



Australian Government

Assessment Requirements for SHBBBOS004 Provide aromatherapy massages

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- provide six safe and appropriate aromatherapy massages to different clients that meet one or more of the following established client objectives:
 - muscular tension relief
 - relaxation
 - skin healing
- explain to clients effects and benefits of blended oils listed in Knowledge Evidence and recommended aromatherapy treatment on body systems
- design, record and update treatment plans and records for each of the above clients using correct anatomical terminology and specifying details of:
 - client feedback
 - contraindications and conditions
 - products and blended oils used
 - massage routine
 - outcomes of previous and current treatment
 - post treatment lifestyle and product advice
 - relevant medical history and medication
 - treatment duration, areas treated and areas not treated
 - treatment objectives
 - recommended future treatments
- design and provide treatment routines that demonstrate appropriate selection, application and combination of the following aromatherapy massage movements:
 - effleurage
 - friction
 - petrissage
- provide aromatherapy massage treatments that demonstrate appropriate variation in rhythm and repetition of movements
- design a series of four treatments for three of the above clients to address ongoing needs of each client
- present self, according to organisational policy
- comply with health and hygiene regulations and requirements

- clean, prepare and maintain treatment areas according to organisational policy.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- state or territory and local health and hygiene regulations and requirements relevant to aromatherapy massages
- organisational policies and procedures relevant to aromatherapy massage:
 - client record management
 - equipment use and maintenance
 - incident reporting
 - linen use and laundry procedures
 - personal hygiene and presentation
 - presentation of treatment area
 - waste disposal
 - work health and safety
- legal and insurance liabilities and responsibilities regarding treatments
- scope of practice:
 - when to refer clients to other practitioners
 - importance of not stating a diagnosis of a contraindication
 - limitations to passive joint movements
 - role of complementary therapist and medical practitioner
- factors likely to affect suitability of treatments for client needs:
 - budgetary and time constraints
 - outcomes of previous treatments
 - physical attributes
- effects and benefits of:
 - each type of massage movement and technique
 - blended oils:
 - basil
 - bergamot
 - chamomile
 - citrus: grapefruit, lemon, lime, mandarin, tangerine
 - clary sage
 - eucalyptus
 - frankincense
 - geranium
 - juniper
 - lavender

- rose
 - rosemary
 - sandalwood
 - tea tree
- massage on body systems
- effects of aromatherapy treatments on body systems:
 - circulatory
 - digestive
 - integumentary
 - lymphatic
 - muscular
 - nervous
 - respiratory
 - skeletal and articular
- anatomical position terminology in relation to aromatherapy massage
- common disorders of body systems and their relationship to aromatherapy treatments
- anatomy and physiology of skin structures as it relates to aromatherapy massage:
 - factors affecting penetration of aromatic plant oils
 - sensory functions of skin
- potential capacity of aromatherapy massage to affect:
 - sleeping patterns
 - muscular tension
 - relaxation of client
 - healing of skin
- care, handling and storage of oils:
 - clear and accurate labelling
 - decanting and resealing
 - protection from light
 - temperature control
- ingredients in mixed oils and their effect on skin and possible contraindications in combining oils with other products
- contraindications that prevent treatment or require clearance from a medical professional to proceed:
 - bacterial, fungal, parasitic and viral infections
 - cancer
 - clients under the influence of alcohol or drugs
 - clients with symptoms of infectious disease:
 - fever
 - extremes of body temperature fractures relevant to aromatherapy massage
 - pain that is chronic or does not have a logical explanation:

- local
 - sharp
 - dull
 - deep
 - surface
- pregnancy
- contraindications that restrict treatment and appropriate modifications to treatment and use of oils:
 - allergies to essential oils
 - areas exhibiting loss of sensation
 - asthma
 - fragile skin
 - inflammation
 - lumps and tissue changes
 - rashes
 - recent chemical peels, epilation, Intense Pulsed Light (IPL), laser or micro-dermabrasion treatment
 - recent scar tissue
 - severe oedema
 - skin trauma
 - sprains
- appearance and limitations of aromatherapy treatments in skin disorders and diseases:
 - benign neoplasms and hyperplasias
 - dermatitis and eczema
 - ichthyosis
 - lupus erythematosus
 - scleroderma
 - skin tumours
 - urticaria
- reactions to aromatherapy massage and appropriate remedial action:
 - allergy to products and oils
 - bruising
 - dizziness
 - emotional release
 - joint sounds
 - headaches
 - muscle spasms
 - pain or discomfort
 - lifestyle factors and benefits of lifestyle changes
 - sustainable operating procedures for the conservation of product, water and power

- aftercare advice, products and treatments relevant to aromatherapy massage.

Assessment Conditions

Skills must be demonstrated in a beauty industry environment; this can be:

- a beauty industry workplace or
- a simulated beauty workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different aromatherapy massage requirements, who have the expectation that the services provided reflect those of a commercial business
- hand washing facilities with:
 - basin
 - hot and cold
 - running water
 - liquid soap
 - single use towels or hand dryer
- relevant workplace documentation:
 - blank client cards
 - organisational policies and procedures relevant to aromatherapy massage
 - safety data sheets for cleaning products and aromatic oils.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- client gown and hair protectors
- individual work station consisting of:
 - adjustable treatment table with safe working access at both ends and sides
 - trolley for product and bowls
- massage oils or creams
- pre-blended aromatherapy oils from a comprehensive and professional product range
- treatment towels or linen, or disposable linen.

Assessment activities that allow the individual to:

- provide aromatherapy massage treatments within commercially realistic speed, timing and productivity
- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors and:

- hold a qualification as a beauty or spa therapist
- have worked as a beauty therapist for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>