



Australian Government

**Assessment Requirements for
SHBBOS009 Provide aromatherapy
massages**

Release: 1

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Modification History

Supersedes and is not equivalent to SHBBBOS004 Provide aromatherapy massages.

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 five safe and appropriate aromatherapy massages to different clients that cover at least three of the following established client objectives:
 - depression or anxiety
 - detox and clearing
 - immune-boosting
 - muscular tension relief
 - relaxation
 - skin hydration
- explain to the above clients, effects and benefits of blended oils listed in Knowledge Evidence and recommended aromatherapy treatment on body systems
- design and provide treatment routines for each of the above clients 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
- develop, record and update treatment plans and records for each of the above clients 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.

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
- gender and cultural issues and attitudes in relation to body massage
- effects and benefits of:
 - each type of massage movement and technique:
 - effleurage
 - friction
 - petrissage
 - tapotement
 - vibration
 - gentle, passive movement and appropriate massage techniques:
 - repetition
 - rhythm
 - variation

- blended oils:
 - basil
 - bergamot
 - chamomile
 - citrus: orange, grapefruit, lemon, lime, mandarin, tangerine
 - clary sage
 - cypress
 - 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 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 Organisations' 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>