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## Overview

This standard coexists alongside, *\*SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices* \*and *\*SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services*. \*This standard is for a Beauty professional providing therapeutic wellbeing and holistic treatments blending essential oils. Techniques will include the blending base, middle and top note essential oils to create therapeutic experiences and treatments. You will also be required to do a post treatment evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

### **The main outcomes are:**

1. Provide therapeutic wellbeing and holistic treatment blending essential oils

## Performance criteria

### *You must be able to:*

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, body and skin concerns, expectations and desired outcomes to inform the essential oils treatment and/or experience plan, to include:
  - 3.1 known allergies
  - 3.2 treatment history
  - 3.3 experience history
  - 3.4 recent activities
  - 3.5 current skincare regime
  - 3.6 **lifestyle profile**
  - 3.7 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed essential oils treatment and/or experience, to include:
  - 4.1 expected outcomes
  - 4.2 contra-actions
  - 4.3 **adverse reactions**
  - 4.4 physical sensation
5. obtain and record the individual's informed consent for the essential oils treatment and/or experience in accordance with organisational and insurance requirements
6. carry out a pre-treatment test(s) to determine skin sensitivity

7. prepare and cleanse the individual's treatment area in accordance with the **essential oils treatment and/or experience protocol**, to include:

7.1 maintaining the individual's modesty and comfort

8. carry out a body and skin analysis, to include:

8.1 body type classification and **body characteristics**

8.2 posture analysis

9. select and blend the essential oils within a carrier to create the **massage medium** in accordance with the essential oils treatment protocol, to include:

9.1 check the individual's compatibility with the blended oils aroma

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### **Experience**

10. diffuse the essential oils to create the ambience and environment in accordance with the individual's needs

### **Massage**

11. carry out deep breathing relaxation techniques with the individual

12. apply the blended aromatherapy oils and carry out the massage using therapeutic **massage techniques** as agreed in the essential oils treatment protocol, to include:

12.1 maintaining your own posture and stance

13. check the pressure, rhythm and flow of the massage with the individual and adapt the therapeutic massage techniques in accordance with the individual's needs

14. monitor the individual's health, wellbeing and skin reaction throughout the essential oils treatment and/or experience

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15. implement the correct course of action in the event of an adverse reaction
  16. conclude the treatment in accordance with the essential oils treatment and/or experience protocol, legislative requirements and organisational policies and procedures
  17. complete the individual's treatment records and store in accordance with data legislation
  18. use reflective practice to evaluate the essential oils treatment and/or experience and take appropriate action
  19. provide **instructions** and advice to the individual pre and post the treatment
  20. record the outcome and evaluation of the essential oils treatment and/or experience

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## Knowledge and understanding

### *You need to know and understand:*

1. your role and responsibilities in providing essential oils treatment and/or experience and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
  - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the beauty treatment, to include:
  - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of essential oils treatment and/or experience, in relation to:
  - 7.1 past and current medical history
  - 7.2 relevant lifestyle factors
  - 7.3 medication and medical conditions
  - 7.4 individual's expectations
8. the adverse reactions associated with an essential oils treatment and/or experience and how to respond

9. the health and safety responsibilities in line with legislation before, during and after the essential oils treatment and/or experience
10. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the essential oils treatment and/or experience plan
11. the legal requirements for providing beauty treatments to minors and vulnerable adults
12. the fee structures and treatment options
13. the legislative and indemnity requirements of gaining signed, informed consent for the essential oils treatment and/or experience
14. the importance of adhering to the essential oils treatment and/or experience protocol
15. how to carry out and interpret pre-treatment tests
16. the frequency of providing essential oil treatments and/or experiences and the potential impact on the professional's health and wellbeing, to include:
  - 16.1 ways in which risks to health and wellbeing can be avoided
  - 16.2 avoidance of **work related injuries**
  - 16.3 maintaining your own personal well being
17. the importance of maintaining your own posture and stance throughout an essential oils massage treatment, to include:
  - 17.1 how it impacts the support, flow and effectiveness of the treatment
18. maintain the individual's comfort and care throughout the treatment in accordance with the essential oils massage treatment, to include:
  - 18.1 ensure the environment promotes calming or stimulation of the multisensory perceptions of the body in accordance with the essential oils treatment protocol

19. why it's important to identify the individual's postural faults and conditions and how they can be improved
20. the importance of carrying out a body and skin analysis to determine the treatment plan
21. the types of hygiene products for the skin and the importance of following manufacturer instructions
22. the **essential oil groups** and their effects on common ailments, to include:
  - 22.1 the types and associated risks of essential oils linked with toxicity
23. the differentiation between base, middle and top note essential oils
24. why base, middle and top notes are each required in an aromatherapy blend, to include:
  - 24.1 recommended ratio for safe practices and to prevent toxicity
25. how to store, handle, use and dispose of essential oils
26. the types, benefits and limitations of pre-treatments used, prior to an massage using essential oils treatment and/or experience
27. the types, benefits and limitations of therapeutic massage techniques within a manual massage using essential oils, to include:
  - 27.1 associated benefits and avoidance of work related injuries
  - 27.2 associated risks and how to respond
28. the types and effects of an manual massage using essential oils and/or experience
29. how the use of essential oils within treatments and/or experience and how they can be adapted to create **therapeutic effects**
30. how to prepare and use products and equipment in accordance with the essential oils and/or experience protocol

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31. why it is important to explain the treatment process and sensation to the individual
  32. the importance of monitoring the health and wellbeing of the individual during and post the treatment
  33. the importance of allowing recovery time for the individual post the essential oils treatment and/or experience
  34. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
  35. the legislative and regulatory requirements of completing and storing the individual's essential oils treatment and/or experience records
  36. the expected outcomes of essential oils treatment and/or experience
  37. the purpose of reflective practice and evaluation and how it informs future treatments
  38. the importance to record the outcome and evaluation of the essential oils treatment and/or experience
  39. the instructions and advice, pre and post the essential oils treatment and/or experience

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## Scope/range

### **Lifestyle profile**

1. genetics
2. diet
3. occupation
4. sleep
5. wellbeing
6. stress level

### **Adverse reactions**

1. hyperaemia
2. bruising
3. allergy
4. excessive healing response

### **Essential oils treatment and/or experience protocol**

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. data management
7. test outcomes
8. manufacturer instructions
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

### **Body characteristics**

1. muscle tone
2. muscle tension
3. hair density
4. sluggish circulation

5. skin classification
6. skin condition
7. lax elasticity
8. posture

### **Massage medium**

1. carrier oil
2. lotion
3. creams
4. gel
5. pre-blend formulations

### **Massage techniques**

1. effleurage
2. petrissage
3. vibrations
4. pressure point
5. lymphatic drainage
6. deep tissue
7. light touch
8. passive

### **Instructions**

1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

### **Anatomy and physiology**

1. the structure and function of the tissues, cells, organs and body systems and their interdependence on each other
2. relative and absolute contraindications and pathologies
3. intrinsic and extrinsic factors that impact the functions of the human body and integral biology
4. the physical, psychological and physiological effects of essential oils using in therapeutic wellbeing and holistic treatments

### **Work related injuries**

1. repetitive strain injury
2. postural
3. dermatitis
4. dehydration
5. toxicity considerations
6. fatigue

### **Essential oil groups**

1. flowers (rose, chamomile, lavender, geranium, Ylang ylang)
2. fruits (lemon, sweet orange, lime, mandarin, grape fruit)
3. trees (eucalyptus, tea tree, frankincense, cedarwood, benzoin)
4. herbs (sweet marjoram, spearmint)
5. base, middle and top notes
6. pre-blend formulations

### **Therapeutic effects**

1. detoxification
2. balancing
3. stimulating
4. toning
5. relaxation
6. improved sense of wellbeing
7. uplifting
8. mild pain relief
9. improve immune function
10. improves neurological function
11. cicatrisant
12. anti-viral
13. antiseptic

## Glossary

### **Absolute contraindication**

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

### **Adverse reaction**

An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

### **Anatomy and Physiology**

How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, olfactory, limbic, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

### **Body type classification**

Body types are identified as endomorph, mesomorph and ectomorph classifications.

### **Contra action**

A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

### **Evidence-based practice**

Evidence-based practice is based on the best available, current, valid and relevant evidence.

### **First aid**

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

### **Multisensory perception**

Multisensory perception is described as encouraging mindfulness. Techniques and strategies are used to heighten the desired effect.

### **Protocol**

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions.

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**Relative contraindication**

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

**Therapeutic effects**

Therapeutic effects describes the individuals physical, emotional and mental wellbeing generated by holistic treatments and experiences.

**Toxicity**

Toxicity is determined by a person's reaction to different dosages of a chemical. Toxicity or adverse reactions can occur from incompatibilities with an incorrect mixture of chemicals.

**[Links to other NOS](#)**