

## Monitoring the effects of aromatherapy massage

After providing an aromatherapy massage, the therapist should monitor the effects of treatment. This ensures that quality is maintained, the client is happy and has enjoyed the treatment, or it may indicate if treatment requires modifying or adapting in some way. Monitoring may be achieved in several different ways.

At the end of the treatment you must allow the client time to wake up, offer them a drink of water and allow them to get dressed at their own pace.

Through **observation** of the client after treatment, the following may be noted:

- Erythema or reddening of the skin - a mild erythema is a normal effect of treatment. If it is highly coloured it may be classed as an abnormal reaction (contra action), this may indicate a sensitivity to the carrier or essential oil
- Skin sensitisation - any noticeable signs of irritation such as the client scratching their skin or complaining of an itchy sensation. Again this may indicate a reaction to the oils. It is advisable in this case to carry out a skin sensitivity test before using oils in future treatments
- Client's rate of breathing - is it normal and steady to indicate balance, if breathing is laboured this may indicate sensitivity to an oil
- State of relaxation, you would expect the client to be totally relaxed but some may feel lethargic and sleepy, you must allow them time to recover and provide aftercare advice explaining how they should avoid rigorous exercise
- Any muscular tension present
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**Feedback may also be :**

- **Written** - the client may wish to provide immediate written feedback about the treatment or you could make notes on her record card after treatment or at the next consultation
- **Verbal** - the client provides immediate feedback whilst resting at the end of the massage or at the consultation before the next treatment