

Multiple Choice Sample Questions
ITEC Unit 3 – Aromatherapy

1	When would peppermint oil be contra indicated for use?		1
A	When a client is having chiropractic treatment	B	When a client is using essential oils in skin care products
C	When a client is taking homeopathic remedies	D	When the client is using a peppermint flavoured toothpaste
2	What is the therapeutic effect of a hypotensive oil?		2
A	To raise blood pressure	B	To lower blood pressure
C	To produce a feeling of warmth	D	To remove impurities
3	An example of an oil with an astringent effect is:		3
A	Rosa damascena	B	Pogestemon cablin
C	Zingiber officinale	D	Vetiveria zizanoides
4	The client should be advised to mix oils for use in the bath with a small amount of:		4
A	Carrier oil	B	Water
C	Emulsifier	D	Emollient
5	What is the therapeutic effect of a depurative oil?		5
A	To calm inflammation	B	To remove impurities and toxins
C	To speed up the regeneration of cells	D	To help wound healing
6	What is meant by synergistic effect in aromatherapy?		6
A	When blending two or more oils together they should be undiluted for a better effect	B	When blending two or more oils together they should be diluted with water for a better effect
C	When two or more oils work together they produce more of an effect than they do alone	D	When two or more oils work together they produce less of an effect than they do alone
7	The effects of grapeseed carrier oil include:		7
A	Mimics sebum	B	Helps reduce symptoms of PMT
C	Anti ageing	D	Nourishing
8	The ITEC guidelines for blending are:		8
A	2 drops of essential oil to each 5ml of carrier oil	B	3 drops of essential oil to each 5ml of carrier oil
C	4 drops of essential oil to each 5ml of carrier oil	D	5 drops of essential oil to each 5ml of carrier oil
9	What are the two main chemical constituents of juniper?		9
A	Benzyl acetate, cineol	B	Limonene, linalol
C	Pinene, myrcene	D	Camphene, sumaresinolic acid
10	What is the botanical name for ylang ylang?		10
A	Citrus aurantium var. amara	B	Cananga odorata
C	Pelargonium odoratissimum	D	Cananga atlantica