

# HOT STONE MASSAGE POLICY

Hot stones are a possible upgrade to a 60- or a 90-minute massage. Hot stone massages have certain guidelines that must be followed.

## CONTRADINDICATIONS

As with any type of massage, there are contraindications and precautions that you must be aware of. In some cases, hot stone massage could be contraindicated or require a doctor's written approval.

Precautions and contraindications could include but are not limited to recent surgeries, injuries, or illnesses, skin disorders/conditions, conditions and or/medications that create sensitivity to heat, and neuropathy, which is usually associated with diabetes and pregnancy. The following is a list of disorders that require further information from the client before a hot stone session can be performed. If a client has any of the following conditions, the therapist should conduct in-depth questioning to gain further information.

- Severe anorexia
- Severe high blood pressure not medically controlled
- Liver or kidney disorders or conditions
- Cardiac conditions such as arrhythmia
- Extreme dilated varicose veins
- Extreme dermatitis such as eczema, acne, furuncles, psoriasis, ulceration, and wounds
- Acute fever
- Neuropathy; usually associated w/ diabetes
- Epilepsy; increased body temp may trigger a seizure
- Open cuts, wounds, sores, abrasions and bleeding
- Peripheral vascular disease
- Acute inflammation
- Pregnancy
- Cardiac patients
- Anyone on medications that have side effects from heat
- Chemotherapy or radiation treatments
- Lupus
- Epstein Barr
- Mononucleosis
- HIV/AIDS
- Cancer
- Clients w/ burns
- Skin cancer
- Shingles/herpes or acute skin condition

**All other disorders listed on client intake form must be investigated further to ensure hot stone therapy is safe for clients' conditions**