



## Massage at the Health and Serenity Spa

We aim to ensure clients have the best possible advice both prior to and post-treatment. Please read the following information prior to booking an appointment in the salon.

- **Consultation Information:** to ensure you are not contraindicated to any treatment.
- **Pre-treatment Advice:** should be read prior to attending an appointment.
- **Aftercare Advice:** to be read following your appointment for best results.

### CONSULTATION

- **Local Contraindications:** treatments cannot be performed over contraindicated areas.
- **Medical Contraindications:** please seek medical advice prior to booking. In circumstances where medical permission cannot be obtained, clients must give their informed consent in writing.
- **Total Contraindications:** prohibit a treatment from taking place.

#### Local Contraindications

- Varicose Veins
- Undiagnosed Lumps or Bumps
- Pregnancy
- Bruising/Swelling
- Cuts/Abrasions
- Sunburn
- Undiagnosed Pain
- Arthritis
- Broken Bones
- Skin Conditions (Active Eczema, Dermatitis, Psoriasis)

#### Medical Contraindications

- Check any condition that is already being treated by a GP or another practitioner.
- Cardio-Vascular Conditions (Thrombosis, Phlebitis, Hypertension, Heart Conditions)
- Any condition already being treated by a medical practitioner
- Medical Oedema
- High Blood Pressure
- Osteoporosis
- Cancer



- Nervous or Psychotic Conditions
- Heart Conditions (Thrombosis, Phlebitis, Hypertension, Angina, Pacemakers)
- Epilepsy
- Diabetes
- Bell's Palsy, Trapped or Pinched Nerves
- Gynaecological Infections

#### **Total Contraindications**

- Fever
- Contagious Diseases
- Under The Influence (Drugs, Alcohol, Prescription Pain Medication)
- Recent Operations or Acute Injuries
- Neuritis
- Skin Diseases (Impetigo, Scabies, Chicken Pox, Mumps)
- Head Lice

#### **PRE-TREATMENT ADVICE**

- During massage, we apply nourishing oils to the skin. Please shower prior to your appointment so these oils can be left on the skin for as long as possible.
- Wear loose, comfortable clothing to your appointment.

#### **AFTERCARE ADVICE**

- Ensure you keep warm following treatment – muscles that are warm and relaxed from massage are likely to lose all that benefit as they tighten up in the cold.
- Rest and relax to allow your body to settle – it's easy to strain muscles after massage when you feel more ease of movement
- Drink water after your massage. Tense muscles store a natural toxin called lactic acid. Massage helps the body release toxins and drinking water enhances the elimination of the body's toxins
- Avoid alcohol, caffeine etc. both before and after your treatment. Your body needs to work hard to eliminate these toxins and they also dehydrate you. Try to avoid alcohol, coffee etc. for 12 hours after treatment.
- Have a light meal to keep your blood sugar stable and to avoid any dizziness or light-headedness. A big meal is best avoided as massage gets the blood flow moving through the muscles, which digestion will then divert in order to break down food etc.



- Due to the release of toxins during the massage procedure you may experience some side effects following the treatment. Tiredness, headaches, dizziness, sore muscles and excess urination can all occur. These healing symptoms will pass and you will feel a greater sense of wellbeing afterwards.