

DEPARTMENT OF HEALTH

NO. 2969


27 January 2023

**ALLIED HEALTH PROFESSIONS ACT 63 OF 1982**

**DRAFT REGULATIONS RELATING TO THE PROFESSIONS OF  
AROMATHERAPY AND THERAPEUTIC AROMATHERAPY**

The Minister of Health intends, in terms of section 38 of the Allied Health Professions Act, 1982 ( Act No. 63 of 1982), after consultation with the Allied Health Professions Council, to make the regulations as set out in the Schedule.

Interested persons are invited to submit substantiated comments or representations in writing on the proposed amendments to the regulations, to the Director-General: Health, Private Bag X828, Pretoria, 0001, (for the attention of the Director: Public Entities Governance, Ms. M. Mushwana, [mihloti.mushwana@health.gov.za](mailto:mihloti.mushwana@health.gov.za)), within one month of the date of the publication of this notice.

  
DR. MJ PHAAHLA, MP  
MINISTER OF HEALTH

DATE:

14/11/2022

## SCHEDULE

### Definitions

1. In this Schedule any expression defined in the Act bears that meaning and, unless the context otherwise indicates –

**“aromatherapist”** means a person registered as an aromatherapist under the Act who may provide physical treatment in humans for the purpose of relaxation and well-being;

**“aromatherapy”** means a multifaceted system of health care and treatment that uses **“aromatherapy substances”**, via a range of application and administration modes, for therapeutic purposes, according to aromatherapeutic philosophy and principles, in order to facilitate the restoration of physical health, the maintenance of physical health and the prevention of conditions of physical illness and imbalances in a person;

**“aromatherapy device”** means any device used in the delivery of aromatherapy treatment using essential oil diffuser devices, whether cold-air, heat-generated, ultrasonic, or hydro-dispensed, for microdiffusion of volatile essential oils; as well as massage rollers or dynamic massage devices, such as a silicone cup;

**“aromatherapy philosophy”** means those principles, techniques, philosophies, theories or ideologies pertaining to techniques or principles of case taking, evaluation / assessment, which is recorded in recognised academic texts or aromatherapy, and/or any other equivalent publications on the subject of such principles, techniques, philosophies, theories or ideologies;

**“aromatherapy principles”** means the principles which are based upon, obtained from, or which form part of aromatherapeutic philosophy;

**“aromatherapy substance”** means any volatile oil and/or non-volatile oils or hydrolats/hydrosols/aromatic waters of plant origin

used in accordance with aromatherapeutic principles, techniques or philosophy;

**“aromatherapy techniques”** means the techniques which are based upon or obtained from or which form part of aromatherapeutic philosophy;

**“the Act”** means the Allied Health Professions Act, 63 of 1982;

**“therapeutic aromatherapist”** means a person registered as a therapeutic aromatherapist under the Act and may treat or provide treatment for pre-diagnosed physical disease, illness or deficiencies in humans; or prevent such physical disease, illness or deficiencies in humans for the purpose of a therapeutic outcome;

#### **Acts specially pertaining to the profession of aromatherapist**

2. The following acts are acts specifically pertaining to the profession of an aromatherapist –
  - (a) The physical evaluation / assessment of any person for the purpose of treating for relaxation and well-being.
  - (b) The treatment in any person by –
    - (i) the giving of a relaxing full-body massage based on **aromatherapy principles** and incorporating aspects of Swedish massage and the four techniques of effleurage, petrissage, friction and stroking.
    - (ii) using premixed essential oil blends and products for general health maintenance and relaxation only, or use a blend mixed for the client personally by a registered therapeutic aromatherapist;
  - (c) other acts specifically pertaining to the profession of aromatherapy based on the education and training of aromatherapists as approved by the Council, from time to time, at the recommendation of the applicable professional

board and published in the *gazette*.

**Acts specially pertaining to the profession of a therapeutic aromatherapist**

3. The following are acts specifically pertaining to the profession of a therapeutic aromatherapist –
  - (a) The physical evaluation / assessment of any person for the purpose of treating or providing treatment in accordance with aromatherapy principles and protocols for pre-diagnosed physical disease, illness or deficiencies or to prevent such physical disease, illness or deficiencies in such person.
  - (b) The treatment or prevention of any physical disease, illness or deficiency in any person by –
    - (i) assessing the integumentary and myofascial structure and evaluating the individual's needs or potential needs and taking into account the current physical, biological, psychological, social and cultural factors and their influence on the individual;
    - (ii) performing a visual assessment of the feet, legs, body, hands, arms, face, scalp and ears of any person in determining and preparing a treatment protocol and blend with specially formulated aromatherapy substances, blended to take into account skin conditions and the musculoskeletal structure of the person, in cases of pre-diagnosed physical disease, illness or deficiencies in any person or to prevent physical disease, illness or deficiencies in such person;
    - (iii) recording of a patient's personal details, the health history pertaining to the condition of the patient, vital signs, treatment and recommendation details as well as progress;



- (iv) the application of or delivery of specifically blended aromatherapy substances according to aromatherapy techniques, including but not limited to full-body massage, specifically to exclude internal administration, be it orally, as pessary or suppository or insertion into other orifices, olfaction excepted;
- (v) using specific target-delivery techniques such as the delivery of aromatherapy substances using any aromatherapy devices, and including the use and recommendation for home-use of poultices, compresses, plasters, masks, wraps, medicated baths, sitz baths, and inhalation devices including nebulizers and nose sticks with specially blended oils, or formulated body-wipes, specifically to exclude internal administration, be it orally, as pessary or suppository or insertion into other orifices, olfaction excepted;
- (vi) advising the patients on health and self-care that includes nutrition and lifestyle;
- (c) other acts specifically pertaining to the profession of therapeutic aromatherapy based on the education and training of therapeutic aromatherapists as approved by the Council, from time to time, at the recommendation of the applicable professional board and published in the *gazette*.

#### **Remedies relating to therapeutic aromatherapy**

4. Subject to the provisions of the Medicines and Related Substances Act, 1985 (Act No 101 of 1965), a registered therapeutic aromatherapist may, for the purposes of his or her practice and within the scope of practice relevant to his or her profession, possess or have under his or her control aromatherapy substances including any volatile oils and/or non-volatile oils or hydrolats/hydrosols/aromatic waters of plant origin used in accordance with aromatherapeutic principles, techniques or philosophy.

**Short title**

5. These regulations are called the Regulations Relating Specifically to the Professions of Aromatherapy and Therapeutic Aromatherapy.