Medical Contraindications

Suitability of treatments will be confirmed on arrival at the Spa during your consultation with your therapist. If treatments are unsuitable we will endeavour to offer alternatives, where possible.

Bluewater Spa reserves the right to refuse treatment where it is deemed to be a risk to the health and safety of the client or therapist.

**Total Contraindications**

**Disorders of the Heart and Blood**

- Heart attack - Because there is a very high risk of a reoccurrence in the two to three months after the attack, massage is contraindicated. After this time it is permitted with a doctor’s note.
- Haemophilia - severe haemophilia is a total contraindication to massage. (Mild forms consult a doctor)
- Severe Anaemia - Massage is fine for mild anaemia, but contraindicated for severe anaemia.

**Disorders of the Immune System**

- Cancer – if undergoing treatment and 5 year thereafter

- If the client is currently undergoing any form of treatment for cancer then a doctor’s note must be produced prior to treatment. If the doctor is happy for the client to receive treatment then his note should be attached to the therapist consultation form and then the relevant treatment can be carried out.

**Disorders of the Abdominal Organs**

- Hepatitis is contra-indicated in acute stages for client/therapist protection
- Cirrhosis of the liver - is contraindicated for advanced cirrhosis.

**Disorders of the Urinary System**

- acute urinary tract infections
- Kidney stone attack.
Conditions of the Reproductive System

- Pregnancy - We recommend that massage is avoided during 1st trimester of the pregnancy.

Infectious Skin Conditions (viral, fungal, parasites and bacterial)

- Scabies
- Head Lice
- Ringworm
- Impetigo

Non Infectious Skin Disorders

- Areas of skin that are bleeding, broken or weeping fluid.
- Open wounds

Undiagnosed Conditions

- Fever
- Inflamation or Oedema
- Undiagnosed Severe headaches - that come on suddenly, with no previous history of similar headaches, and dizziness or numbness or sleepiness.

Proceed with caution (treatment can go ahead with a doctor’s note or require separate Risk Assessment)

Skeletal System Diseases

- Osteoporosis

Disorders of the Nervous System

- Stroke – after 6 months
- Transient Ischaemic Attack – (TIA- a mini-stroke from which the person recovers with little or no damage.
- Meningitis, Brain haemorrhage and Brain tumours
- Epilepsy – active epilepsy only (previous 18 months). Do not use essential oils.
Disorders of the Motor Nerve System

- Parkinson’s disease - Massage: is indicated under medical supervision, to maintain flexibility and reduce anxiety
- Multiple sclerosis (MS) - Massage: is indicated in sub-acute stages, when the client is in remission.
- Neuralgia - Massage: Light massage to relieve muscle tension can be beneficial. Deep massage on the site is contra-indicated

Disorders of the Endocrine System

- Diabetes – doctors note only needed if not under medical control (diet or insulin)

Infectious Respiratory Disorders

- Tuberculosis (TB) – until the client has been on medication for 1 month

Inflammatory Respiratory Disorders

- Emphysema

Disorders of the Heart and Blood

- **Unstable** angina - should only with permission from the person’s doctor.
- Heart failure - Get medical permission, and then give only gentle massage to avoid stressing a weak heart.
- High blood pressure - Deep abdominal massage is contra-indicated, high blood pressure that is **not controlled** by medication requires a doctor’s note. Low Blood pressure is **not** contraindicated but extra care is needed.
- Thickening of the arteries - Seek medical permission, and then give gentle massage only.
- Deep vein thrombosis (DVT) - Totally contra-indicated for 3–6 months after diagnosis, for client/therapist protection. After that period, seek medical permission, and give gentle massage only.
- Leukaemia (‘cancer of the blood’) - Seek medical permission and then use gentle massage.
Disorders of the Immune System

- HIV/Acquired Immune Deficiency Syndrome – see guidelines and separate risk assessment which assist with this condition

Local Contraindications – avoid the affected area (therapists)

Skeletal System Injuries

- Partial fractures
- Simple fractures
- Compound fractures
- Sprains

Joint Problems

- Osteoarthritis and Rheumatoid arthritis – in acute stages
- Ankylosing spondylitis – in acute stages

Non-infectious Skin Conditions

- Skin cancer
- Blisters
- Eczema – only when open and weeping
- Psoriasis – only when skin is broken
- Recent Surgery and open wounds.

Infectious Skin Conditions (bacterial, fungal and viral)

- Boils and carbuncles
- Warts and Verruca’s
- Herpes – cold sore
- Athlete’s foot

The Cardiovascular System

- Varicose veins - Massage is contra-indicated in the area directly over, or immediately below the
- Veins
- Phlebitis - Massage of the affected area is contra-indicated.