

iUCT43 – Provide massage using pre-blended aromatherapy oils

URN – M/617/4367

Guided Learning Hours: 65

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for massage using pre-blended aromatherapy oils	1.1. Prepare self, client and work area for body treatment using pre-blended aromatherapy oils	• Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Client for treatment e.g. ensure skin sensitivity test has been carried out • Client care and modesty
	1.2. Use suitable consultation techniques to identify treatment objectives	• An example of a consultation form can be downloaded from: www.vtctskills.org.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Agreement of treatment plan • Treatment objectives - Relaxation - Invigorating/stimulating - Uplifting - Stress relief - Calming - Sense of wellbeing • Products used

		• Consent to treatment • Parent/guardian should remain present throughout the treatment of a minor • Confidentiality • Client/parent/guardian's signature and date
	1.3. Advise the client on how to prepare for the treatment	• Explain the treatment to the client • Client preparation - remove clothing down to underwear and remove shoes • Use robes/towels to maintain client modesty
	1.4. Provide clear recommendations to the client	• To include taking into account the following: - The outcome of the consultation and body analysis - Client requirements - Agreed treatment objectives - Treatment recommendations e.g., suitable treatment programme - Choice of pre-blended oil(s) - Signature of endorsement for blended oils used - Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs and diverse needs - Diet - Smoking - Alcohol - Central heating - Air conditioning - Stress - Sleep - Exercise - Fresh air - Occupation - Lifestyle - Current regime
	1.5. Select products and tools to suit client treatment needs, skin types and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket

		• Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid/sanitiser • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Plastic measuring container • Pre-blended oils to meet client treatment needs: - Relaxation - Invigorating - Stimulating - Stress relief - Calming - Uplifting - Sense of wellbeing • Skin types: - Normal - Oily - Dry • Conditions: - Mature - Young - Dehydrated - Sensitive • Examples of essential oils: - Chamomile Roman - Clary sage - Eucalyptus - Geranium
--	--	---

		- Grapefruit - Lavender - Lemon - Lemongrass - Neroli - Rose damask - Rosemary - Sandalwood - Marjoram - Tea tree - Ylang Ylang - Other essential oils may be used, the effects and benefits of each should be known • Carrier oils - Almond - Apricot kernel - Avocado - Coconut - Evening primrose - Grapeseed - Jojoba - Macadamia - Peach kernel - Soya - Sunflower - Wheatgerm - The effects and benefits of each should be known
	1.6. Describe salon requirements for preparing self, the client and work area	• 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 in line with current data protection legislation • Professional appearance
	1.7. Describe the environmental conditions suitable for body treatments using pre-blended aromatherapy oils	• Lighting • Heating • Ventilation • Noise levels • Available space

		• Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas
	1.8. Describe the different consultation techniques used to identify treatment objectives	• Positive body language • Positioning of the client (no barriers between self and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
	1.9. Describe how to select products and tools to suit client treatment needs, skin types and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid/sanitizer • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Plastic measuring container • Pre-blended oils to meet client treatment needs, skin types and conditions

		• The effects and benefits of both the carrier and essential oils should be known •
	1.10. Describe the contra-indications to massage using pre-blended aromatherapy oils	• 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 - Pregnancy - Cardiovascular condition ▪ Thrombosis ▪ Phlebitis ▪ Hypertension ▪ Hypotension ▪ Heart conditions - Haemophilia - Any condition already being treated by a GP or another complementary therapy 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 - Conditions causing muscular spasticity e.g. cerebral palsy - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication

		- Acute rheumatism - Chemotherapy - Radiotherapy • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and/or vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - 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 - All known allergies should be checked
	1.11. Outline the safety precautions associated with the range of pre-blended aromatherapy oils	• 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

		- Interaction 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: - Store away from extremes of temperature - Dark glass bottles/containers - Tightly sealed bottles - Out of reach of children
--	--	---

LO2 Be able to carry out massage using pre-blended aromatherapy oils	2.1. Communicate and behave in a professional manner	• 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 • 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 • Massage therapist maintaining correct working posture, hygiene and a professional approach to the client throughout treatment
	2.2. Follow health and safety working practices	• 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
	2.3. Position self and client correctly throughout the treatment	• Positioning of the client • Client comfort • Application of the treatments • Massage therapist correct working position throughout treatment • Massage therapist self-care
	2.4. Use products and techniques to suit client treatment needs, skin types and conditions	• Pre-blended oils to meet client treatment needs, skin types and conditions • The effects and benefits of both the carrier and essential oils should be known • Massage techniques - Effleurage - Petrissage – kneading and frictions - Tapotement - Pressure points • Movements should be performed correctly and on areas appropriate for the movement: - Head - Face - Chest and shoulders - Arms and hands - Abdomen - Back - Gluteals - Legs and feet
	2.5. Complete the treatment to the satisfaction of the client	• Conclusion of treatment in appropriate manner to meet client's needs

	2.6. Record and evaluate the results of the treatment	• Reviewing and recording treatment outcomes in accordance with current data protection legislation • Client feedback • Massage therapist observations • Treatment recommendations • Home care advice
	2.7. Provide suitable aftercare advice	• Recommendations for immediate aftercare • Suitable body care regime • Use of Sun Protection Factor (SPF) • Lifestyle • Recommendation of further salon treatments and frequency • Avoidance of activities which may cause contra-actions
	2.8. Explain how to communicate and behave in a professional manner	• Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
	2.9. Explain health and safety working practices	• 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 /GDPR • Adhere to all safety precautions and manufacturers' instructions
	2.10. Explain the importance of positioning self and the client correctly throughout the treatment	• Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs

		• Massage therapist maintaining correct working posture/stance throughout treatment • Massage therapist self-care
	2.11. Explain the importance of using products, tools and techniques to suit client treatment needs, skin types and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid/sanitiser • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Pre-blended oil products, tools, equipment and techniques to meet client treatment needs, skin types and conditions • Treatment areas
	2.12. Describe how treatments can be adapted to suit client treatment needs, skin types and conditions	• Restrictions • Client preferences and commitment • Client allergies • Product availability • Time scales • Costs
	2.13. State the contra-actions that may occur during and following treatments and how to respond	• 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 • Responses to alleviate contra-actions - Rest - Diet - Water intake - Referral procedures
	2.14. Explain the importance of completing the treatment to the satisfaction of the client	• Concluding the treatment in an appropriate manner to meet client's needs • Ongoing treatments
	2.15. Explain the importance of completing treatment records	• Maintaining records • Aftercare • Home care • Product advice • Compliance with current data protection legislation
	2.16. Describe the methods of evaluating the effectiveness of the treatment	• Maintaining records for accurate future treatment • Client feedback • 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
	2.17. Describe the aftercare advice that should be provided	• Immediate aftercare • At the end of each treatment the client should be advised of home and aftercare to prolong treatment benefits • Based upon consultation, body analysis, relevant tests and treatment outcomes

		• Avoid stimulants – alcohol, tea, coffee and non-prescription drugs for at least 12 hours • Healthy eating for wellbeing • Fluid/water intake • Exercise for general health • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof • Advice on the avoidance of activities which may cause contra-actions • Recommendations for ongoing or further treatments and frequency, home and aftercare advice
	2.18. Describe the structure and the main functions of body systems	• Skin - Epidermis ▪ Stratum corneum ▪ Stratum lucidum ▪ Stratum granulosum ▪ Stratum spinosum/Malpighian layer ▪ Stratum germinativum/basal layer - Dermis ▪ Blood supply ▪ Lymphatic supply ▪ Hair follicle ▪ Hair ▪ Sebaceous gland ▪ Sweat glands: Eccrine and apocrine ▪ Sensory nerve endings ▪ Dermal papilla ▪ Collagen ▪ Elastin ▪ Histocytes ▪ Mast cells ▪ Fibroblasts

		▪ Erector pili muscle - Subcutaneous layer ▪ Adipose tissue • Functions - Secretion - Heat regulation - Absorption - Protection - Elimination - Sensation - Vitamin D formation (7-dehydro-cholesterol) - Keratinisation - Melanin formation - melanocytes • Skeletal - Support framework - Provides attachments for muscles - Forms joints to provide movement - Forms erythrocytes in the bone marrow - Stores calcium - Protection - Compact - Cancellous • Muscular - Voluntary - Involuntary - Cardiac - Ligament - Tendon - Fascia • Cardiovascular - 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 - Leucocytes - Lymphocytes - Waste products - Lymphatic capillaries - Lymphatic vessels - Lymphatic nodes - Lymphatic ducts - Describe the way in which lymph is moved around the body • Nervous - 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 (CNS) ▪ Brain ▪ Spinal cord - Peripheral nervous system (PNS) ▪ 31 pairs of spinal nerves ▪ 12 pairs of cranial nerves - Autonomic nervous system (ANS) ▪ Sympathetic ▪ Parasympathetic • Digestive - Alimentary canal - Salivary glands - Tongue - Teeth - Mouth - Epiglottis - Oesophagus - Stomach - Small intestine ▪ Jejunum ▪ Ileum ▪ Duodenum - Appendix - Large intestine - Rectum - Anus - Accessory organs - Liver - Gall bladder - Pancreas - Peristalsis - Ingestion - Digestion - Absorption - Defecation
--	--	--

		• Urinary - Kidney (cortex and medulla) - Pelvis - Ureter - Bladder - Urethra - Functions of the Bowman's capsule - Filtration - Re-absorption - Secretion/micturition • Endocrine - Pituitary posterior lobe ▪ Oxytocin ▪ Antidiuretic hormone (ADH or vasopressin) - Pituitary anterior lobe ▪ Prolactin ▪ Human growth hormone (HGH) ▪ Thyroid stimulating hormone (TSH) ▪ Adrenocorticotrophin hormone (ACTH) ▪ Luteinising hormone (LH) ▪ Follicle stimulating hormone (FSH) ▪ Interstitial cell stimulating hormone (ICH) ▪ Melanin stimulating hormone (MSH) - Thyroid gland ▪ Thyroxin ▪ Triiodothyronine ▪ Calcitonin - Parathyroid ▪ Parathormone - Thymus ▪ Secretion of T Lymphocytes - Pineal ▪ Releases melatonin - Islets of Langerhans ▪ Insulin ▪ Glucagon ▪ Glycogen - Adrenal medulla ▪ Adrenalin
--	--	--

		▪ Noradrenalin - Adrenal cortex ▪ Mineralocorticoids ▪ Glucocorticoids ▪ Sex hormones - Ovaries ▪ Oestrogen ▪ Progesterone - Testes ▪ Testosterone
	2.19. Describe the main diseases and disorders of body systems	• The skin - Infestations ▪ Scabies ▪ Pediculosis - Congenital ▪ Atopic eczema ▪ Atopic dermatitis ▪ Psoriasis - Bacterial ▪ Acne vulgaris ▪ Impetigo ▪ Acne rosacea ▪ Boils ▪ Folliculitis - Viral ▪ Warts ▪ Herpes simplex ▪ Herpes zoster - Fungal ▪ Tinea (ringworm) - Pigmentation disorders ▪ Vitiligo ▪ Albinism ▪ Chloasma ▪ Ephelides ▪ Lentigo ▪ Moles (papilloma) ▪ Naevae ▪ Port wine stain

		▪ Leucoderma - General disorders ▪ UV damage ▪ Urticaria ▪ Allergic reaction ▪ Hyperkeratosis • Skeletal - Arthritis ▪ Osteo ▪ Rheumatoid - Gout - Osteoporosis - Stress • Cardiovascular - 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 - Oedema/water retention - Lymphoedema - Hodgkin's disease • Muscular - Fibrositis - Cramp
--	--	--

		- Muscle fatigue - Atony - Atrophy - Myositis - Rupture - Spasm - Spasticity - Sprain - Strain - Stress • Nervous - Neuritis - Bell's palsy - Neuralgia - Parkinson's disease - Stress - Myalgic encephalomyelitis (ME) - Cerebral palsy - Multiple sclerosis - Sciatica - Motor neurone disease • Digestive - 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 - Cystitis
--	--	--

		- Kidney stones - Nephritis • Endocrine - Addison's syndrome - Amenorrhoea - Cushing's syndrome - Pre-menstrual syndrome - Polycystic ovarian syndrome - Stress - Diabetes mellitus – type 1 and 2 - Diabetes insipidus • Endometriosis
--	--	--

Assessment

Portfolio of evidence containing: • Evidence of 4 treatments: - 4 separate clients using 4 different blends for 4 different treatment outcomes chosen from the following: ▪ Relaxation ▪ Invigorating ▪ Stimulating ▪ Stress relief ▪ Calming ▪ Uplifting ▪ Sense of wellbeing Practical examination MCQ	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: • Consultation including medical history • Treatment details • After/home care advice • Candidates and client signature • Treatment date Treatments must be evidenced through the use of signed and dated treatment evidence forms. See www.vtctskills.org.uk for sample form
---	---

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	22/06/2026	Rebranding	Development Administrator