



## Level 3 Advanced Technical Diploma in Complementary Therapies (540)

## Level 3 Complementary Therapies – Theory exam (2)

If provided, stick your candidate barcode label here.

**Friday 23 June 2017**  
**09:00 – 10:30**

Candidate name (first, last)

First

[illegible]

Last

[illegible]

Candidate enrolment number

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Date of birth (DDMMYYYY)

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Gender (M/F)



Assessment date (DDMMYYYY)

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Centre number

[illegible]

Candidate signature and declaration\*

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- If any additional answer sheets are used, enter the additional number of pages in this box.
- Please ensure that you **staple** additional answer sheets to the **back** of this answer booklet, clearly labelling them with your full name, enrolment number, centre number and qualification number in BLOCK CAPITALS.
- All candidates need to use a **black/blue pen**. **Do not** use a pencil or gel pen.
- If provided with source documents, these documents **will not** be returned to City & Guilds, and will be shredded. **Do not** write on the source documents.

**\*I declare that I had no prior knowledge of the questions in this assessment and that I will not divulge to any person any information about the questions.**

**You should have the following for this examination**

- a pen with black or blue ink

## General instructions

- This question paper is the property of the City & Guilds of London Institute and is to be returned, or destroyed after the examination.
- All questions do **not** have equal marks.
- The maximum marks for each question are shown.
- Answer **an sixteen** questions.

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4 Explain the benefits to a salon of holding open events.

(3 marks)

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5 Explain how massage affects the physiology of the lower legs.

(4 marks)

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6 State **two** methods of creating an ideal ambience when carrying out a relaxing body massage treatment.

(2 marks)

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- 7 A client who suffers from hyperlordosis has just completed a body massage treatment. Explain the specific aftercare advice that should be given to the client. (3 marks)

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- 8 State **two** therapeutic properties of the chemical constituent diterpene. (2 marks)

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- 9 Explain the benefits of **each** of the following when used in a blend. (2 marks)
- a) Top notes.

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- b) Base notes. (2 marks)

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10 Explain the benefits of using inhalation as an aromatherapy treatment technique.

(3 marks)

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11 State **two** reasons for carrying out reflective practice following a reflexology treatment.

(2 marks)

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12 State **four** pieces of advice that a client should follow for the next 12-24 hours post-reflexology treatment.

(4 marks)

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13 Explain the principles of zone theory in relation to reflexology.

(3 marks)

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14 Explain the specific adaptations that could be used when carrying out a reflexology treatment on a frail, elderly client.

(4 marks)

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- 15 Explain the specific aftercare advice that should be given to a client with a stiff vertebral column and blocked sinuses following a reflexology treatment.

(4 marks)

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- Discuss the treatment options available, recommending a justified treatment plan.

<b>Name:</b>	Cathy
<b>Gender:</b>	Female
<b>Age:</b>	55
<b>Height:</b>	5' 6" / 1.68 m
<b>Weight:</b>	10 stone / 64 kg
<b>Medical history:</b>	Has regular hot flushes that last for a couple of minutes, suffers from bouts of cystitis and the skin on face and legs is sensitive. Experiences patches of eczema that appear to be stress-related.
<b>Medication:</b>	For cystitis when needed, steroid cream if eczema reoccurs.
<b>Comments:</b>	Works full-time in a catering business. She is very busy and is on her feet all day long. Sleep pattern has been disturbed due to the hot flushes and skin on legs often itches at night. Has a bottle of wine on Saturday evenings with friends as a way to relax.
<b>Physical observations:</b>	Skin appears dry on face and legs, skin on the lower leg looks blotchy and in some areas around the inner ankle it looks red and slightly swollen. Pelvis slightly tilted forward causing the abdominal muscles to appear lengthened.

[illegible]



[illegible]

[illegible]