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# Assignment Guidance Form

## iUCT40 – Provide aromatherapy for complementary therapies

### Research essences/essential oils

- Common and botanical name of the oil
- Plant family
- Country of origin
- Plant source
- Method of extraction
- Significant chemical constituents
- Therapeutic actions – e.g. anti-inflammatory, diuretic etc.
- Which systems/conditions benefit from its use?
- Most beneficial/suitable methods of use
- Safety data

### For any fifteen of the following oils:

- |   |                  |
|---|------------------|
| • Basil   | • Lavender spike |
| • Benzoin   | • Lemon          |
| • Bergamot  | • Lemongrass     |
| • Black pepper                                      | • Mandarin       |
| • Cedarwood atlas                                   | • Marjoram       |
| • Chamomile german                                  | • Myrrh          |
| • Chamomile roman                                   | • Neroli         |
| • Clary sage  | • Orange bitter  |
| • Cypress   | • Orange sweet   |
| • Eucalyptus (citriodora, dives, globulus, smithii) | • Patchouli      |
| • Fennel  | • Peppermint     |
| • Frankincense                                      | • Petitgrain     |
| • Geranium  | • Rose cabbage   |
| • Ginger  | • Rose damask    |
| • Grapefruit  | • Rosemary       |
| • Jasmine   | • Sandalwood     |
| • Juniper   | • Tea tree       |
| • Lavandin  | • Thyme          |
| • Lavender  | • Vetivert       |
|   | • Ylang Ylang    |

This assignment may be presented in any of the following formats and may include some ICT:

- Written report
- Chart
- Spider diagram
- Graph
- Other pictorial presentation e.g. mood board

## Document History

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualification Administrator