

Assignment Guidance Form

iUCT40 – Provide aromatherapy for complementary therapies

Research essences/essential oils

- Common and botanical name of the oil
- Plant family
- Country of origin
- Plant source
- Method of extraction
- Significant chemical constituents
- Therapeutic actions – e.g. anti-inflammatory, diuretic etc.
- Which systems/conditions benefit from its use?
- Most beneficial/suitable methods of use
- Safety data

For any fifteen of the following oils:

- Basil
- Benzoin
- Bergamot
- Black pepper
- Cedarwood atlas
- Chamomile german
- Chamomile roman
- Clary sage
- Cypress
- Eucalyptus (citriodora, dives, globulus, smithi)
- Fennel
- Frankincense
- Geranium
- Ginger
- Grapefruit
- Jasmine
- Juniper
- Lavandin
- Lavender
- Lavender spike
- Lemon
- Lemongrass
- Mandarin
- Marjoram
- Myrrh
- Neroli
- Orange bitter
- Orange sweet
- Patchouli
- Peppermint
- Petitgrain
- Rose cabbage
- Rose damask
- Rosemary
- Sandalwood
- Tea tree
- Thyme
- Vetivert
- Ylang Ylang

This assignment may be presented in any of the following formats and may include some ICT:

- Written report
- Chart
- Spider diagram
- Graph
- Other pictorial presentation e.g. mood board