



**Amendments to ITEC Level 3 Diploma in Aromatherapy
From October 1st 2007**

Syllabus amendments (any changes have been highlighted in bold)

| 2005 Learning Outcome Number | 2005 Learning Outcome | 2007 Learning Outcome | 2007 Learning Outcome Number |
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| 1 | Learning outcome <i>Understand and explain the history, development and definition of Aromatherapy</i> | Learning outcome <i>Understand and explain the history, development and definition of Aromatherapy</i> | 2 |
| 2 | <i>Understand and explain the Holistic Approach</i> Underpinning knowledge • The Greek term holos • The importance of the treatment of the whole person • The way in which our physical environment affects us, e.g. Computer use, processed food, lack of fresh air, stress, lack of sleep, financial problems, poor ventilation | <i>Understand, explain and demonstrate the Holistic Approach</i> Underpinning knowledge • The Greek term holos • The importance of the treatment of the whole person in relation to holistic health and the power of touch • Concept of balance and harmony in the body (homeostasis) | 1 |
| 3 | <i>Understand and explain the term essential oil</i> Underpinning knowledge To include: • Aromatic • Volatile • Powerful • Soluble in oil and alcohol • Liquid • Non-greasy • Where they originate: leaf, hairs on leaves, flowers, bark, roots, fruit pulp, peel | <i>Understand and explain the term essential oil</i> Underpinning knowledge To include: • Aromatic • Volatile • Powerful • Soluble in oil and alcohol • Liquid • Non-greasy • Where they originate: leaf, hairs on leaves, flowers, bark, heartwood , roots, fruit pulp, peel | 4 |
| 4 | <i>Understand and explain the 6 methods of extraction</i> Underpinning knowledge To include: • Steam distillation • Expression • Solvent extraction • Enfleurage • Carbon dioxide • Hydro diffusion or Perculation | <i>Understand and explain the methods of extraction</i> Underpinning knowledge To include: • Steam distillation • Expression • Solvent extraction • Enfleurage/ maceration • Carbon dioxide • Hydro diffusion/ Perculation/hydrodistillation | 5 |
| 5 | Learning outcome <i>Understand and explain how oils can become adulterated</i> | Learning outcome <i>Understand and explain how oils can become adulterated</i> | 6 |
| 6 | <i>Understand and explain:</i> • Botanical name (latin) • Country of origin (state where the oil was grown originally) • Method of extraction • Main therapeutic effects | <i>Understand and explain:</i> • Botanical name (latin) • Country of origin (state where the oil was grown originally) • Method of extraction • Main therapeutic effects | 7 |

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| | <p>• <i>Safety precautions</i></p> <p>Underpinning knowledge <i>The outcomes listed should be given for the following 42 essential oils:</i></p> <ul style="list-style-type: none"> • Basil (<i>Ocimum basilicum</i> – low methyl chavicol) • Benzoin (<i>Styrax benzoin</i>) • Bergamot (<i>Citrus bergamia</i> – bergapten free) • Black pepper (<i>Piper nigrum</i>) • Carrot seed (<i>Daucas carota</i>) • Chamomile German (<i>Matricaria recutica</i> or <i>Matricaria chamomilla</i>) • Chamomile Roman (<i>Chamaemelum nobile</i> or <i>anthemis nobilis</i>) • Clary Sage (<i>Salvia sclarea</i>) • Coriander (<i>Coriandrum sativum</i>) • Cypress (<i>Cupressus sempirverens</i>) • Eucalyptus (<i>Eucalyptus globulus</i> var. <i>globulus</i>) • Frankincense (<i>Boswellia carteri</i>) • Geranium (<i>Pelargonium graveleons</i> or <i>pelargonium odoratissimum</i>) • Ginger (<i>Zingiber officinale</i>) • Grapefruit (<i>Citrus paradisi</i>) • Jasmin (<i>Jasminum officinale</i>) • Juniper (<i>Juniperus communis</i>) • Lavender (<i>Lavandula angustifolia</i> or <i>lavendula officinalis</i> – true lavender) • Lemon (<i>Citrus limon</i>) • Lemongrass (<i>Cymbopogon citratus</i>) • Lime (<i>Citrus aurantifolia</i>) • Mandarin (<i>Citrus reticulata</i>) • Melissa (<i>Lemon balm</i> – <i>Melissa officinalis</i>) • Myrrh (<i>Commiphora myrrha</i>) • Neroli (<i>Orange blossom</i> – <i>Citrus aurantium</i> var. <i>amara</i> or <i>neroli bigarade</i>) • Niaouli (<i>Melaleuca viridiflora</i>) • Palmarosa (<i>Cymbopogon martinii</i> var. <i>martinii</i>) • Patchouli (<i>Pogestemon cablin</i>) • Peppermint (<i>Mentha piperita</i>) • Petitgrain (<i>Citrus aurantium</i> var. <i>amara</i>) • Pine (<i>Common/Scotch</i> – <i>Pinus sylvestris</i>) • Rose cabbage (<i>steam distilled</i>) (<i>Rosa centifolia</i>) • Rose damask (<i>Rosa damascena</i>) • Rosemary (<i>Rosmarinus officinalis</i>) • Rosewood (<i>Aniba rosaeodora</i>) • Sandalwood (<i>Santalum album</i>) • Sweet Fennel (<i>Foeniculum vulgare</i> var. <i>dulce</i>) • Sweet Marjoram (<i>Origanum majorana</i>) • Sweet Orange (<i>Citrus sinensis</i>) • Tea tree or Ti tree (<i>Melaleuca alternifolia</i>) • Vetivert (<i>Vetiveria zizanoides</i>) • Ylang Ylang (<i>Cananga odorata</i>) | <p>• <i>Safety precautions</i></p> <p>Underpinning knowledge <i>The outcomes listed should be given for the following 42 essential oils:</i></p> <ul style="list-style-type: none"> • Basil (<i>Ocimum basilicum</i> – low methyl chavicol) • Benzoin (<i>Styrax benzoin</i>) • Bergamot (<i>Citrus bergamia</i> – bergapten free) • Black pepper (<i>Piper nigrum</i>) • Carrot seed (<i>Daucas carota</i>) • Cedarwood atlas (<i>Cedrus atlantica</i>) • Chamomile German (<i>Matricaria recutica</i> or <i>Matricaria chamomilla</i>) • Chamomile Roman (<i>Chamaemelum nobile</i> or <i>anthemis nobilis</i>) • Clary Sage (<i>Salvia sclarea</i>) • Coriander (<i>Coriandrum sativum</i>) • Cypress (<i>Cupressus sempervirens</i>) • Eucalyptus (<i>Eucalyptus globulus</i> var. <i>globulus</i>) • Frankincense (<i>Boswellia carteri</i>) • Geranium (<i>Pelargonium graveleons</i> or <i>pelargonium odoratissimum</i>) • Ginger (<i>Zingiber officinale</i>) • Grapefruit (<i>Citrus paradisi</i>) • Jasmin (<i>Jasminum officinale</i>) • Juniper (<i>Juniperus communis</i>) • Lavender (<i>Lavandula angustifolia</i> or <i>lavendula officinalis</i> – true lavender) • Lemon (<i>Citrus limon</i>) • Lemongrass (<i>Cymbopogon citratus</i>) • Lime (<i>Citrus aurantifolia</i>) • Mandarin (<i>Citrus reticulata</i>) • Melissa (<i>Lemon balm</i> – <i>Melissa officinalis</i>) • Myrrh (<i>Commiphora myrrha</i>) • Neroli (<i>Orange blossom</i> – <i>Citrus aurantium</i> var. <i>amara</i> or <i>neroli bigarade</i>) • Niaouli (<i>Melaleuca viridiflora</i>) • Palmarosa (<i>Cymbopogon martinii</i> var. <i>martinii</i>) • Patchouli (<i>Pogestemon cablin</i>) • Peppermint (<i>Mentha piperita</i>) • Petitgrain (<i>Citrus aurantium</i> var. <i>amara</i>) • Rose cabbage (<i>steam distilled</i>) (<i>Rosa centifolia</i>) • Rose damask (<i>Rosa damascena</i>) • Rosemary (<i>Rosmarinus officinalis</i>) • Sandalwood (<i>Santalum album</i>) • Sweet Fennel (<i>Foeniculum vulgare</i> var. <i>dulce</i>) • Sweet Marjoram (<i>Origanum majorana</i>) • Sweet Orange (<i>Citrus sinensis</i>) • Sweet Thyme/White Thyme (<i>Thymus vulgaris</i>) • Tea tree or Ti tree (<i>Melaleuca alternifolia</i>) • Vetivert (<i>Vetiveria zizanoides</i>) • Ylang Ylang (<i>Cananga odorata</i>) | |
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| 7 | <p><i>Understand and explain the two main chemical constituents for each of the essential oils listed</i></p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> • Basil (linalol, methyl chavicol) • Benzoin (coniferyl cinnamate, sumaresinolic acid) • Bergamot (linalyl acetate, linalol) • Black pepper (pinene, camphene) • Carrot seed (caratol, daucol) • Chamomile German (chamazulene, farnesol) • Chamomile Roman (angelic and tiglic acids, isobutyl angelate) • Clary sage (linalyl acetate, linalol) • Coriander (linalol, borneol) • Cypress (pinene, camphene) • Eucalyptus (cineol, limonene) • Frankincense (pinene, limonene) • Geranium (geraniol, citronellol) • Ginger (gingerol, gingerone) • Grapefruit (limonene, cadinene) • Jasmin (benzyl acetate, linalol) • Juniper (pinene, myrcene) • Lavender (linalyl acetate, lavandulyl acetate) • Lemon (limonene, pinene) • Lemongrass (citral, geraniol) • Lime (limonene, pinene) • Mandarin (limonene, methyl methylantranilate) • Melissa (citral, geraniol) • Myrrh (heerabolene, limonene) • Neroli (linalol, limonene) • Niaouli (cineol, terpineol) • Palmarosa (geraniol, farnesol) • Patchouli (patchouli alcohol, patchoulol) • Peppermint (menthol, menthone) • Petitgrain (linalyl acetate, geranyl acetate) • Pine (pinene, limonene) • Rose cabbage (steam distilled)(citronellol, geraniol) • Rose damask (citronellol, geraniol) • Rosemary (pinene, camphene) • Rosewood (linalol, geraniol) • Sandalwood (santalol, santene) • Sweet Fennel (anethole, limonene) • Sweet Marjoram (terpineol, linalol) • Sweet Orange (limonene, bergapten) • Tea tree or Ti tree (terpinene, cineol) • Vetivert (vetiverol, vitivone) • Ylang Ylang (methyl benzoate, methyl salicylate) | <p><i>Understand and explain the two main chemical constituents for each of the essential oils listed</i></p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> • Basil (linalol, eugenol) • Benzoin (coniferyl cinnamate, sumaresinolic acid) • Bergamot (linalyl acetate, linalool) • Black pepper (β-pinene, α-phellandrene) • Cedarwood atlas (cedrene, atlantol) • Carrot seed (caratol, α & β-pinene) • Chamomile German (bisabolenes, chamazulene) • Chamomile Roman (2-methylbutyl, 2-methyl propionate) • Clary sage (linalyl acetate, linalool) • Coriander (linalool, geraniol) • Cypress (α & β-pinene, camphene) • Eucalyptus (cineole, α-pinene) • Frankincense (α-pinene, limonene) • Geranium (geraniol, citronellol) • Ginger (zingiberene, zingiberol) • Grapefruit (limonene, cadinene) • Jasmin (benzyl acetate, linalool) • Juniper (α & β-pinene, limonene) • Lavender (linalyl acetate, linalool) • Lemon (limonene, α & β-pinene) • Lemongrass (citral, citronellal) • Lime (limonene, α & β-pinene) • Mandarin (limonene, α & β-pinene) • Melissa (citronellal, geraniol) • Myrrh (heerabolene, cuminyl alcohol) • Neroli (α-terpineol, linalool) • Niaouli (1-8 cineole, linalool) • Palmarosa (geraniol, farnesol) • Patchouli (α & β-patchoulene, patchoulol) • Peppermint (menthol, menthone) • Petitgrain (linalyl acetate, geranyl acetate) • Rose cabbage (steam distilled) (citronellol, geraniol) • Rose damask (citronellol, geraniol) • Rosemary (α & β-pinene, 1-8 cineole) • Sandalwood (α & β-santalol, α & β-santalene) • Sweet Fennel (methyl chavicol, trans-anethole) • Sweet Marjoram (terpinen-4-ol, linalool) • Sweet Orange (limonene, pinene) • Tea tree or Ti tree (terpinen-4-ol, 1-8 cineole) • Sweet Thyme (linalool, linalyl acetate) • Vetivert (vetiverol, vetivene) • Ylang Ylang (β-caryophyllene, α-farnesene) | 8 |
| 8 | <p><i>Understand and explain the possible reactions to aromatherapy treatment</i></p> | <p><i>Understand and explain the possible reactions to aromatherapy treatment</i></p> | 9 |

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| | <p>Underpinning knowledge <i>To include:</i></p> <ul style="list-style-type: none"> • Nausea • Headaches • Dizziness • Frequency in Micturition • Increase of bowel movements • Skin redness/irritation • Fatigue • Hyperactivity • Change of appetite • Skin changes • Healing crisis | <p>Underpinning knowledge <i>To include:</i></p> <ul style="list-style-type: none"> • Nausea • Headaches • Dizziness • Frequency in micturition • Increase of bowel movements • Skin redness/irritation • Fatigue • Hyperactivity • Change of appetite • Skin changes • Healing crisis • Relief from symptoms • Improved mood • Altered sleep patterns • Increased energy | |
| 9 | <p><i>Understand, explain and demonstrate the safe blending of essential oils</i></p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> • Maximum number of oils in one blend should be 3 • Dilutions are two drops in 5ml carrier • No more than eight drops in one treatment • Increase the amount of carrier oil not essential oil for a larger frame • For babies and the elderly – one drop of essential oil to 5mls of carrier • For the face – one drop of essential oil in 5mls of carrier oil | <p><i>Understand, explain and demonstrate the safe dosage and blending of essential oils</i></p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> • Maximum number of oils in one blend should be 3 • Dilutions are two drops in 5ml carrier • No more than eight drops in one treatment • Increase the amount of carrier oil not essential oil for a larger frame • For babies and the elderly – one drop of essential oil to 5mls/10mls of carrier • For the face – one drop of essential oil in 5mls of carrier oil • Blend into plastic measuring cup • Current legislative controls and guidelines for use of essential oils and the implications of client safety • Possible interactions between essential oils • Possible interaction between essential oils and prescribed/self-medicated drugs or other substances | 10 |
| 10 | <p>Learning outcome <i>Understand and explain 'synergy'</i></p> | <p>Learning outcome <i>Understand and explain 'synergy'</i></p> | 11 |
| | <p>NEW LEARNING OUTCOME</p> | <p><i>Understand and explain top, middle and base notes</i></p> <p><i>To include:</i></p> <ul style="list-style-type: none"> • Definition of terms • Their use within a blend | 12 |

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| 11 | <p>Learning outcome <i>Understand and explain other methods of applying essential oils to the person either in the clinic or at home</i> Underpinning knowledge To include:</p> <ul style="list-style-type: none"> • Massage • Compresses (hot and cold) • Baths • Vaporises • Inhalations • Creams and lotions • Shampoos/face masks • Neat application (the method of application and the amount of essential oil used should be stated for each treatment) | <p>Learning outcome <i>Understand and explain the various methods of applying essential oils to the person either in the clinic or at home</i> Underpinning knowledge To include:</p> <ul style="list-style-type: none"> • Massage • Compresses (hot and cold) • Baths • Vaporisers • Inhalations • Creams and lotions • Shampoos/face masks • Neat application (the method of application and the amount of essential oil used should be stated for each treatment) | 13 |
| 12 | <p><i>Understand and explain the term integral biology</i> Underpinning knowledge To include:</p> <ul style="list-style-type: none"> • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing e.g. Computers, mobile phones, processed food, lack of fresh air, stress, lack of sleep, financial problems, poor ventilation • Helping clients and families to identify options to improve their health and wellbeing in terms of aromatherapy treatment • Helping clients and families to put their choices into action • Reviewing their progress | <p><i>Understand and explain the term integral biology</i> Underpinning knowledge To include:</p> <ul style="list-style-type: none"> ◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing, including: • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Jet lag • Lack of natural light • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Helping clients and families to identify options to improve their health and wellbeing in terms of aromatherapy treatment • Helping clients and families to put their choices into action • Reviewing their progress | 3 |
| 13 | <p>Learning outcome <i>Understand and explain the following chemical terms:</i></p> | <p>Learning outcome <i>Understand and explain the following chemical terms</i></p> | 14 |
| 14 | <p>Learning outcome <i>Understand and explain the therapeutic effects and give examples of the effects of the main chemical compounds found in essential oils</i> Underpinning knowledge</p> <ul style="list-style-type: none"> • Terpenes • Sesquiterpenes • Esters • Aldehydes • Ketones • Alcohols • Phenols • Oxides • Acids ◆ Correct terms should be used when describing therapeutic effects for the 42 oils listed e.g. Sudorific, Emmenagogue | <p>Learning outcome <i>Understand and explain the therapeutic effects and give examples of the effects of the main chemical compounds found in essential oils</i> Underpinning knowledge</p> <ul style="list-style-type: none"> • Terpenes • Isoprenes • Monoterpenes • Diterpenes • Sesquiterpenes • Esters • Aldehydes • Ketones • Lactones • Alcohols • Phenols • Oxides • Acids • Ethers • Furanocoumarins ◆ Correct terms should be used when describing therapeutic effects for the 42 oils listed e.g. Sudorific, Emmenagogue, etc | 15 |

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| 15 | Learning outcome <i>Understand and explain chemotypes</i> | Learning outcome <i>Understand and explain chemotypes</i> | 16 |
| 16 | <i>Understand and explain the process of biosynthesis</i> Underpinning knowledge <i>The formation of essential oils in plants</i> | <i>Understand and explain the process of biosynthesis</i> Underpinning knowledge To include: <i>The formation of essential oils in plants</i> | 17 |
| 17 | <i>Understand and explain the advantages and disadvantages and the effects on the skin of the use of different carrier oils</i> Underpinning knowledge To include: • <i>Grapeseed</i> • <i>Sweet Almond</i> • <i>Wheatgerm</i> • <i>Evening Primrose</i> • <i>Avocado</i> • <i>Jojoba</i> • <i>Calendula</i> • <i>Macadamia</i> • <i>Peach Kernel</i> | <i>Understand and explain the advantages and disadvantages and the effects on the skin of the use of different carriers</i> Underpinning knowledge To include: • <i>Aloe Vera (Aloe barbadensis)</i> • <i>Avocado (Persea Americana)</i> • <i>Calendula (Calendula officinalis)</i> • <i>Coconut (Cocos nucifera)</i> • <i>Evening Primrose (Oenothera biennis)</i> • <i>Hypericum (Hypericum perforatum)</i> • <i>Jojoba (Simmondsia chinensis)</i> • <i>Macadamia (Macadamia integrifolia or M. ternifolia)</i> • <i>Peach Kernel (Prunus persica)</i> • <i>Rosehip (Rosa rubiginosa)</i> • <i>Sweet Almond (Prunus amygdalus)</i> • <i>Wheatgerm (Triticum vulgare)</i> | 18 |
| | NEW LEARNING OUTCOME | <i>Understand and explain the terms hydrosol/floral water/hydrolat</i> To include: • <i>Definition of the terms</i> • <i>Their production as by-products of hydrodistillation</i> • <i>Their use within aromatherapy treatment</i> | 19 |
| 18 | <i>Understand and explain the different skin types</i> To include: • <i>Sensitive</i> • <i>Combination</i> • <i>Dry</i> • <i>Dehydrated</i> • <i>Mature</i> • <i>Oily</i> • | <i>Understand and explain the different skin types</i> To include: • <i>Combination</i> • <i>Dry</i> • <i>Oily</i> • <i>Mature</i> • <i>Young</i> | 20 |
| 19 | Learning outcome <i>Understand and explain the effects of essential oils on all the systems of the body</i> | Learning outcome <i>Understand and explain the effects of essential oils on all the systems of the body</i> | 21 |
| 20 | Learning outcome <i>Understand and explain the effects of stress on the systems of the body</i> | Learning outcome <i>Understand and explain the effects of stress on the systems of the body</i> | 22 |
| 21 | Learning outcome <i>Understand and explain the essential oils that can help relieve stress</i> | Learning outcome <i>Understand and explain the essential oils that can help relieve stress</i> | 23 |
| 22 | Learning outcome <i>Understand and explain the structure and function of the Olfactory tract and the ways in which essential oils are absorbed in this area</i> | Learning outcome <i>Understand and explain the structure and function of the Olfactory tract and the ways in which essential oils are absorbed in this area</i> | 24 |
| 23 | Learning outcome | Learning outcome | 25 |

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| | <i>Describe the way in which essential oils are absorbed by the skin (integumentary system)</i> | <i>Describe the way in which essential oils are absorbed by the skin (integumentary system)</i> | |
| 24 | <i>Describe and explain the correct storage of essential oils</i> <i>To include:</i> • Away from extremes of temperature • Dark Amber bottles • Tightly sealed bottles • Out of reach of children • Glass Bottles | <i>Describe and explain the correct storage of essential oils</i> <i>To include:</i> • Away from extremes of temperature • Dark glass bottles • Tightly sealed bottles • Out of reach of children | 26 |
| 25 | Learning outcome <i>Understand and explain the appropriate legislation applicable to aromatherapy treatment</i> | Learning outcome <i>Understand and explain the appropriate legislation applicable to aromatherapy treatment</i> | 27 |
| 26 | Learning outcome <i>Understand and explain the issues surrounding 'consent' (to treatment)</i> | Learning outcome <i>Understand and explain the issues surrounding 'consent' to treatment</i> | 28 |
| 27 | Learning outcome <i>Explain and understand the importance of aromatherapy for clients and families receiving palliative or social care (when working in care)</i> | Learning outcome <i>Understand and explain the importance of aromatherapy for clients and families receiving palliative or social care (when working in care)</i> | 29 |
| 28 | <i>Understand and explain other complementary therapies and the ways in which they are performed</i> <i>To include:</i> • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure • Osteopathy • Swedish Massage • Indian Head Massage • Stone Therapy | <i>Understand and explain other complementary therapies and the ways in which they are performed</i> <i>To include:</i> • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure • Osteopathy • Swedish Massage • Indian Head Massage • Stone Therapy • Ear candling • Crystal therapy • Colour therapy | 30 |
| 31 | <i>Underpinning knowledge</i> <i>An example of a consultation form is enclosed within the syllabus</i> <i>Students should demonstrate knowledge of the importance of the following:</i> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment | <i>Underpinning knowledge</i> <i>An example of a consultation form can be downloaded from</i> <i>www.itecworld.co.uk</i> <i>Students should demonstrate knowledge of the importance of the following:</i> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as | 31 |

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| | <p>programme bearing in mind the client's religious, moral and social beliefs</p> <ul style="list-style-type: none"> • Determining the nature and extent of the client's needs • Agreement to the course of action • Ascertain the client's consent to the treatment • Where the client is not in a position themselves, ascertain from the appropriate companion's agreement to the treatment • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to other practitioner, e.g. relevant health care workers • Obtain the client's signature or of the companion | <p>listed below) • Client lifestyle</p> <ul style="list-style-type: none"> • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Ascertain the client's consent to the treatment • Where the client is not in a position themselves, ascertain from the appropriate companion's agreement to the treatment • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to other practitioner, e.g. relevant health care workers • Obtain the client's signature or of the companion | |
| 32 | <p>Learning outcome Understand and recognize common ailments and contraindications to aroma massage with reasons</p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> ◆ Total contraindications Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pregnancy (first trimester) • Any form of general medication ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy (use only mandarin) • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions | <p>Learning outcome Understand and recognise those contraindications to aromatherapy requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy (use only mandarin) • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Spastic conditions • Kidney infections • Hormonal implants • Undiagnosed pain • When taking prescribed | 32 |

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| | <ul style="list-style-type: none"> • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Those that restrict treatment Any form of infection, disease or fever • Under the influence of alcohol or recreational drugs • Diarrhoea and vomiting • Pregnancy (first trimester) • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (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 • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • Hernia • After a heavy meal • Hypersensitive skin ◆ N.B. All known allergies should be checked Client contra indication should be checked against the safety data for each oil prior to treatment | <ul style="list-style-type: none"> medication • Acute rheumatism ◆ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of alcohol or recreational drugs • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Breast feeding • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Whiplash • Slipped disc • Gastric ulcers • Hernia • After a heavy meal • Hypersensitive skin ◆ N.B. All known allergies should be checked Client contraindications should be checked against the safety data for each oil prior to treatment | |
| 33 | <p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client on to the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged • Cleanse the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports i.e. under the ankles, chest and forehead, knees, head • Adapt the massage techniques to suit the needs of the client • Help the client off the couch protecting their modesty at all times | <p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client on to the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged • Sanitise the feet • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Adapt the massage techniques to suit the needs of the client • Help the client off the couch protecting their modesty at all times | 33 |
| 37 | <p><i>Learning outcome</i></p> <p><i>Evaluate and review the aromatherapy treatment/programme</i></p> | <p><i>Learning outcome</i></p> <p><i>Evaluate and review the aromatherapy treatment/programme</i></p> | 36 |
| 38 | <p><i>Learning outcome</i></p> <p><i>Understand and explain the importance of giving homecare advice after treatment</i></p> | <p><i>Learning outcome</i></p> <p><i>Understand and explain the importance of giving homecare advice after treatment</i></p> | 37 |

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| 39 | <i>Learning outcome Understand and explain the importance of referral procedures</i> | <i>Learning outcome Understand and explain the importance of referral procedures</i> | 38 |
| 40 | <i>Learning outcome Understand and explain the safe home and clinic use of essential oils</i> | <i>Learning outcome Understand and explain the safe home and clinic use of essential oils</i> | 39 |

| 2005 Case Studies | 2007 Case Studies |
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| <i>10 clients must be treated 4 times each to make a total of 40 treatments</i> | <i>10 clients must be treated 4 times each to make a total of 40 treatments</i> |
| <p>To include:</p> <ul style="list-style-type: none"> • Consultation including thorough medical history and general lifestyle • Client profile (to include any current issues in their life) • Rationale for the choice of carrier oil • Rationale for the choice of each oil • Indication of alternative oils that could have been used • Exact amounts of carrier oil and essential oil blended • Details of how the therapist conducted the treatment • Details of how the client felt during and after the treatment • Details of home care advice given <p>◆ The following should also be documented for treatments 2 to 4:</p> <ul style="list-style-type: none"> • Consultation should be checked and any changes noted • Rationale for the choice of carrier oil • Rationale for the choice of each oil • Indication of alternative oils that could have been used • Exact amounts of carrier oil and essential oil blended • Details of how the therapist conducted the treatment • Details of how the client felt during and after the treatment • Details of home care advice given • Overall conclusion of the case should be recorded including reflective practice* <p>*NB Candidates should reflect on their own performance and the performance outcomes of the treatment</p> | <p>To include:</p> <ul style="list-style-type: none"> • Consultation including thorough medical history and general lifestyle • Client profile (to include any current issues in their life) • Rationale for the choice of carrier oil • Rationale for the choice of each oil • Indication of alternative oils that could have been used • Exact amounts of carrier oil and essential oil blended • Details of how the therapist conducted the treatment • Details of how the client felt before, during, immediately after treatment and between treatments • Details of specific home care advice given – noting recommended methods for self treatment, i.e. baths, vaporisers, compresses, etc, quantities of oil to be used and frequency of treatment <p>◆ The following should also be documented for treatments 2 to 4:</p> <ul style="list-style-type: none"> • Consultation should be checked and any changes noted • Rationale for the choice of carrier oil • Rationale for the choice of each oil • Indication of alternative oils that could have been used • Exact amounts of carrier oil and essential oil blended • Details of how the therapist conducted the treatment • Details of how the client felt before, during, immediately after and between the treatments • Details of specific home care advice given - noting recommended methods for self treatment, i.e., baths, vaporizers, compresses etc and quantities of oil to be used and frequency of treatment • Overall conclusion • Reflective practice * <p>*Must include reflective practice and an overall conclusion which must be documented separately</p> |

Marking Criteria

Candidates must achieve a minimum of 12 marks for the first 3 sections in order to pass.

| 2005 Marking Criteria | 2007 Marking Criteria |
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| <p data-bbox="232 266 719 289"><i>APPEARANCE – 5 MARKS (0.5 marks each)</i></p> <ol style="list-style-type: none"> <li data-bbox="232 331 792 394">1. <i>Clean, ironed overall/uniform – appropriate to the location and category.</i> <li data-bbox="232 396 792 459">2. <i>Hair must be clean, neat and tied back/up if long</i> <li data-bbox="232 462 792 525">3. <i>Nails must be short, clean, well manicured and with no varnish.</i> <li data-bbox="232 527 792 548">4. <i>Clean hands.</i> <li data-bbox="232 550 792 613">5. <i>Appropriate clean and comfortable closed footwear.</i> <li data-bbox="232 615 792 699">6. <i>Females if wearing a skirt, must have tights which are appropriate to the skirt, i.e. pale tights with white skirts.</i> <li data-bbox="232 701 792 764">7. <i>No jewellery on client or therapist (religious jewellery must be taped)</i> <li data-bbox="232 766 792 787">8. <i>No body or breath odour.</i> <li data-bbox="232 789 792 810">9. <i>No chewing gum or sweet sucking.</i> <li data-bbox="232 812 792 875">10. <i>Underskirts/underwear should not be visible.</i> | <p data-bbox="823 266 1294 289"><i>APPEARANCE –10 MARKS (1 mark each)</i></p> <ol style="list-style-type: none"> <li data-bbox="823 331 1385 352">1. <i>Clean, ironed professional uniform.</i> <li data-bbox="823 354 1385 417">2. <i>Hair must be clean, neat and tied back/up if long and off the collar and face.</i> <li data-bbox="823 420 1385 483">3. <i>Nails must be short, clean, well manicured with no varnish and clean hands.</i> <li data-bbox="823 485 1385 548">4. <i>Clean, sensible full flat shoes, socks should be worn.</i> <li data-bbox="823 550 1385 634">5. <i>Females if wearing a skirt must have tights which are an appropriate colour for the uniform.</i> <li data-bbox="823 636 1385 720">6. <i>No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped).</i> <li data-bbox="823 722 1385 743">7. <i>No body or breath odour.</i> <li data-bbox="823 745 1385 766">8. <i>No chewing gum or sucking sweets.</i> <li data-bbox="823 768 1385 831">9. <i>Underskirts/underwear should not be visible.</i> <li data-bbox="823 833 1385 917">10. <i>Skirts to the knee. Trousers cropped no higher than calf/ trousers not trailing on the floor.</i> |

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| <p><i>CLIENT CARE – 5 MARKS (1 mark each)</i></p> <ol style="list-style-type: none"> 1. <i>Greeting and introduction of self to client</i> 2. <i>Preparation of client's skin.</i> 3. <i>Display positive body language at all times.</i> 4. <i>Respect the client's modesty throughout.</i> 5. <i>Check client's comfort throughout.</i> | <p><i>CLIENT CARE – 5 MARKS (1 mark each)</i></p> <ol style="list-style-type: none"> 1. <i>Greeting and introduction of self to client.</i> 2. <i>Assisting client on and off the couch.</i> 3. <i>Explain the treatment procedure to the client.</i> 4. <i>Ensure client's comfort/ modesty throughout.</i> 5. <i>Maintain a positive and professional approach to client/colleague throughout.</i> |
| <p><i>HYGIENE AND STERILISATION – 10 MARKS (1 mark each)</i></p> <ol style="list-style-type: none"> 1. <i>Students must have a clean appearance.</i> 2. <i>Equipment should be wiped over with appropriate disinfectant before use.</i> 3. <i>Equipment should be wiped over with appropriate disinfectant after use.</i> 4. <i>Laundry must be clean and changed for each client.</i> 5. <i>Hands must be washed or wiped with steri-wipes before, during and after treatment as appropriate.</i> 6. <i>Lids replaced on products.</i> 7. <i>Spatulas used to remove creams.</i> 8. <i>Cotton wool, tissues, paper roll and general waste to be disposed of hygienically.</i> 9. <i>Salon/clinic sterilising equipment used as appropriate.</i> 10. <i>Small equipment used, stored and sanitised as appropriate.</i> | <p><i>HYGIENE AND STERILISATION – 5 MARKS (1 mark each)</i></p> <ol style="list-style-type: none"> 1. <i>Equipment should be clean and wiped over before, during and after use</i> 2. <i>Laundry must be clean and changed for each client</i> 3. <i>Hands must be sanitised before, during and after treatment when appropriate</i> 4. <i>Cotton wool, tissues, paper roll and general waste to be disposed of hygienically and appropriately.</i> 5. <i>Footwear for client should be stowed under the couch</i> |
| <p><i>CONSULTATION – 10 MARKS (2 marks each)</i></p> <ol style="list-style-type: none"> 1. <i>Sitting appropriately and using suitable body language.</i> 2. <i>Tactfully obtaining all relevant information, respecting client's confidentiality.</i> 3. <i>Establish a rapport with the client, explaining any limitations of the treatment and co-operation required.</i> 4. <i>Utilise a range of questioning techniques.</i> 5. <i>Allow the client the opportunity to ask questions.</i> | <p><i>CONSULTATION – 10 MARKS (2 marks each)</i></p> <ol style="list-style-type: none"> 1. <i>Sitting appropriately and using suitable body language.</i> 2. <i>Tactfully obtaining all relevant information, respecting client's confidentiality.</i> 3. <i>Establish a rapport with the client, explaining any limitations of the treatment and co-operation required.</i> 4. <i>Utilise a range of questioning techniques.</i> 5. <i>Allow the client the opportunity to ask questions.</i> |
| <p><i>OIL CHOICE – 15 MARKS (3 marks each)</i></p> <ol style="list-style-type: none"> 1. <i>Choice of carrier oil with justification for choice</i> 2. <i>Reason for choice of essential oil 1 with justification, i.e., reason, safety, Latin name and therapeutic effects.</i> 3. <i>Reason for choice of essential oil 2 with</i> | <p><i>OIL CHOICE – 20 MARKS (4 marks each)</i></p> <ol style="list-style-type: none"> 1. <i>Choice of carrier oil with justification for choice</i> 2. <i>Reason for choice of essential oil 1 with justification, i.e. reason, safety, Latin name and therapeutic effects.</i> 3. <i>Reason for choice of essential oil 2 with</i> |

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| <p><i>justification, i.e., reason, safety, Latin name and therapeutic effects.</i></p> <p>4. <i>Reason for choice of essential oil 3 with justification, i.e., reason, safety, Latin name and therapeutic effects.</i></p> <p>5. <i>Examples of alternative oils that could have been chosen and contraindications to any of the chosen oils – or for client.</i></p> | <p><i>justification , i.e., reason, safety, Latin name and therapeutic effects</i></p> <p>4. <i>Reason for choice of essential oil 3 with justification, i.e. reason, safety, Latin name and therapeutic effects</i></p> <p>5. <i>Examples of alternative oils that could have been chosen and contraindications to any of the chosen oils – or for that client</i></p> |
| <p>OIL BLENDING – 15 MARKS (3 marks each)</p> <p>1. <i>Quantity of carrier oil.</i></p> <p>2. <i>Quantity of essential oil.</i></p> <p>3. <i>Knowledge of synergies.</i></p> <p>4. <i>Efficient time taken to choose and blend oils.</i></p> <p>5. <i>Checking client’s approval of aroma.</i></p> | <p>OIL BLENDING –20 MARKS (4 marks each)</p> <p>1. <i>Quantity of carrier oil.</i></p> <p>2. <i>Quantity of essential oil.</i></p> <p>3. <i>Knowledge of synergies.</i></p> <p>4. <i>Efficient time taken to choose and blend oils.</i></p> <p>5. <i>Checking client’s approval of aroma.</i></p> |
| <p>MESSAGE TECHNIQUES – 20 MARKS (4 marks each)</p> <p><i>ITEC recognises that Aromatherapy Massage routines and techniques are varied and different.</i></p> <p>1. <i>Massage to include effleurage – light and deep.</i></p> <p>2. <i>Massage to cover entire area.</i></p> <p>3. <i>Movements to be slow and deliberate.</i></p> <p>4. <i>Pressure to be varied according to client, movement and area</i></p> <p>5. <i>Massage to show continuity, be flowing and logical.</i></p> | <p>MESSAGE TECHNIQUES – 15 MARKS (3 marks each)</p> <p><i>ITEC recognises that Aromatherapy Massage routines and techniques are varied and different.</i></p> <p>1. <i>Massage to include effleurage – light and deep.</i></p> <p>2. <i>Massage to cover entire area.</i></p> <p>3. <i>Movements to be slow and deliberate.</i></p> <p>4. <i>Pressure to be varied according to the client, movement and area.</i></p> <p>5. <i>Massage to show continuity, be flowing and logical.</i></p> |
| <p>POSTURE – 10 MARKS (2 marks each)</p> <p>1. <i>Standing/sitting positions appropriate to each area.</i></p> <p>2. <i>Position of shoulders and back.</i></p> <p>3. <i>Position of elbows.</i></p> <p>4. <i>Flexibility of knees</i></p> <p>5. <i>Flexibility/position of back (stance).</i></p> | <p>POSTURE – 5 MARKS (1 mark each)</p> <p>1. <i>Standing/sitting positions appropriate to each area.</i></p> <p>2. <i>Position of shoulders and back.</i></p> <p>3. <i>Position of elbows.</i></p> <p>4. <i>Flexibility of knees.</i></p> <p>5. <i>Flexibility/position of back (stance).</i></p> |
| <p>NEW CRITERIA</p> | <p>HEMOCARE ADVICE – 5 MARKS (1 mark each)</p> <p>Candidate gives client advice at end of treatment on:</p> <p>1. <i>Healthy eating.</i></p> <p>2. <i>Suitable relaxation techniques.</i></p> <p>3. <i>Suitable oils for safe self treatment.</i></p> <p>4. <i>Suitable methods for safe self treatment.</i></p> <p>5. <i>Recommendations for further treatments.</i></p> |
| <p>ORAL – 10 MARKS (2 marks each)</p> <p><i>5 questions from the following list:</i></p> <p>1. <i>What conclusions have you come to from your consultation?</i></p> <p>2. <i>Describe the ideal environment for carrying out a consultation.</i></p> <p>3. <i>Why is it important to complete a detailed</i></p> | <p>ORAL – 5 MARKS (2.5 marks each)</p> <p><i>2 questions from the following list:</i></p> <p>1. <i>What conclusions have you come to from your consultation?</i></p> <p>2. <i>Describe the ideal environment for carrying out a consultation.</i></p> <p>3. <i>Why is it important to complete a detailed</i></p> |

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| <p><i>consultation?</i></p> <ol style="list-style-type: none"> 4. <i>Tell me some contraindications to aromatherapy?</i> 5. <i>Tell me all about your diet.</i> 6. <i>Justification of oil choice – essential and carrier.</i> 7. <i>Which other oils could you have used?</i> 8. <i>What oils are contra-indicated for this client?</i> 9. <i>What are the dangers of overdosing?</i> 10. <i>What home care advice do you suggest?</i> 11. <i>Which other ways can essential oils be used at home?</i> 12. <i>Why is it important that the client likes the aroma of the oils?</i> 13. <i>What ratio of carrier oil to essential oil do you blend</i> 14. <i>Can essential oils be used for babies/children?</i> | <p><i>consultation?</i></p> <ol style="list-style-type: none"> 4. <i>Tell me some contraindications to aromatherapy.</i> 5. <i>Tell me about your client's diet.</i> 6. <i>Which other oils could you have used?</i> 7. <i>What oils are contraindicated for this client?</i> 8. <i>What are the dangers of overdosing?</i> 9. <i>What are the signs of overdose?</i> 10. <i>What other ways can essential oils be used at home?</i> 11. <i>Why is it important that the client likes the aroma of the oils?</i> 12. <i>What ratio of carrier oil to essential oil do you blend?</i> 13. <i>Can essential oils be used for babies/children?</i> 14. <i>How would you increase the amount of oil necessary for a treatment?</i> |
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