

ITEC Level 3 Diploma in Aromatherapy

Unit 3 Aromatherapy

Recommended guided learning hours – 80

Pre-requisite – Students must hold the ITEC Diploma in Holistic Massage or ITEC Diploma in Body Treatments or equivalent

QCA Qualification Accreditation Number: 100/2403/7

Unit 3 Aromatherapy Theory	
Learning outcome	Underpinning knowledge
Students will be able to:	
1) Understand and explain the history, development and definition of Aromatherapy	<ul style="list-style-type: none"> ◆ The AC definition of Aromatherapy ◆ The history should include: <ul style="list-style-type: none"> • The Egyptians • The Greeks • The Romans • China/India • The Great Plague • 19th Century scientific approach • First World War and Professor Gattefosse • Jean Valnet • Marguerite Maury
2) Understand and explain the Holistic Approach	<ul style="list-style-type: none"> • 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
3) Understand and explain the term essential oil	To include: <ul style="list-style-type: none"> • Aromatic • Volatile • Powerful • Soluble in oil and alcohol • Liquid • Non-greasy • Where they originate: leaf, hairs on leaves, flowers, bark, roots, fruit pulp, peel
4) Understand and explain the 6 methods of extraction	To include: <ul style="list-style-type: none"> • Steam distillation • Expression • Solvent extraction • Enfleurage • Carbon dioxide • Hydro diffusion or Perculation
5) Understand and explain how oils can become adulterated	Ways in which suppliers adulterate oils
6) Understand and explain: <ul style="list-style-type: none"> • Botanical name (latin) • Country of origin (state where the oil was grown <i>originally</i>) • Method of extraction • Main therapeutic effects • Safety precautions 	The outcomes listed should be given for the following 42 essential oils: <ul style="list-style-type: none"> • Basil (<i>Ocimum basilicum</i> – <i>low methyl chavicol</i>) • Benzoin (<i>Styrax benzoin</i>) • Bergamot (<i>Citrus bergamia</i> – <i>bergapten free</i>) • Black pepper (<i>Piper nigrum</i>) • Carrot seed (<i>Daucas carota</i>) • Chamomile German (<i>Matricaria recutita</i> or <i>Matricaria chamomilla</i>) • Chamomile Roman (<i>Chamaemelum nobile</i> or <i>anthesis 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>lavandula officinalis</i> – <i>true lavender</i>) • Lemon (<i>Citrus limon</i>) • Lemongrass (<i>Cymbopogon citratus</i>) • Lime (<i>Citrus aurantifolia</i>) • Mandarin (<i>Citrus reticulata</i>) • Melissa (Lemon balm – <i>Melissa officinalis</i>) • Myrrh (<i>Commiphora myrrha</i>) • Neroli (Orange blossom – <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 (Common/Scotch – <i>Pinus sylvestris</i>) • Rose cabbage (steam distilled) (<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 <i>Ti tree</i> (<i>Melaleuca alternifolia</i>) • Vetivert (<i>Vetiveria zizanoides</i>) • Ylang Ylang (<i>Cananga odorata</i>)

7) Understand and explain the two main chemical constituents for each of the essential oils listed	<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 <i>or Ti tree</i> (terpinene, cineol) • Vetivert (vetiverol, vitivone) • Ylang Ylang (methyl benzoate, methyl salicylate)
8) Understand and explain the possible reactions to aromatherapy treatment	<p>To include:</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
9) Understand and explain the safe blending of essential oils	<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
10) Understand and explain ‘synergy’	<p>Explain the term synergy and the way in which the therapeutic effects of essential oils are strengthened when working together</p>
11) Understand and explain other methods of applying essential oils to the person either in the clinic or at home	<p>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)
12) Understand and explain the term integral biology	<p>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 social wellbeing in terms of aromatherapy treatment • Helping clients and families to put their choices into action • Reviewing their progress
13) Understand and explain the following chemical terms:	<p>To include:</p> <ul style="list-style-type: none"> • Atom • Molecule • Organic and inorganic compounds
14) Understand and explain the therapeutic effects and give examples of the effects of the main chemical compounds found in essential oils	<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
15) Understand and explain chemotypes	<p>To include:</p> <ul style="list-style-type: none"> • Natural variations found within plants
16) Understand and explain the process of biosynthesis	<p>The formation of essential oils in plants</p>

17) Understand and explain the advantages and disadvantages and the effects on the skin of the use of different carrier oils	To include: <ul style="list-style-type: none"> • Grapeseed • Sweet Almond • Wheatgerm • Evening Primrose • Avocado • Jojoba • Calendula • Macadamia • Peach Kernel
18) Understand and explain the different skin types	To include: <ul style="list-style-type: none"> • Sensitive • Combination • Dry • Dehydrated • Mature • Oily
19) Understand and explain the effects of essential oils on all the systems of the body	To include: <ul style="list-style-type: none"> • Skeletal • Muscular • Urinary • Vascular • Reproductive • Lymphatic • Skin (integumentary) • Nervous • Endocrine • Respiratory • Digestive • Immune
20) Understand and explain the effects of stress on the systems of the body	To include: <ul style="list-style-type: none"> • Skeletal • Muscular • Urinary • Vascular • Reproductive • Lymphatic • Skin • Nervous • Endocrine • Respiratory • Digestive • Immune
21) Understand and explain the essential oils which can help relieve stress	To include: <ul style="list-style-type: none"> • Analgesics • Sedatives • Stimulants • Nervines • Antispasmodics
22) Understand and explain the structure and function of the Olfactory tract and the ways in which essential oils are absorbed in this area	To include: <ul style="list-style-type: none"> • Nose • Olfactory membranes (contain smell-sense cells) • Olfactory plexus • Brain (Limbic system)
23) Describe the way in which essential oils are absorbed by the skin (integumentary system)	To include: <ul style="list-style-type: none"> • The pores • Hair follicle • Blood capillaries • Circulatory system
24) Describe and explain the correct storage of essential oils	To include: <ul style="list-style-type: none"> • Away from extremes of temperature • Dark Amber bottles • Tightly sealed bottles • Out of reach of children • Glass bottles
25) Understand and explain the appropriate legislation applicable to aromatherapy treatment	To include: <ul style="list-style-type: none"> • Any particular rights, restrictions and Charters • Legal framework related to people and settings with which the practitioner is involved (eg Mental Health Act, Children Act) • Moral rights which are not recognised in Law • Organisational policies and how they may differ from other organisations (when working in care) • Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access • Health and Safety at Work Act • General Products Safety Regulations • Cosmetic Products Safety Regulations • Medicine Control Agency • Equal Opportunities Act • Data Protection Act • Code of good practice/ethics • Legislation relating to the essential oil trade • The legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working • ATC legislation
26) Understand and explain the issues surrounding 'consent' (to treatment)	To include: <ul style="list-style-type: none"> • The importance of obtaining consent from the client • The importance of gaining consent from a person who is acting in the best interests of the client when the client is unable or not of an age to make the decision for themselves • Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners • The meaning of informed client consent and the guidance given by the practitioner's professional body particularly where there is a need for written consent • Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement • Ensure that agreements are in the clients best interests • Ensure that clients sign the consultation form to consent to treatment
27) Explain and understand the importance of aromatherapy for clients and families receiving palliative or social care (when working in care)	To include: <ul style="list-style-type: none"> • The issue of consent • Any appropriate legislation • Confidentiality • Appropriate support • Using an appropriate manner of communication • Only giving information agreed within the care team • Know when to refer clients to people outside of the care team • Maintenance of accurate records • Managing ones own feelings • The importance or ongoing care • Personal beliefs and preferences • Grief and grieving process • Awareness of other support services

<p>28) Understand and explain other complementary therapies and the ways in which they are performed</p>	<p>To include:</p> <ul style="list-style-type: none">• 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 Massage
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Unit 3 Aromatherapy Practical	
<p>29) Understand and explain:</p> <ul style="list-style-type: none"> • Botanical name (latin) • Country of origin (state where the oil was grown <i>originally</i>) • Method of extraction • Main therapeutic effects • Safety precautions 	<p>The outcomes listed should be given for the following 42 essential oils:</p> <ul style="list-style-type: none"> • Basil (<i>Ocimum basilicum</i> – <i>low methyl chavicol</i>) • Benzoin (<i>Styrax benzoin</i>) • Bergamot (<i>Citrus bergamia</i> – <i>bergapten free</i>) • Black pepper (<i>Piper nigrum</i>) • Carrot seed (<i>Daucus carota</i>) • Chamomile German (<i>Matricaria recutita</i> or <i>Matricaria chamomilla</i>) • Chamomile Roman (<i>Chamaemelum nobile</i> or <i>anthesis 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 graveolens</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>lavandula officinalis</i> – <i>true lavender</i>) • 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 (steam distilled) (<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 <i>or Ti tree</i> (<i>Melaleuca alternifolia</i>) • Vetivert (<i>Vetiveria zizanioides</i>) • Ylang Ylang (<i>Cananga odorata</i>)
<p>30) Understand and explain the two main chemical constituents for each of the essential oils listed</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 <i>or Ti tree</i> (terpinene, cineol) • Vetivert (vetiverol, vitivone) • Ylang Ylang (methyl benzoate, methyl salicylate)
<p>31) Understand and explain methods of consultation</p>	<p><i>An example of a consultation form is enclosed within the syllabus</i></p> <p>Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good

	<p>communication skills (asking open rather than closed questions)</p> <ul style="list-style-type: none"> • 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 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 <i>companion's</i> 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 <i>companion</i>
<p>32) Understand and recognise common ailments and contraindications to aromamassage with reasons</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 • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Localised • 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 ◆ N.B. All known allergies should be checked <p>Client contra indication should be checked against the safety data for each oil prior to treatment</p>
<p>33) Understand and explain appropriate client care</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>34) Explain the purpose of testing essential oils on the client's skin</p>	<p>To include:</p> <ul style="list-style-type: none"> • Appropriate explanation to the client • Judging the time interval for client's reactions to the tests (48hours) • Types of essential oils and carriers most likely to cause reaction and their possible effects • The importance of obtaining a signature of endorsement for use of

	the blend (a requirement of many insurance companies when they are dealing with claims)
35) Understand, explain and demonstrate suitable aromatherapy massage techniques	To include: <ul style="list-style-type: none"> • Ensuring the client is correctly supported • Towels cover all areas except those being massaged • Confirm consent before beginning treatment • Use the oil blend which was selected during the process of consultation • Use appropriate massage movements for aromatherapy treatment i.e. Effleurage, Petrissage, Lymphatic drainage, Acupressure movements on the following areas: Body, face and scalp • Applying the massage at a pressure appropriate to the client's needs and to ensure absorption of the oils • Maintain contact throughout • Encourage clients to express their feelings/requirement during the treatment • Note client's reactions and make appropriate adjustments
36) Understand, explain and demonstrate the safe dosage and blending of essential oils	<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 • 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
37) Evaluate and review the aromatherapy treatment/programme	At the end of each treatment the clients feeling should be recorded and any skin or other reactions The following areas should be monitored: <ul style="list-style-type: none"> • Outcomes achieved • Effectiveness of the treatment • Any change in demands • Whether the treatment met the needs of the client • Longer term needs of the client (particularly when working in a care environment)
38) Understand and explain the importance of giving appropriate home care advice after treatment	To include: <ul style="list-style-type: none"> • Healthy eating • Exercise • Stress levels and generally helping clients and families to identify options to improve their health and social wellbeing in terms of aromatherapy treatment • Helping clients and families to put their choices into action • Reviewing their progress
39) Understand and explain the importance of referral procedures	To include: <ul style="list-style-type: none"> • Only working within the realms of their own expertise as an aromatherapist ◆ Demonstration of understanding when a client should be referred to either: <ul style="list-style-type: none"> • GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team (when working in care)
40) Understand and explain the safe home and clinic use of essential oils	To include: <ul style="list-style-type: none"> • Burners • Hot/cold compresses • Inhalations • Baths (inc. foot and hand) • Lotions • Creams • Shampoo • Neat application • Hydrolats • Nature of risks associated with self treatment • Minimising risks by ensuring the client is correctly informed on how to administer the treatment • Informing the client on where to obtain oils and carriers of good therapeutic value and quality • Ensuring that if the therapist gives the client a blend to use it is correctly packaged and labelled with directions for use

ITEC Unit 3 Aromatherapy Case Studies

10 clients must be treated 4 times each to make a total of forty treatments

To include:

- 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
- ◆ The following should also be documented for treatments 2 to 4:
 - 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*

*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment