

WHEN

IT IS

NOT ADVISED

TO MASSAGE

UNLESS PERMISSION IS GRANTED

FROM A GP OR SPECIALIST

. A contagious disease or high temperature.

. Acute, intense pain in the back, especially if the pain shoots down the arms and legs, as medical attention is needed here.

. A skin infection, bruising or acute inflammation.

. Anyone under the influence of alcohol or recreational drugs.

If you have Athletes Foot, Warts or a Verucca please inform me. Please keep the latter two covered with a plaster prior and during your treatment.

If you are pregnant or suspect that there is any possibility that you might be pregnant it is important that you let me know as there are certain oils that are not recommended during pregnancy. It is important that you keep me up to date with any illnesses or conditions that you may have or have recently developed.

LAURA STANLEY