



Australian Government

SHBBBOS004 Provide aromatherapy massages

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide aromatherapy massages using blended aromatic plant oils.

It requires the ability to establish priorities with clients, and synthesise knowledge of anatomy and physiology, skin science and lifestyle factors to select aromatic oils and massage techniques to meet client needs. Aromatherapy massage can be a single treatment, or form part of a series of treatments.

This unit applies to beauty and spa therapists who work in beauty salons, massage clinics and spas. In this environment they work as part of a team but make independent treatment decisions. They have knowledge across a range of aromatherapy massage techniques and blended oils.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Body Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Establish client priorities.

PERFORMANCE CRITERIA

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

- 1.1 Access and review client treatment plan if available.
- 1.2 Discuss aromatherapy massage requirements and lifestyle factors with client to identify treatment priorities.
- 1.3 Review client medical history, medications and obtain

- medical approval prior to treatment as required.
- 1.4 Assess client skin condition and possible adverse reactions and discuss with client.
 - 1.5 Identify contraindications to aromatherapy massage and refer client to appropriate professional as required.
 - 1.6 Assess suitability of aromatherapy massage and capacity of massage movements to meet client requirements.
2. Design and recommend aromatherapy treatment.
 - 2.1 Design proposed treatment for a single or series of treatments including the selection of aromatic oils to maximise outcomes for client and minimise damage to skin.
 - 2.2 Discuss benefits and potential adverse effects of selected blended oils and treatment sequence with client.
 - 2.3 Explain recommendations for duration, frequency and treatment costs.
 - 2.4 Modify treatment plan, record updates and obtain client consent.
 3. Prepare for aromatherapy massage.
 - 3.1 Check readiness of treatment area and availability of equipment.
 - 3.2 Prepare client and blended oils based on agreed treatment plan.
 - 3.3 Use energy, water and other resources efficiently during preparation and subsequent treatment process.
 4. Provide massage treatment.
 - 4.1 Apply blended oils and massage sequence to client according to treatment plan.
 - 4.2 Position self and client to minimise fatigue and risk of injury.
 - 4.3 Vary massage routine to suit treatment objectives and in response to client reactions.
 - 4.4 Ensure client comfort and modesty throughout treatment.
 - 4.5 Allow post treatment recovery time in a relaxing environment.
 5. Review massage treatment and provide post treatment advice.
 - 5.1 Evaluate aromatherapy massage treatment with client.
 - 5.2 Record outcomes of treatment on client treatment plan.
 - 5.3 Manage client expectations of potential outcomes.
 - 5.4 Recommend home care, lifestyle changes, products and future treatments to improve health and appearance of skin.
 - 5.5 Update client treatment plan and rebook client as required.
 6. Clean treatment area.
 - 6.1 Remove used linen and clean surfaces and equipment according to organisational policies and procedures.

- 6.2 Store aromatherapy oils to ensure longevity.
- 6.3 Restock equipment and products in preparation for next treatment.
- 6.4 Dispose of general waste to minimise negative environmental impacts and according to organisational policies and procedures.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

Skill	Description
Reading skills to:	- interpret and follow manufacturer instructions and safety data sheets for dilution, handling, storage and disposal of cleaning products - interpret and apply product specifications for care and handling of blended oils.
Oral communication skills to:	- select and use appropriate terminology in consultations with clients and discussions with team members - protect confidentiality of client information by ensuring other clients and colleagues do not overhear discussions.
Numeracy skills to:	measure product quantities and calculate, treatment timing and pricing.
Technology skills to:	- access credible online publications and resources to build knowledge of selection and use of aromatic oils for typical clients - use client software to update client notes, rebook future treatments, record stock data and product purchases.

Unit Mapping Information

SIBBBOS403A Perform aromatherapy massage

Links

Companion Volume implementation guides are found in VETNet -

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