



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>

Assessment Requirements for HLTARO005 Provide aromatherapy massage treatments

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of aromatherapy client consultation work
- prepared for and managed at least 60 aromatherapy massage sessions. Clients must include males and females from different stages of life with varied presentations
- provided aromatherapy massage treatments:
 - full body massage using Micheline Arcier technique
 - partial body massages
- selected and used blends suited to both client and condition
- followed correct sequences and used all of the following techniques appropriately:
 - effleurage
 - energy techniques
 - lymphatic drainage
 - cross over stroke
 - longitudinal stroking
 - passive soft tissue movement
 - gliding techniques
 - kneading
 - friction techniques
 - compressive techniques

- percussion techniques

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (national and state/territory) for massage treatments:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - work role boundaries
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
 - work health and safety
- aromatherapy and other massage techniques and how to apply them, including what each technique does, what effects it might have and what the cautions and contraindications are, for the following:
 - effleurage
 - energy techniques
 - lymphatic drainage
 - cross over stroke
 - longitudinal stroking
 - passive soft tissue movement
 - gliding techniques
 - kneading
 - friction techniques
 - compressive techniques
 - percussion techniques
- endangerment sites - where they are and how to use palpatory skills in these areas according to scope of practice
- potential reactions during treatment and how to respond:
 - discomfort
 - emotional reactions
 - feedback - verbal, tactile, visual
 - muscular spasms
 - body temperature discomfort

- deep relaxation
- potential reactions following treatment and appropriate client advice to provide
- types of advice and resources that can be provided to clients for their use outside the clinical environment
- documentation requirements for recording treatment details

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information – case history, treatment plan
 - private consultation area
 - adjustable height massage table
 - towels/sheets for draping
 - oils/balms
 - aromatic essential oil, CO2 and other extracts
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 80 of the 120 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 3 years current experience working as a clinical aromatherapist providing services to the general public
- hold practising membership of an Australian professional body that represents clinical aromatherapists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

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