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## ROSEWOOD FREE SCHOOL

**Title:** Aromatherapy Protocol

**Lead Reviewer:** Deputy Headteacher

**Who this is aimed at:** All Education Staff

<b>Version</b>	<b>Reason for Change</b>
V2	Regular review – January 2020
V3	Regular review – March 2023

<b>Date Initially Implemented</b>	October 2016
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## **Protocol Statement**

We believe that the relaxing atmosphere of an aromatherapy massage can benefit our learners both physically and emotionally.

## **Application**

This protocol applies to all educational staff.

## **Aims**

- To ensure that Aromatherapy practice in the classroom is safe for learners and staff.

## **Procedures**

Members of staff are trained in simple massage and the safe use of essential oils by a Qualified Aromatherapist.

The essential oils used are purchased from a reputable aromatherapy supplier and are stored and distributed by a Qualified Aromatherapist.

Members of staff must follow the guidelines and procedures set out in the School's Aromatherapy Manual.

Only oils distributed to each class by the Qualified Aromatherapist may be used.

Learners receive massage to their hands and arms and/or legs and feet during aromatherapy sessions, and at other times if appropriate.

Massage will be discontinued if it causes obvious distress to the learner.

## **Aromatherapy and the Curriculum**

Aromatherapy is one of many teaching approaches used in our School to benefit learners with profound and multiple learning difficulties. It encourages learners to develop their sensory awareness and this is a vital foundation for progression in all curricular areas. In particular, massage is used to support personal, social and economic well-being (PSEWB) as it may enhance a

learner's own awareness of self and others, promote their wellbeing and provide a context for the establishing and development of relationships. Developing an awareness of self is also an important component of the religious education (RE) curriculum.

Massage may be used as part of an approach to communication as it provides a real context for communicating likes and dislikes and preferences for making choices and for requesting "more" or "finished". Learners' physical education programmes may also be supported using massage to develop their body awareness, and increased relaxation may enable pupils to experience symmetry or stillness.

Whenever massage is used as a teaching approach in class the area of the curriculum which it is supporting is clearly identified in the class plan.

### **Related Documents**

This document should be read in conjunction with other School Policies, including those relating to the Aromatherapy Manual and Curriculum Policy.