

Unit 14: Aromatherapy for Beauty Therapy

Unit code: T/601/9707

QCF level: 5

Credit value: 15

● Aim

This unit provides an introduction to holistic, clinical aromatherapy, which is used in beauty therapy. Learners will gain an understanding of the therapeutic values and uses of essential oils, carrier oils and other base products used in beauty therapy. Learners will also develop skills in performing client consultations, blending and applying essential oils in accordance with current legislation. Learners will also be able to evaluate the treatment plan and provision of aftercare advice.

● Unit abstract

Aromatherapy is the systematic use of essential oils and absolutes in holistic treatments to improve physical and emotional wellbeing, and is often used in beauty therapy treatments.

This unit investigates the safe, practical application of essential oils via massage, inhalation, compresses, creams and other methods. It develops the learner's knowledge of the theoretical background relating to aromatherapy, particularly communication skills, recording of data and safe and effective formulation of the essential oil 'blend' to address the problems presented.

This unit will develop the learner's awareness of this area of the beauty industry. However, it will not fully develop competence or confer a licence to practise; rather it contributes to the underpinning knowledge and understanding of the appropriate National Occupational Standards. Should learners wish to pursue this area of study, they should contact the relevant professional bodies and seek guidance on further professional study.

● Learning outcomes

On successful completion of this unit a learner will:

- 1 Understand the therapeutic values and uses of essential oils, carrier oils and other base products used in beauty therapy
- 2 Be able to perform client consultations for aromatherapy treatments used in beauty therapy
- 3 Be able to blend and apply essential oils to the client during beauty therapy treatments in accordance with current legislation
- 4 Be able to evaluate the treatment plan and provision of aftercare advice.

Unit content

1 Understand the therapeutic values and uses of essential oils, carrier oils and other base products used in beauty therapy

Essential oil knowledge: types; therapeutic properties; use of essential oils; Latin names; chemotypes; safety; contraindications; toxicity; chemical components

Carrier oil and base product knowledge: types; therapeutic properties; uses; safety; contraindications; toxicity; chemical components

Blends: strength and suitability (value, use, safety, chemical components, toxicity)

2 Be able to perform client consultations for aromatherapy treatments used in beauty therapy

Client consultation: communication and interpersonal skills; consultation techniques (questioning, visual, manual, reference to client records); establishing rapport with client; obtaining personal details (age, gender, medical conditions, contraindications); assessment of physical and psychological condition; dealing with queries from client; professional ethics (managing client expectations, client confidentiality, client privacy, explaining limitations of treatment); record keeping (use of record cards, recording effects of each treatment, accuracy, blending sheet, current and relevant legislation eg Data Protection Act); treatment plans (treatment objectives, proposed aromatherapy treatment, method of application suitable for client, agreeing plan with client)

3 Be able to blend and apply essential oils to the client during beauty therapy treatments in accordance with current legislation

Blends: blending methods; dilution of oils; use of a blending sheet; client's details (age, size, general wellbeing); method of application; health and safety considerations eg Health and Safety at Work Act 1974, Control of Substances Hazardous to Health (COSHH) Regulations 2002

Application methods: massage; inhalation; compress; creams; other methods

Treatment records: accuracy

Aftercare advice: homecare (ways to avoid contra-actions, maintaining treatment's benefits); retail opportunities (products, future services)

4 Be able to evaluate the treatment plan and provision of aftercare advice

Evaluation: benefits of session; contra-actions; client feedback; adaptations to techniques used; treatment plan; aftercare advice

Improvements: treatment plan; aftercare advice

Learning outcomes and assessment criteria

Learning outcomes On successful completion of this unit a learner will:	Assessment criteria for pass The learner can:
LO1 Understand the therapeutic values and uses of essential oils, carrier oils and other base products used in beauty therapy	1.1 create a 'therapeutic index' of indications for uses and properties of individual essential oils, carrier oils and other base products 1.2 discuss the relevance of Latin names and chemotypes, in relation to therapeutic value and use, when purchasing essential oils from suppliers 1.3 explain the relevance of the strength and suitability of 'blends' of oils in terms of value and use, taking into consideration, safety data, chief chemical components and toxicity
LO2 Be able to perform client consultations for aromatherapy treatments used in beauty therapy	2.1 perform client consultations 2.2 explain limitations of aromatherapy treatment to the client 2.3 create treatment plans, which are agreed with clients 2.4 maintain client records and data in accordance with regulations and legislation
LO3 Be able to blend and apply essential oils to the client during beauty therapy treatments in accordance with current legislation	3.1 create blends of oils using the correct percentage of dilution in accordance with the age, size, method of application chosen and general wellbeing of the client 3.2 apply essential oils via a method that meets the client's needs 3.3 complete accurate records of all treatment sessions 3.4 provide aftercare advice to the client
LO4 Be able to evaluate the treatment plan and provision of aftercare advice	4.1 evaluate the treatment plan and provision of aftercare advice 4.2 recommend improvements to the treatment plan and aftercare advice provided

Guidance

Links

This unit has particular links with:

- Unit 13: Provide Indian Head Massage
- Unit 15: Reflexology for Beauty Therapy
- Unit 16: Provide Spa Treatments.

This unit links to the following NOS for aromatherapy:

CNH4: Provide aromatherapy to clients.

Essential requirements

Delivery

Aromatherapy treatments should be carried out using recognised techniques and hygiene practices in accordance with current legislation.

The word 'client' can relate to friends and peers, and does not mean that treatments need to be carried out on paying clients, or within commercial timescales.

Assessment

It is expected that the learner would evidence their practical treatment sessions/case studies with at least eight completed consultation forms, blending sheets, homecare details and feedback on a total of eight individual treatments.

Learners must record 40 different essential oils and the use of at least five different carrier oils in their therapeutic index.

Resources

Learners should have access to a Realistic Learning Environment where they can carry out client consultations and treatments, as outlined in *Annexe F*. Learners should also have access to aromatherapy products, tools and equipment, including a minimum of 40 different essential oils, five carrier oils, and base products.

Employer engagement and vocational contexts

Delivery of this unit would be enhanced by visiting local aromatherapists as guest speakers. Learners could develop their aromatherapy skills with clients in the workplace, as part of a work experience placement, or in a realistic work environment.