

1. Title	Master the effects of the chemical components of aromatherapy products on human body	
2. Code	BEZZHC201A	
3. Range	Briefly state the chemical components, beauty effects and contraindications of aromatherapy products according to the instructions and manufacturers' guidelines; and introduce suitable essential oils and carrier oils to customers at aromatherapy product retail shops and places providing aromatherapy beauty treatments.	
4. Level	2	
5. Credit	3 (for reference only)	
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Basic aromatherapy knowledge</p> <ul style="list-style-type: none"> ◆ Understand the properties, beauty effects and Latin names of popular essential oils (see note 1) ◆ Understand the properties and beauty effects of popular carrier oils (see note 2) ◆ Understand the chemical components of popular aromatherapy products e.g. terpenes, alcohols, ketones, phenols, esters, aldehydes, acids, trace elements, etc. ◆ Understand the effects of the chemical components of these aromatherapy products e.g. anti-bacteria, anti-inflammatory, strengthening immunity, lowering blood pressure, invigorating, relieving stress, anxiety and pain, removing wrinkles, and improving skin condition ◆ Understand the adverse effects of the chemical components of popular aromatherapy products e.g. skin irritation, toxic, affecting nervous system and normal operation of liver, etc. <p>6.2 Master the effects of the chemical components of aromatherapy products on human body</p> <ul style="list-style-type: none"> ◆ Master the information on the chemical components of various types of aromatherapy products and briefly explain their effects and contraindications on human body according to the manufacturers' guidelines ◆ Introduce essential oils and carrier oils to suit the customers' needs 	
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to master the chemical components of aromatherapy products and their effects on human body, and briefly explain to customers their effects and contraindications on human body according to the manufacturers' guidelines; and</p> <p>(ii) Capable to introduce essential oils and carrier oils to suit the customers' needs.</p>	
8. Remarks		

Note 1 : Essential Oils (for reference only)

	Chinese Name	English Name	Latin Name
1.	羅勒	Basil	<i>Ocimum basilicum</i>
2.	沒藥	Myrrh	<i>Commiphora myrrha</i>
3.	薰衣草	Lavender	<i>Lavandula officinalis</i>
4.	絲柏	Cypress	<i>Cupressya sempervirens</i>
5.	丁香	Clove	<i>Eugenia caryophyllata</i>
6.	薑	Ginger	<i>Zingiber officinalis</i>
7.	茉莉	Jasmine	<i>Jasminum grandiflorum</i>
8.	檸檬	Lemon	<i>Citrus limonum</i>
9.	橙花	Neroli	<i>Citrus aurantium var. amara</i>
10.	尤加利	Eucalyptus	<i>Eucalyptus citriodora</i>
11.	玫瑰	Rose	<i>Rosa centifolia</i>
12.	佛手柑	Bergamot	<i>Citrus bergamia</i>
13.	甜橙	Orange Sweet	<i>Citrus aurantium var. sinensis</i>
14.	百里香	Thyme	<i>Thymus vulgaris</i>
15.	依蘭	Ylang Ylang	<i>Cananga odorata</i>

Note 2 : Carrier Oils (for reference only)

	Chinese Name	English Name
1.	月見草油	Evening Primrose Oil
2.	可可巴油	Joboba Oil
3.	牛油果油	Avocado Oil
4.	玫瑰果油	Rose Hip Oil
5.	甜杏仁油	Sweet Almond Oil