





# 309

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## Provide massage using pre-blended aromatherapy oils

Massage using pre-blended aromatherapy oils uses a combination of specialised massage techniques and the fragrant, therapeutic oils extracted from plants. Depending on the blend you choose you can relax or uplift your client or stimulate their skin, body and senses. You will learn how to perform an aromatherapy routine for the body, face and scalp plus how to select the facial and body blends most suitable for your client's skin type and the treatment objective. You will also learn safety precautions that make this wonderful treatment not only enjoyable but also safe.

## Assignment mark sheet

### Unit 309 Provide massage using pre-blended aromatherapy oils

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

What you must know	Tick when complete
Task 1a: produce an information sheet	
Task 1b: produce a fact sheet	
Task 1c: produce a fact sheet	
Task 1d: anatomy and physiology	
<b>Or</b> tick if covered by an online test	

What you must do	Grade	Points
Task 2: Provide massage using pre-blended aromatherapy oils		

**Overall grade**

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:

## What does it mean?

Some useful words are explained below

### Acute toxicity

Essential oils being taken orally, or excessive use of essential oils on the skin, could lead to liver and kidney damage.

### Carrier oils

Oily plant base used to dilute essential oils for use on the skin.



### Cellulite

Congested tissue with a dimply 'orange peel' appearance. It is usually cold to the touch and found on the thighs and buttocks.

### Chronic toxicity

This is when an essential oil has been overused repeatedly over a period of time.

### Contra-indications

Conditions that prevent treatment from taking place, or make it necessary to modify the treatment.

### Dehydrated skin

This is a lack of water or moisture within the skin as opposed to a lack of oil, and can occur on any skin type.

### Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage.

### Limbic system

The area of the brain connected to instinct, memory and behaviour.

### Mature skin

In beauty therapy terms, this is any skin over the age of 25. However, the skin is generally not classed as being mature until the signs of ageing are apparent.

### Neuromuscular

A firm form of massage, used to stimulate nerves.

### Olfactory system

The body system that provides us with the sense of smell.



### Patch testing

The application of the blend to be used either behind the ear, or in the crook of the elbow, 24 hours before treatment to check for skin reaction.

### Petrissage

A technique that compresses the tissues of the body and lifts them away from the underlying structures.

### Photo toxicity/sensitivity

The reaction of the skin when exposed to UV light in the presence of some essential oils, often resulting in pigmentation marks.

### Physiological effects

The effect that massage has on the systems of the body.

### Pre-blended essential oils

Essential oils, which have been pre-mixed in vegetable oil base by a professional experienced blender, in order to achieve specific effects.

### Pressure points

Specific points on the body, which help to release blocked energy flow when stimulated.

### Sensitive skin

Skin that reacts readily to products, heat or pressure. Whilst it can occur on any skin type, sensitive skin usually has a fine texture, thin epidermis, and blood vessels very close to the surface. This can result in blotchiness, redness, flushing, increased warmth and irritation if stimulated.

### Treatment objectives

The desired outcome of the massage using pre-blended oils. These can be achieved through the blend selected and the massage movements carried out.

### Vibrations

Fine trembling movements that can stimulate or relax nerves depending on how they are applied.

### Volatility

The speed at which an essential oil evaporates.



#### Revision tip

Essential oils are absorbed through the skin during massage, and will also be inhaled, affecting both the respiratory system and the olfactory system.



## Follow in the footsteps of ... “ *Laura Stevens*”

Laura is currently taking her Level 3 VRQ in Beauty Therapy at the Folkestone Academy. She loves giving massages with pre-blended oils because she enjoys adapting the treatment for her client's needs. When Laura finishes her qualification she would like to get a job in a Beauty salon, before progressing to a spa so she can gain as much experience of the industry as she can. [Read on for Laura's massage tips!](#)

## What you must know

### You must be able to:

- 1 Describe salon requirements for preparing themselves, the client and work area
- 2 Describe the environmental conditions suitable for body treatments using pre-blended aromatherapy oils
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Describe how to select products and tools to suit client treatment needs, skin types and conditions
- 5 Outline the safety precautions associated with the range of pre-blended aromatherapy oils
- 6 Explain the contra-indications that prevent or restrict aromatherapy treatments
- 7 Explain how to communicate and behave in a professional manner
- 8 Describe health and safety working practices
- 9 Explain the importance of positioning themselves and the client correctly throughout the treatment
- 10 Explain the importance of using products, tools and techniques to suit client's treatment needs, skin types and conditions

*Continues on next page*

- 
- 11** Describe how treatments can be adapted to suit client treatment needs, skin types and conditions
- 
- 12** State the contra-actions that may occur during and following treatments and how to respond
- 
- 13** Explain the importance of completing the treatment to the satisfaction of the client
- 
- 14** Explain the importance of completing treatment records
- 
- 15** Describe the methods of evaluating the effectiveness of the treatment
- 
- 16** Describe the aftercare advice that should be provided
- 
- 17** Describe the structure and the main functions of the following body systems in relation to massage:
- skin
  - skeletal
  - muscular
  - cardio-vascular
  - lymphatic
  - nervous
  - digestive
  - urinary
  - endocrine
- 
- 18** Describe the main diseases and disorders of body systems
- 



Image courtesy of House of Famuir



It's really important to check for allergies before deciding on the blend you intend to use. They may contain nuts or other ingredients that your client will react to.

# Aroma

If your client has lower back pain when lying on the couch, place support under their knees to alleviate this.



Image courtesy of iStockphoto.com/nicolesy

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*Nearly anyone can have this treatment as it is so smooth and gentle.*



*Advise healthy lifestyle changes to your client.*

# therapy



*Pre-blended oils can treat a range of conditions.*

Image courtesy of Spa Find Skincare



# What you must do

## Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with **\***.

- 1 Prepare yourself, the client and the work area for massage treatment using pre-blended aromatherapy oils
- 2 Use suitable consultation techniques to identify treatment objectives \*
- 3 Advise the client how to prepare for the treatment
- 4 Provide clear recommendations to the client \*
- 5 Position yourself and the client correctly throughout the treatment
- 6 Follow health and safety working practices
- 7 Communicate and behave in a professional manner
- 8 Select and use products to suit client's treatment needs, skin types and condition \*
- 9 Use and adapt massage techniques to meet the needs of the client \*
- 10 Complete the treatment to the satisfaction of the client \*
- 11 Record and evaluate the results of the treatment
- 12 Provide suitable aftercare advice \*

Total

Grade

Candidate signature and date

Assessor signature and date

### Conversion chart

Grade	Marks
Pass	12–14
Merit	15–20
Distinction	21–24

Please tick when all pre-observation requirements have been met

Provide massage using pre-blended aromatherapy oils		
1		
1	2	3
1		
1	2	3
1		
1		
1	2	3
1	2	3
1		
1	2	3

## What you must do

### Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on the previous page.

	1 mark	2 marks	3 marks
<b>2</b> <b>Use suitable consultation techniques to identify treatment objectives</b>	<p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.</p>	<p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations; identifies the treatment objectives and any factors that may limit or restrict the treatment.</p>	<p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, how client feels about their body and what improvement they would like to achieve; identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.</p>
<b>4</b> <b>Provide clear recommendations to the client</b>	<p>A basic treatment plan is recommended</p> <p>Example: explains treatment procedure and any adaptations to meet client treatment needs.</p>	<p>A good treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of postural diagnosis), a choice of products to be used.</p>	<p>A thorough treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of postural diagnosis), a choice of products to be used, adaptation of massage movements to suit client treatment needs, allows the client to ask questions about the treatment plan.</p>

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## What you must do

### Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on page 118.

	1 mark	2 marks	3 marks
<b>8</b> <b>Select and use products to suit client's treatment needs, skin types and condition</b>	Selects appropriate pre-blended aromatherapy oils to suit client's skin type and conditions.	Selects appropriate pre-blended aromatherapy oils to suit client's skin type and conditions, taking into account client preference.	Selects appropriate pre-blended aromatherapy oils to suit client's skin type and conditions, taking into account client preference, lifestyle, general health and treatment objectives.
<b>9</b> <b>Use and adapt massage techniques to meet the needs of the client</b>	Adapts the massage routine to suit client treatment objectives. Uses a variety of movements, movements are even and flowing, uses appropriate pressure for the client.	Adapts the massage routine to suit client treatment objectives, muscle and fat type. Carries out massage movements correctly and fully with even flow showing variations in rate and rhythm according to treatment objectives, uses appropriate pressure for the client.	Adapts the massage routine to suit client treatment objectives, muscle and fat type taking into account all factors. The whole routine flows throughout, uses appropriate pressure for the client, checks the client's comfort and wellbeing at appropriate times.
<b>10</b> <b>Complete the treatment to the satisfaction of the client</b>	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time, brought to a satisfactory close, excess massage medium is removed from the skin correctly.	The treatment is completed within the agreed time, brought to a satisfactory close, excess massage medium is removed from the skin correctly, the client is asked for feedback and is allowed sufficient time to get dressed.

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	1 mark	2 marks	3 marks
12 Provide suitable aftercare advice	<p>Basic aftercare advice</p> <p>Examples: how to deal with possible contractions, product(s) to use, importance of rest and relaxation, future treatment needs.</p>	<p>Good level of aftercare advice</p> <p>Examples: how to deal with possible contractions, product(s) to use, importance of rest and relaxation, specific lifestyle advice (ie dealing with stress, fluid intake, healthy eating), future treatment needs.</p>	<p>Excellent aftercare advice</p> <p>Examples: how to deal with possible contractions, product(s) to use, importance of rest and relaxation, specific lifestyle advice (ie dealing with stress, fluid intake, healthy eating), advice to improve postural awareness, recommends future treatment programme (regular massage, introduction of new/ alternative treatments).</p>



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*Study your anatomy and physiology books thoroughly as it helps to understand the effect massage has on the lymphatic system.*

## Comment form

# Unit 309 Provide massage using pre-blended aromatherapy oils

This form can be used to record comments by you, your client, or your assessor.

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Image courtesy of Tisserand ([www.tisserand.com](http://www.tisserand.com))



