



Australian Government

Department of Education, Employment and Workplace Relations

SIBBBOS403A Perform aromatherapy massage

Revision Number: 2

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Modification History

Not applicable.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform an aromatherapy massage using pre-blended aromatic plant oils. The therapist performing the aromatherapy massage treatment is required to interpret the treatment plan, explain the administration of the treatment to client and adapt the plan as required during the service in response to client reaction.

Aromatherapy massage is performed in response to client consultation and assessment, conducted to meet client objectives, and recorded on a treatment plan. It could be an individual aromatherapy massage treatment or form part of a series of treatments that have been designed to meet client requirements.

Application of the Unit

This unit applies to beauty therapy salon or spa environments and to beauty therapists exercising judgement in planning and selecting appropriate products, services, equipment and techniques.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SIBBBOS401A Perform body massage

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

Element

Elements describe the essential outcomes of a unit of competency.

- 1 Prepare for aromatherapy massage treatments.
- 2 Manage aromatherapy massage treatments.
- 3 Perform safe and effective aromatherapy massage.

Performance Criteria

Performance criteria describe the achievement of the element. Where information is detailed in the range statement. Assessment of evidence guide.

- 1.1 Review client *treatment plan*.
- 1.2 Clearly explain *contraindications*.
- 1.3 Ensure advice offered to client on contraindications is offered in relation to medical conditions.
- 1.4 Explain *effects and benefits* of oils to client.
- 1.5 Confirm *treatment objectives*.
- 1.6 Set up and monitor the service.
- 2.1 Use energy, water and other resources in subsequent treatment process.
- 2.2 Select *pre-blended oils* according to treatment plan.
- 2.3 Interpret and apply product information and procedures for *care, handling*.
- 2.4 Safely dispose of treatment materials and impacts.
- 2.5 Drape client to sequentially ensure client comfort and modesty.
- 3.1 Select and sequence the treatment according to plan.
- 3.2 Apply and remove essential oils according to agreed treatment plan, workplace time frames.
- 3.3 Apply *massage movements* according to treatment plan.
- 3.4 Vary the length of massage according to workplace time frames.
- 3.5 Recognise *reactions* to treatment.

4 Review treatment and provide post-treatment advice.

- 4.1 Obtain *client feedback* and
- 4.2 Recommend *future treatment* according to client needs.
- 4.3 Explain potential *post-treatment*
- 4.4 Provide *home-care advice* and
- 4.5 Rebook client according to

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

The following skills must be assessed as part of this unit:

- technical skills to:
 - recognise and respond to contraindications and adverse effects
 - interpret treatment plan and adapt treatment to accommodate changes in client's physical condition
 - apply a defined range of massage movements and routines according to agreed treatment plan
 - apply a range of treatment products and pre-blended oils suitable to client's needs
- communication skills to:
 - seek feedback and respond to questions
 - provide information and reassurance to client throughout the service
- literacy skills to:
 - read and apply relevant workplace documents and manufacturers' product information and safety data sheets
 - read, interpret and adjust treatment plans as appropriate
- time-management skills to manage time throughout treatment.

Required knowledge

The following knowledge must be assessed as part of this unit:

- infection control procedures and application of universal precautions
- workplace policies and procedures in regard to aromatherapy massage
- effects and benefits of a defined range of treatment products, essential oils and pre-blended oils
- anatomy and physiology of the skin and skin structures as they relate to aesthetic aromatic treatments, including percutaneous absorption and factors affecting penetration of essential oils and other aromatic treatment products
- contraindications and adverse effects
- ingredients in pre-mixed oils particularly in regard to their effects on the skin and possible contraindications in combination with other products or circumstances
- causes of skin reactions and allergies in regard to aromatic aesthetic treatments
- correct and environmentally sound disposal methods for all types of waste and in particular for hazardous substances.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- confirming treatment plan and adapting treatment to accommodate changes in client's condition
- preparing massage area and client for aromatherapy massage treatments
- reading, interpreting and applying product specifications for pre-blended oils
- knowledge and skill in application of pre-blended oils along with a variety of massage routines and movements
- evaluating an aromatherapy massage treatment and advising client on future treatments, home care and complementary products
- accurately and legibly recording relevant data on client treatment plans.

Context of and specific resources for assessment

Assessment must ensure:

- that competency is consistently demonstrated over a period of time and observed by assessor or technical expert working in partnership with assessor as described in Assessment Guidelines
- that competency is demonstrated in the workplace or a simulated workplace environment in a range of real work situations which may include client interruptions and involvement in other related activities normally expected in the workplace.

Assessment must ensure access to:

- a simulated environment, which includes as a minimum:
 - individual client workstations
 - adjustable massage table
 - appropriate supply of towels
 - client gown
 - client cover
 - trolley
 - a range of pre-blended oils from a professional range
- appropriate cleaning and disinfection products and equipment
- relevant workplace documentation including:
 - manufacturer's equipment instructions

- product instructions
- manufacturer safety data sheets
- workplace policies and procedures manuals
- a range of clients with different aromatherapy treatment requirements.

For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

Methods of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observing learner performing a range of tasks in the workplace or a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:
 - discussing variations to treatment plan with client
 - selecting and sequencing massage routines according to client's needs
 - handling and storing pre-blended oils according to workplace policies and procedures
 - providing post-treatment advice and making treatment recommendations to the client
- written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of:
 - effects and benefits of a defined range of treatment products and pre-blended oils
 - anatomy and physiology of the skin and skin structures as they relate to aesthetic aromatic treatments, including percutaneous absorption and factors affecting penetration of essential oils
 - appearance of contraindications and adverse effects
 - ingredients in relevant oils particularly in regard to likely effects on the skin and possible contraindications in combination with other oils or circumstances
 - causes of skin reactions and allergies in regard to aromatic aesthetic treatments
 - safe use of pre-blended oils
 - safe storage and handling of essential oils
- completion of workplace documentation relevant to providing aromatherapy massage services
- third-party reports from technical experts
- completion of self-paced learning materials, including personal reflection and feedback from a trainer, workplace coach or supervisor.

Holistic assessment incorporating other units relevant to the industry sector, workplace and job role is recommended, for example:

- SIBBCCS404A Work in a skin therapies framework.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Treatment plan*** must include:
- treatment duration
 - products
 - massage routine
 - massage movements
 - tools and equipment
 - contraindications
 - relevant medical history and medications
 - outcomes of previous treatments.
- Contraindications*** may include:
- infectious disease suggested by fever, lethargy and nausea until reviewed and cleared by a medical practitioner
 - symptoms that do not have a logical explanation and should be referred to a medical practitioner, including:
 - pain: local, sharp, dull, deep and surface
 - extreme fatigue
 - inflammation
 - lumps and tissue changes
 - severe oedema
 - infection
 - bleeding and bruising
 - hot or cold extremes of body temperature
 - factors that may restrict treatment or require adaptation of the body massage, such as:
 - skin trauma
 - lesions
 - rashes.
- Clients*** may include:
- new or regular clients with routine or special needs
 - female or male clients
 - people from a range of social, cultural and ethnic backgrounds and with varying physical and mental abilities.
- Necessary action*** may include:
- the following actions across a range of clients:
 - encouraging client to seek medical advice

- explaining why service cannot be carried out
 - modifying body massage service
 - refusing unsuitable client.
- Effects and benefits*** may include:
- relaxation
 - rejuvenation of skin
 - skin healing
 - muscular tension relief
 - improved sleeping pattern.
- Treatment objectives*** may include:
- relaxation
 - rejuvenation of skin
 - skin healing
 - muscular tension relief
 - improved sleeping pattern.
- Workplace requirements*** may include:
- health and hygiene
 - service area and product set-up
 - environmental control.

- Pre-blended oils*** may include:
- combinations of the following oils:
 - lavender
 - juniper
 - chamomile
 - rosemary
 - eucalyptus
 - geranium
 - citrus: lemon, lime, mandarin, grapefruit and tangerine
 - melaleuca, tea tree, cajuput and niaouli
 - frankincense
 - rose
 - sandalwood
 - clary sage.
- Care, handling and storage*** may include:
- clear and accurate labelling
 - decanting and resealing
 - protection from light
 - temperature control.
- Treatment area*** may include:
- torso
 - back
 - neck
 - décolletage
 - arms
 - legs.
- Massage movements*** must include combination of movements designed to achieve client treatment objectives, and should be drawn from the following:
- passive soft tissue movement
 - gliding techniques
 - longitudinal stroking
 - kneading
 - soft tissue being mobilised with rhythmical circular rolling movements
 - friction techniques
 - compressive techniques
 - petrissage
 - superficial lymph drainage techniques.
- Massage routine*** must include:
- rhythm
 - repetition
 - variation.
- Reactions*** may include:
- pain or discomfort
 - verbal, tactile or visual feedback
 - muscular spasms
 - allergy or reactions to body oils or treatments

- skin blemishes due to massage stimulation
 - bruising
 - temperature discomfort
 - joint sounds
 - client relaxation
 - emotional release.
- Responses** may include:
- adjusting treatment accordingly
 - seeking appropriate expertise
 - discussing reaction with client
 - adhering to workplace guidelines for dealing with emergencies
 - accessing local emergency services.
- Client feedback** may include:
- comments
 - suggestions
 - enquiries.
- Outcomes of treatment** may include:
- client satisfaction
 - adverse effects.
- Future treatment program** may include:
- further body treatments
 - complementary treatments
 - number and frequency of future aromatherapy treatments
 - variation in type of pre-blended oils.
- Post-treatment adverse effects** may include:
- erythema or inflammation arising from pre-blended oils or treatment products
 - skin blemishes due to massage stimulation
 - nausea, headache, dizziness and drowsiness
 - allergic reactions of skin or body to treatment products.
- Home-care advice** may include:
- basic exercises
 - nutrition advice
 - rest.

Unit Sector(s)

Beauty

Competency Field

Body Services