

### Medical Conditions and Contra Indications

It is imperative that a full, written consultation must be carried out and signed for all clients prior to any treatment and/or being reviewed upon a previous completed consultation card. This will enable you as the therapist to identify whether your guest is pregnant, has a medical condition or is undergoing medical treatment that may be a contraindication to treatment. If your guest shows contraindications to particular modules, modalities or products you would like to use, refrain from using them and adjust your treatment plan accordingly. By any doubt ask your guest for a written doctor's approval first.

- Heart conditions, vascular diseases including high blood pressure (pending on severity), varicose veins or deep vein thrombosis (DVT). Excessively slow heart rate (magnesium is a muscle relaxer)
- Pacemaker or any metals in the body
- Blood disorders
- Diabetes
- Cancer and chemotherapy
- Epilepsy, Parkinson's disease
- Thyroid gland disorders (seaweed, algae and sea salt contain high levels of iodine)
- Pneumonia or other respiratory disorders
- Fever, Flu cold virus and COVID
- Alcohol or recreational drugs in the system (heightened by heat or use of aromatherapy oils)
- Pregnancy and nursing mothers (except the feet but without the use of aromatherapy blends). The|Tides Baby my Belly™ | Magnesium Pregnancy Massage Treatment can only be executed FROM the 4th to the 8th month.
- Sport injuries (painful, swollen, hot etcetera)
- (Rheumatoid) arthritis, osteoporosis
- Recent fractures or injuries to various tissues, muscles, joints and spine
- Acute or undiagnosed pain or complaints (seek medical advice/diagnosis first)
- Infectious skin conditions
- Open wounds
- Fragile, broken or sunburnt skin
- Post or recent (cosmetic) surgery, recent scar tissue (less than 6 weeks)
- Allergies
- HIV/AIDS
- Before or after a chemical body peel treatment

- Always check on wearing contact lenses, dentures, hearing aid, implants, product allergies, skin sensitivities etcetera
- Cupping and Gua Sha Tools, Cryo Balls etcetera should never be used over areas such as open acne, rosacea or eczema, sunburn, rashes, bruising, abrasions, and other skin infections. Also wait 4 weeks after Botox, fillers an at least 72 hours after microdermabrasion.
- When performing a (infrared) body wrap treatment make sure guest/client doesn't suffer from claustrophobia or sensitivity to heat

Note: See also consultation form example drafted by The|Tides Wellness