

## **Rationale for ITEC Level 3 Diploma in Aromatherapy**

### **Aims and objectives**

The ITEC Level 3 Diploma in Aromatherapy comprises of ITEC Unit 3 with a pre-requisite of ITEC Level 3 Diploma in Holistic Massage or ITEC Level 3 Diploma in Body Treatments or equivalent.

The unit has 3 elements– theory, practical and case studies.

The main aim of the ITEC Level 3 Diploma in Aromatherapy is to enable candidates to provide treatments for the purposes of relaxation and stress release with massage and essential oils.

It also aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Complementary Therapy/Care industry
- to provide opportunities for staff in the Complementary Therapy/ Care industry to gain a Level 3 qualification
- to qualify candidates as Aromatherapists at Level 3 in the Complementary /Care industry
- to sustain the interest of candidates wanting to work in the Complementary Therapy industry
- to encourage knowledge and understanding for the Complementary Therapy/Care industry at Level 3
- to provide opportunities for candidates to focus on the development of the major Key skills and the wider Key skills in a Therapy context such as communicating with clients, working with others and problem solving
- to provide opportunities for candidates to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in employment as an Aromatherapist.

The candidate will study the theory of Aromatherapy treatments as well as the Chemistry of the Essential oils, Contraindications and safety data for each oil, and will also cover the underpinning knowledge and skills required to successfully perform an Aromatherapy massage treatment.

Case studies are also required to be completed for this award. The case studies form the internal assessment and should be assessed throughout the training by the tutor using the ITEC Case Study Guidance sheet. The case studies are then verified by an ITEC Examiner at the end of the course during the visit for invigilating the practical examination. The case studies ensure that a variety of clients must be consulted and treated in all the above areas and the outcomes of the treatments must be documented in order to gain experience of working with a variety of clients and conditions whilst candidates are still under supervision. Detailed rationales for the type of massage treatment and choices of essential oils and outcomes must be shown, as well as after care.

The examinations take the form of a theory paper comprising of 50 questions on each element of the syllabus.

- Unit 3 Aromatherapy paper of 1 hour duration with a total of 50 questions
- A Practical exam conducted by an ITEC Practical Examiner for unit 3.
- Internal Assessment of ALL case studies by the College Lecturer and External Verification by the ITEC Practical Examiner.

As indicated above all aspects of the award are examined externally by ITEC Practical Examiners.

### **Recommended prior learning**

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A\*-C (preferably to include English Language, a science subject and/or GCSE in Physical Education) prior to commencing the ITEC Level 3 Diploma in Aromatherapy. However, exemptions may be made for adult returners with experience of the work place.

There is a pre-requisite of the ITEC Level 3 Diploma in Holistic Massage or equivalent.

### **Opportunities for progression**

Once candidates have achieved the ITEC Level 3 Diploma in Aromatherapy they may progress on to other ITEC or equivalent awards at level 3, for example:

- Spa Treatments
- Reflexology
- On Site Massage
- Indian Head Massage
- Lymphatic Drainage
- Sports Massage

This award qualifies graduates to operate their own clinic or home visiting practice. Graduates can also gain employment in Salons, Health Club, Health Farms, Spas and Liners, NHS Trust and various aspects of the Care Industry.

Professional indemnity and public liability insurance can be obtained via ITEC Professionals and other Industry Associations who recognise the ITEC Diploma.

### **Relationship to National Occupational Standards**

The ITEC Level 3 Diploma in Aromatherapy complies with the National Occupational Standards for Aromatherapy at Level 3 (see mapping at the end of the unit).

ITEC has ensured that best practice in the workplace has been reflected in the syllabus. ITEC has linked the qualification to the relative job role as well as ensuring that the syllabus reflects the required level of knowledge and ability for the Therapist.