



Australian Government

HLTARO005 Provide aromatherapy massage treatments

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.

Application

This unit describes the skills and knowledge required to prepare for, provide and monitor aromatherapy massage treatments, including the Micheline Arcier aromatherapy full body massage. Treatments are based on the outcomes of an existing health assessment.

This unit applies to clinical aromatherapists.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare client for treatment

1.1 Interpret treatment plan and clearly outline how the treatment will be provided and managed

1.2 Explain factors which may interfere with the effectiveness of the treatment

1.3 Inform the client of possible physical or emotional reactions during and following a session and the appropriate course of action to take

1.4 Follow established protocols to physically prepare the client for treatment

1.5 Confirm client consent for treatment

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

2. Formulate aromatherapy massage blends

- 2.1 Select aromatic plant oils as indicated for their therapeutic action on areas to be massaged
- 2.2 Integrate findings of health assessment into oil selection
- 2.3 Check client aroma preferences
- 2.4 Blend oils using proportions appropriate to areas to be massaged, presenting condition and client characteristics

3. Follow aromatherapy massage techniques and sequences

- 3.1 Determine treatment sequence, location and degree of pressure according to assessment indications
- 3.2 Use the condition and response of the client as a continual feedback to the initial assessment
- 3.3 Position client to optimise their comfort and support while allowing for optimum application of techniques
- 3.4 Maintain client dignity through use of draping
- 3.5 Maintain therapist postures that ensure a controlled distribution of body weight
- 3.6 Maintain client-focused attention throughout the treatment session
- 3.7 Recognise reactions to treatment and respond promptly if necessary

4. Provide advice and resources to the client

- 4.1 Educate client in relevant and practical techniques that support the treatment plan
- 4.2 Answer client queries with clarity, using appropriate language
- 4.3 Use honesty and integrity when explaining treatment plans, schedules and recommendations to the client
- 4.4 Promote client independence and responsibility in treatment when appropriate
- 4.5 Discuss and agree on evaluation strategies
- 4.6 Accurately document treatment provided and details

ELEMENT

Elements define the essential outcomes

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

of client communications

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>