapy

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 prior to the treatment and off at the end of the treatment
- 45 minutes aromatherapy massage treatment covering all areas of the body to include:
 - One arm
 - One leg (front and back)
 - Abdomen
 - Back
 - Chest
 - Face
 - Scalp
- To be completed in whichever order the student has been taught
- Only one limb is required to be massaged in the examination, repetition on the opposite side is not required
- 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 external 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 underskirts/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 onto and 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 the 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. Ensured the client's footwear was stowed under the couch and that the client did not walk around barefoot

Consultation – 5 marks (1 mark 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 limitations of the treatment and co-operation required
4. Utilised range of questioning techniques
5. Allowed the client the opportunity to ask questions

Oil choice – 25 marks (5 marks each)

1. Selected suitable carrier oil(s) for treatment and justified choice, i.e., common name(s), Latin name(s), reason, safety data/contra-indications and therapeutic effects
2. Selected essential oil No 1 and justified choice, i.e., common name, Latin name, reason, safety data/contra-indications, and therapeutic effects
3. Selected essential oil No 2 and justified choice, i.e., common name, Latin name, reason, safety data/contra-indications, and therapeutic effects
4. Selected essential oil No 3 and justified choice, i.e., common name, Latin name, reason, safety data/contra-indications, and therapeutic effects
5. Recommended examples of alternative oils/blends suitable for client's needs

Oil blending – 25 marks (5 marks each)

1. Stated quantity of carrier oil(s) used for treatment
2. Stated quantity of essential oil(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 mark 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 being 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 mark each)

1. Demonstrated standing/sitting positions appropriate to each area
2. Demonstrated appropriate working position of shoulders and back
3. Demonstrated appropriate working position of elbows
4. Demonstrated appropriate flexibility of knees
5. Demonstrated appropriate flexibility/position of back (stance)

Aftercare advice – 5 marks (1 mark each)

1. Provided advice on healthy eating for wellbeing
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. What conclusions have you come to from your consultation?
2. What are the contra-indications to aromatherapy?
3. Which other oils could you have used?
4. What oils are contra-indicated for this client?
5. What are the dangers of over dosage?
6. What are the signs of overdosing?
7. What other ways can essential oils be used at home?
8. Why is it important that the client likes the aroma of the oils?
9. What ratio of carrier oil to essential oil do you blend?
10. How would you increase the amount of oil necessary for a treatment?

Document History

Version	Issue Date	Changes	Role
v1	27/01/20	First published	Subject Matter Expert- Assessment