

1. Title	Carry out aromatherapy massage
2. Code	BEZZCN218A
3. Range	Master aromatherapy massage techniques and treat customers with aromatherapy massage at beauty-related workplaces according to the instructions and the code of practice for personal and working hygiene.
4. Level	2
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Aromatherapy massage knowledge</p> <ul style="list-style-type: none"> ◆ Have basic knowledge of aromatherapy massage <ul style="list-style-type: none"> • Different aromatherapy massage techniques such as Swedish, lymphatic drainage, Indian, etc. • Effects of different massage techniques: improving blood circulation and lymphatic flow, relaxing/stimulating nerves, etc. ◆ Have basic knowledge of aromatherapy essential oils, such as: <ul style="list-style-type: none"> • Types and properties of essential oils e.g. effects and applications of popular essential oils that have different volatility speeds when applying to different types of skin • Techniques and precautions for massage oil blending • Safety practices and contraindications when using essential oils <p>6.2 Carry out aromatherapy massage</p> <ul style="list-style-type: none"> ◆ Make preparations for the treatment, including: <ul style="list-style-type: none"> • Preparing the treatment room, equipments and necessary tools • Selecting and blending suitable aromatherapy products • Carrying out pre-treatment sanitization procedures • Explaining to the customers the treatment procedures and points to note ◆ Master aromatherapy massage techniques and treat the customers with aromatherapy massage according to the instructions and the agreed treatment plan and the code of practice for personal and working hygiene in order to achieve the purposes of relaxation, stress relief and uplift, etc. <ul style="list-style-type: none"> • Adapt and apply massage techniques and pressure to meet the customers' body nature • Adapt the massage rhythm to suit the parts of the body being treated

	<ul style="list-style-type: none"> • Apply sufficient quantity of essential oils and carrier oils to suit the customers' age and parts of the body being treated ◆ Observe adverse effects on the customers in the process of treatment, such as: nausea, headache, dizziness, skin irritation, sensitisation, etc. and take remedial actions according to established procedures ◆ Protect the customers' privacy during the treatment ◆ Know correct posture throughout the treatment to prevent injury
<p>7. Assessment Criteria</p>	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to understand clearly the aromatherapy massage techniques and the properties and functions of essential oils; and</p> <p>(ii) Capable to apply aromatherapy massage techniques to treat the customers with aromatherapy massage according to the instructions and the code of practice for personal and working hygiene and the agreed treatment plan.</p>
<p>8. Remarks</p>	