



Australian Government

SHBBCCS002 Prepare personalised aromatic plant oil blends for beauty treatments

Release: 1

SHBBCCS002 Prepare personalised aromatic plant oil blends for beauty treatments

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to select and blend aromatic plant oils for use in face and body treatments to meet specific client needs.

It requires the ability to establish priorities with the client, synthesise knowledge of aromatic plant oil chemistry and the therapeutic profiles of aromatic oils, and to select and blend aromatic plant oils.

The 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.

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

Pre-requisite Unit

Nil

Competency Field

Client Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Establish client objectives.

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 Identify client contraindications to individual aromatic oils and exclude from blend design.
- 1.3 Identify aromatic oil preferences of clients and consider inclusion in design of blend.

2. Design oil blend.
 - 2.1 Apply aromatic plant oil chemistry and aromatic oil information to evaluate effective aromatic oils for client.
 - 2.2 Determine effects of interactions between selected aromatic and carrier oils and modify design of blend accordingly.
 - 2.3 Select optimum delivery method and calculate ratios of each aromatic oil to ensure effective treatment.
 - 2.4 Explain recommended aromatic plant oils and their effects to client, confirming ingredients and delivery method.
3. Set up for blending.
 - 3.1 Check readiness of preparation area and availability of equipment.
 - 3.2 Check aromatic oils to ensure availability, viability and compliance with expiry dates.
 - 3.3 Use energy, water and other resources efficiently during preparation and blending process.
4. Prepare aromatic oil blends.
 - 4.1 Ensure adequate ventilation in preparation area.
 - 4.2 Measure and mix selected aromatic oils, carrier oil, additives and other mediums according to blend design.
 - 4.3 Minimise deterioration of aromatic oils and blends according to aromatic plant oil chemistry and aromatic oil information.
5. Provide treatment using aromatic plant oils.
 - 5.1 Apply aromatic plant oil blend according to treatment plan.
 - 5.2 Minimise wastage of oils and handle safely to minimise deterioration.
 - 5.3 Monitor client reactions and adjust treatment as required.
6. Review treatment and provide post treatment advice.
 - 6.1 Evaluate treatment outcomes with client.
 - 6.2 Provide advice on care of common skin disorders within scope of practice.
 - 6.3 Manage client expectations of potential outcomes.
 - 6.4 Recommend home care, lifestyle changes, aromatic oils and future treatments as required.
 - 6.5 Update treatment plan and rebook client as required.
7. Clean treatment area.
 - 7.1 Remove used linen and clean surfaces and equipment according to organisational policies and procedures.
 - 7.2 Restock equipment and products for next treatment.
 - 7.3 Store aromatic oils and prepared blends to minimise light and heat exposure and evaporation.
 - 7.4 Dispose of general waste and aromatic oil wastes to minimise negative environmental impacts 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.

- | | |
|-------------------------------|---|
| Reading skills to: | <ul style="list-style-type: none">• interpret and follow manufacturer information including plant oil origin, chemical analysis and safety data sheets for safe use of aromatic oils• interpret and follow manufacturer instructions and safety data sheets for dilution, handling, storage and disposal of cleaning products. |
| Writing skills to: | <ul style="list-style-type: none">• record oil blends using botanical name of aromatic oils. |
| Oral communication skills to: | <ul style="list-style-type: none">• select and use appropriate terminology in consultations with clients and discussions with team members. |
| Numeracy skills to: | <ul style="list-style-type: none">• calculate treatment cost and timing• calculate dilutions and ratios of aromatic and carrier oils. |
| Self-management skills to: | <ul style="list-style-type: none">• maintain practitioner self-care practices including ventilation in treatment area, fresh air between clients and water intake. |
| Technology skills to: | <ul style="list-style-type: none">• access credible online publications and resources that build knowledge of use of aromatic oils• use client software to update client notes, record stock data and product purchases. |

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for SHBBCCS002 Prepare personalised aromatic plant oil blends for beauty treatments

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:

- communicate, follow and adjust four treatment plans to provide safe, appropriate and personalised treatments to different clients using aromatic plant oil blends for each of the following:
 - body massage
 - facial massage
 - hand or foot massage
 - spa treatment
- design a second treatment aromatic oil blend for three of these clients to address ongoing client needs
- design, record and update treatment plans and records specifying details of:
 - client feedback
 - contraindications and conditions
 - ingredients and ratio of ingredients used in oil blends
 - delivery method
 - post treatment aromatic oil and lifestyle advice
 - relevant medical history and medications
 - treatment duration and areas treated and not treated
 - treatment objectives
 - recommended future treatments
- explain the effects and benefits of aromatic plant oils to each of these client for:
 - relaxation
 - stress reduction
 - skin care
- prepare profiles and plant information for selected aromatic plant oils listed in Knowledge Evidence, detailing:
 - chemotype
 - common and botanical name
 - extraction method
 - plant family
 - synonym

- prepare and apply two aromatic plant oil preparations chosen for two treatments from:
 - hydrosols
 - compresses
 - poultices
 - vapourisations
- comply with health and hygiene regulations and requirements
- clean, prepare and maintain treatment area 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 preparing personalised aromatic plant oil blends for beauty treatments
- federal regulations of cosmetics and preparations:
 - Therapeutic Goods Act
 - Regulation of aromatic plant oils
- organisational policies and procedures relevant to preparing personalised aromatic plant oil blends for beauty treatments:
 - client record management
 - incident reporting
 - linen use and laundry
 - personal hygiene and presentation
 - presentation of treatment area
 - storage and handling of products
 - waste disposal
 - work health and safety
- legal and insurance liabilities and responsibilities regarding aromatic oils and preparation of blends
- scope of practice:
 - when to refer clients to other practitioners
 - importance of not stating a diagnosis of a contraindication
 - limitations to aromatic plant oils use
 - 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 aromatic plant oil application methods:
 - compresses
 - facial and body massage

- hand and foot massage
- hydrosols
- poultices
- spa treatments
- vaporisations
- properties, profiles, plant family, botanical and common names, effects and benefits, toxic effects and contraindications of aromatic plant oils:
 - basil
 - bergamot
 - chamomile
 - cypress
 - eucalyptus
 - geranium
 - grapefruit
 - juniper
 - lavender
 - lemon
 - mandarin
 - orange
 - rosemary
 - sandalwood
 - tea tree
- anatomy and physiology of skin and skin structures:
 - normal skin response to irritation, allergies and trauma
 - trans-epidermal water loss
- olfactory sense in regard to aromatic plant oils
- organic chemistry of aromatic plant oils:
 - carbon backbone, elements and bonds
 - functional groups
 - chemical terminology:
 - isoprene unit
 - aliphatic molecule
 - terpene and terpenoid compound
 - monoterpene and sesquiterpene
 - monoterpenol and sesquiterpenol
- organic chemistry of carrier oils and additives and interactions with aromatic plant oil chemistry
- contraindications that prevent treatment or require clearance from a medical professional to proceed:
 - aroma triggered epilepsy

- contagious bacterial, fungal, parasitic and viral infections
- cancer
- clients with symptoms of infectious disease
- contraindications to specific treatments such as fractures in the case of beauty treatment
- extreme fatigue
- extremes of body temperature
- pain that is chronic or does not have a logical explanation:
 - local
 - sharp
 - dull
 - deep
 - surface
- contraindications that restrict treatment and appropriate modifications to treatment and choice of oils:
 - allergies to specific aromatic oils
 - areas exhibiting loss of sensation
 - asthma
 - dizziness
 - fragile skin
 - inflammation
 - lumps and tissue changes
 - migraines and headaches
 - rashes
 - recent chemical peels, epilation, Intense Pulsed Light, laser or microdermabrasion treatment
 - recent scar tissue
 - severe oedema
 - skin trauma
- adverse and beneficial interactions of aromatic plant oils when blended
- client reactions to application of blended aromatic plant oils and required remedial action:
 - erythema
 - nausea
 - headache
 - dizziness
- use of the following ingredients in aromatic oil blends and treatments:
 - additives
 - aromatic oils
 - carrier oils
 - other mediums

- olfactory sense in regard to aromatic plant oil
- care, handling and storage of blended aromatic plant oils:
 - clear and accurate labelling
 - decanting and resealing
 - protection from light
 - temperature control
- sustainable operating procedures for the conservation of product, water and power
- aftercare advice, products and future treatments to maintain client treatment objectives.

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 treatment requirements using aromatic plant oils, who have the expectation that the services provided reflect those of a commercial business
- aromatic plant oil preparation and storage area
- hand washing facilities:
 - basin
 - hot and cold running water
 - liquid soap
 - single use towels or hand dryer
- relevant workplace documentation:
 - aromatic oil product information and safety data sheets
 - equipment instructions
 - organisational policies and procedures relevant to preparing personalised aromatic plant oil blends for beauty treatments.

Assessment must ensure use of:

- a range of aromatic plant oils
- carrier oils
- aromatic plant oil equipment for measuring, mixing and storing:
 - beakers
 - dark glass bottles and closures
 - bowls
 - labels

- pipettes
- vaporisers
- cleaning and disinfection products and equipment
- client gowns and hair protectors
- individual work station consisting of:
 - adjustable treatment table with safe working access at both ends and sides
 - trolley or stable surface for product and bowls
- material to make compresses and poultices
- treatment towels or linen, or disposable linen.

Assessment activities that allow the learner to:

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

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