



Australian Government

Department of Education, Employment and Workplace Relations

SIBBOS505A Blend and apply a range of aromatic plant oils for beauty treatments

Release: 2

SIBBBOS505A Blend and apply a range of aromatic plant oils for beauty treatments

Modification History

Not applicable.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to blend and apply aromatic plant oils for use in a range of beauty treatments. The unit requires the beauty therapist to interpret the client's treatment plan and blend a range of aromatic plant oils.

Application of the Unit

This unit applies to beauty therapy salon or spa environments. The blended oils may be applied as part of aromatic facial treatments, aromatic body massage, hand treatments, foot treatments or water-based spa treatments.

The unit applies 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

Nil

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 Confirm treatment plan.
- 2 Blend aromatic plant oils.
- 3 Apply aromatic plant oil blends.
- 4 Review treatment and provide post-treatment advice.

Performance Criteria

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

- 1.1 Access *client's treatment plan*
- 1.2 Identify and note *variations in legislation and codes* and workplace policies.
- 1.3 Confirm treatment plan with client.
- 1.4 Select *aromatic plant oils, concentrations* according to agreed treatment plan.
- 2.1 Prepare service area and *equipment*.
- 2.2 Blend *ingredients* according to procedures.
- 2.3 Apply safe *storage and labelling* legislation and workplace policies.
- 2.4 Apply waste management procedures to minimise environmental impacts.
- 3.1 Adjust *service area environment* according to relevant legislation and workplace policies.
- 3.2 Prepare client according to *client's treatment plan*.
- 3.3 Prepare required *equipment* according to client's treatment plan, relevant legislation and workplace policies.
- 3.4 Apply aromatic plant oil blends according to client's treatment plan, workplace policies and procedures.
- 3.5 Apply *massage techniques* according to client's treatment plan.
- 3.6 Monitor treatment and adjust according to client's response.
- 4.1 Obtain client feedback and *client's response*.
- 4.2 Recommend *future treatments*.
- 4.3 Provide *home-care advice* according to client's response.
- 4.3 Provide home-care advice according to client's response.

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:
 - respond to contraindications and adverse effects
 - interpret treatment plans and identify and adjust to changes in client's condition
 - prepare and apply aromatic plant oil vaporisation, compresses and poultices
 - prepare and apply aromatic plant oils for body, face and hand/foot treatments
 - safely store and handle aromatic oils and carrier oils
- self-management skills to maintain practitioner self-care practices, including:
 - ventilation in treatment area
 - fresh air between clients
 - water intake
- literacy skills to:
 - read and apply product information and safety data
 - interpret and adjust treatment plans
- numeracy skills to calculate required product quantities and ratios.

Required knowledge

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

- relevant health and hygiene regulations
- relevant occupational health and safety regulations and requirements
- infection control procedures and application of universal precautions
- organic chemistry of aromatic plant oils
- adverse and beneficial interactions of blended aromatic plant oils
- anatomy and physiology of the skin and skin structures as they relate to beauty treatments, including:
 - normal skin response to irritation and trauma
 - effects of workplace treatments on physical structure of the skin
 - trans-epidermal water loss
 - percutaneous absorption and factors affecting penetration of aromatic plant oils
- skin function, including causes of skin reactions and allergies in regard to blended aromatic plant oils
- olfactory sense in regard to aromatic plant oil blends
- cosmetic chemistry and ingredients of relevant products, particularly in regard to:
 - their likely effects on the skin
 - toxic effects of various substances

- possible contraindications in combination with other products or circumstances
- environmental impact of ingredients in relevant products, and minimal impact practices to reduce these.

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:

- interpreting a treatment plan and adapting treatment to accommodate changes in client's condition
- knowledge and skill in blending oils for beauty treatments aimed at relaxation, stress reduction, skin care and alleviation of headaches
- selecting and applying appropriate massage movements for face, body, hands and feet
- preparing and applying aromatherapy vapour, compress and poultice treatments
- 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 the assessor or the technical expert working in partnership with the assessor as described in the 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:

- an environment, which includes as a minimum:
 - individual client workstation
 - an aromatic plant oils preparation and storage area
 - a range of aromatic plant oils, carrier oils and additives
 - adjustable massage table
 - appropriate supply of towels
 - client gown
 - client cover
 - trolley
- relevant workplace documentation including:

- manufacturer's equipment instructions
- product information and 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:

- observation of 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:
 - selecting ingredients according to client's treatment plan
 - handling, measuring and mixing aromatic plant oils and ingredients using appropriate ratios to meet client's requirements
 - performing aromatic treatments on body, face, hands and feet
- written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of aromatic plant oil chemistry and blending procedures, including a knowledge of health, hygiene and safety for client and practitioner
- completion of workplace documentation relevant to providing aesthetic 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 with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SIBBBOS403A Perform aromatherapy massage
- SIBBBOS504A Apply aromatic plant oil chemistry to beauty treatments.

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.

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.

Treatment plan may include:

- previous treatments
- beauty treatments and services
- treatment routine
- client needs and characteristics
- aromatic plant oils
- carrier oils
- additives
- other mediums
- ratio of ingredients
- contraindications:
 - migraines, headaches, nausea and dizziness
 - severe circulatory disorders
 - aroma triggered epilepsy
 - dysfunction of nervous system or excretory system
 - areas of recent scar tissue or areas exhibiting loss of tactile sensation
 - abdominal area treatments for pregnant women, especially in first trimester (some oils contraindicated completely)
 - bacterial, viral or fungal infections
 - scabies
 - boils and carbuncles
 - acne
 - rashes
 - pigmentation disorders
 - disorders of ageing skin
 - other visible non-normal skin.

Variations to treatment plan

- changes in client's physical condition

may include:

- changes in client requirements.

Relevant legislation and codes may include:

- federal, state or territory, and local health and hygiene regulations
- occupational health and safety regulations
- privacy
- industry codes of practice.

Workplace policies and procedures may include:

- health and hygiene
- record keeping
- designated time frame for service
- stock control
- environmental protection practices, such as:
 - waste minimisation
 - recycling
 - reuse
 - energy efficiency, e.g. electricity saving devices and practices
 - waste disposal
 - resource management
 - water efficiency.

Aromatic plant oils must include:

- oils included in and restricted to the list below:
 - basil
 - bergamot
 - cajeput
 - chamomile
 - cypress
 - eucalyptus
 - geranium
 - grapefruit
 - juniper
 - lavandin
 - lavender
 - lemon
 - mandarin
 - niaouli
 - orange
 - rosemary
 - sandalwood
 - tea tree.

Carrier oils may include:

- almond
- apricot
- grape seed

- peach
- macadamia
- sesame seed
- soya bean
- safflower
- sunflower.

- Additives*** may include:
- arnica
 - avocado
 - borage
 - calendula
 - carrot (infused)
 - evening primrose
 - jojoba
 - hazelnut
 - hypericum
 - linseed
 - olive oil
 - pumpkin seed
 - rose hip
 - wheatgerm.
- Other mediums*** may include:
- alcohol
 - clay
 - creams
 - dispersants
 - gels
 - hydrosols
 - tinctures
 - macerations
 - water.
- Client requirements*** may include:
- relaxation
 - stress reduction
 - skin care
 - alleviation of headaches and migraines.
- Equipment*** may include:
- bowls
 - beakers
 - pipettes
 - spoons.
- Ingredients*** may include:
- aromatic plant oils
 - carrier oils
 - additives
 - other mediums.
- Storage and labelling procedures*** may include:
- decanting
 - listing ingredients.
- Service area environment*** may include:
- privacy
 - temperature
 - lighting
 - ventilation

- Beauty treatments*** may include:
- music.
 - aromatic facial
 - aromatic massage
 - hand and foot treatment
 - spa treatment.
- Equipment*** may include:
- vaporiser
 - foot/hand bath
 - sitz bath
 - bath or spa.
- Materials*** may include:
- poultice
 - compress.
- Massage techniques*** must include a 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 is mobilised with rhythmical circular rolling movements
 - friction techniques
 - compressive techniques
 - petrissage
 - superficial lymph drainage techniques.
- Adverse effects*** may include:
- erythema
 - nausea
 - headache
 - dizziness.
- Future treatment program*** may include:
- aromatherapy treatments
 - beauty therapy treatments
 - spa treatments.
- Home-care advice*** may include:
- home use of any excess oil blend following treatment
 - lifestyle advice.

Unit Sector(s)

Beauty

Competency Field

Body Services