

+36 72/459 547

INFORMATION IN CONNECTION WITH MASSAGE SERVICES

In certain cases the massage could mean increased strain on the body. The a certain number of factors presented in the following list are a complete contraindication; meaning that people suffering from these kinds of problems cannot be massaged. Other factors only prohibit the massaging of certain body regions or the application of certain grips.

Please indicate these for the masseuse!

MASSAGE CONTRAINDICATION:

- fever
- infections disease
- acute inflammation
- cancerous disease
- fresh trauma, post-operation state (minimum of 3 months!)
- haemophilia, or if the person is taking anti-coagulant medication
- active phase of rheumatoid arthritis
- advanced osteoporosis
- unregulated high blood pressure
- joint instability
- certain heart and circulatory problems
- varicose veins (the affected limb cannot be massaged, but other regions are allowed)
- in a weakened, or alcohol-induced or irresponsible state
- menstruation - first three days, the circulation-increasing effect of the massage results in more pronounced bleeding

MASSAGE INDICATIONS:

- ❖ increasing metabolism processes
- ❖ the promotion of muscle regeneration
- ❖ improvement of muscle performance
- ❖ improvement of general well-being
- ❖ unilateral strain on muscle and joint, for example: monotonous standing or sitting labour
- ❖ detoxification as a supplementary treatment for dieting
- ❖ rehabilitation of orthopaedic illnesses, for example: scoliosis, flat foot, discopathia
- ❖ stress-induced headache complaints
- rehabilitation after traumas (e.g.: broken bones, sprain, torn muscles or ligaments)

Please make an appointment at the wellness reception for the selected treatment!