



ITEC Level 3
Unit 382 Provide Aromatherapy for Complementary Therapies
Marking Criteria

APPEARANCE – 10 MARKS (1 mark each)

The candidate demonstrated:

1. Clean, ironed professional uniform
2. Clean, neat hair - tied back/up if long and off the collar and face
3. Clean, short nails, well manicured with no varnish and clean hands
4. Clean sensible full, flat shoes worn with socks or tights
5. Tights were an appropriate colour for the uniform, if wearing a skirt
6. No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. No visible underskirts/underwear
10. Trousers cropped no higher than calf/trousers not trailing on the floor and skirts to the knee

CLIENT CARE – 5 MARKS (1 mark each)

The candidate:

1. Greeted and introduced self to client
2. Assisted client on and off the couch
3. Explained the treatment procedure to the client
4. Ensured client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleagues throughout

HYGIENE AND STERILISATION – 5 MARKS (1 mark each)

The candidate:

1. Wiped equipment over with appropriate sanitiser before, during and after use
2. Ensured laundry was clean and changed for each client
3. Sanitised hands before, during and after treatment as appropriate
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Sanitised client's feet. Ensured footwear for clients was stowed under the couch and that the client did not walk around with bare feet

CONSULTATION – 10 MARKS (2 marks each)

The candidate:

1. Demonstrated appropriate posture and body language
2. Established a rapport with the client
3. Tactfully obtained all relevant information and maintained client confidentiality
4. Explained any benefits, effects and limitations of the treatment and co-operation required
5. Utilised a range of questioning techniques and allowed the client to ask questions

OIL CHOICE – 20 MARKS – (4 marks each)

The candidate:

1. Justified choice of carrier/fixer oil(s)
2. Gave reason for choice of essential oil/essence 1 with justification, i.e., reason, safety, Latin name and therapeutic effects.
3. Gave reason for choice of essential oil/essence 2 with justification, i.e., reason, safety, Latin name and therapeutic effects.
4. Gave reason for choice of essential oil/essence 3 with justification, i.e., reason, safety, Latin name and therapeutic effects.
5. Gave examples of alternative oils that could have been chosen and contraindications to any chosen oils – or for that client.

OIL BLENDING –20 MARKS (4 marks each)

The candidate:

1. Identified quantity of carrier/fixes oils used
2. Identified quantity of essential oils/essences used
3. Demonstrated knowledge of synergies
4. Selected and blended oils making efficient use of time
5. Checked client's approval of aroma and chosen blend

MASSAGE TECHNIQUES – 15 MARKS (3 marks each)

ITEC recognises that Aromatherapy Massage routines and techniques are varied and different.

The candidate:

1. Demonstrated all classical aromatherapy massage movements, in the absence of contraindications
2. Ensured massage covered entire area(s) treated
3. Maintained a slow and constant speed
3. Varied the pressure according to client, movement and area treated
4. Performed the movements in a continuous, flowing, and logical sequence in a commercially acceptable time

POSTURE – 5 MARKS (1 marks each)

The candidate:

1. Maintained good posture throughout
2. Maintained good position of shoulders and back
3. Maintained good position of elbows
4. Demonstrated good flexibility of knees
5. Demonstrated good flexibility/position of back (stance)

HEMOCARE ADVICE – 5 MARKS (1 mark each)

The candidate:

1. Gave the client advice on healthy eating
2. Gave the client advice on suitable relaxation techniques
3. Gave the client advice on suitable oils for safe self-treatment.
4. Gave the client advice on suitable methods for safe self treatment
5. Made recommendations for further treatments

ORAL – 5 MARKS

Samples of the types of oral questions that could be asked:

1. What risks should be considered when preparing the aromatherapy treatment environment?
2. Describe the ideal environment for carrying out a consultation and treatment.
3. Why is it important to complete a detailed consultation?
4. What conclusions have you come to from your consultation?
5. How would you store client confidential information after the consultation and treatment?
6. What conditions would be classed as medical contraindications to aromatherapy?
7. Which other oils could you have used for this client today?
8. What oils are contraindicated for this client?
9. What are the dangers of overdosing?
10. What are the signs of overdoseage?
11. What other ways can essences be used at home?
12. How should an essential oil/essence be labelled?
13. Why is it important that the client likes the aroma of the oils?
14. What ratio of carrier/fixes oil to essential oil/essence do you blend?
15. Can essential oils be used for babies/children?
16. How would you increase the amount of oil necessary for a treatment?
17. How would you adapt your treatment for an elderly client?
18. How would you store your treatment consumables safely?
19. How does client feedback after a session help the ongoing treatment plan?
20. How does reflective practice help your development as an aromatherapist?