

### Contraindications that prevent a facial treatment:

Viruses such as colds, cold sores, warts, Bacterial infections such as impetigo, boils, conjunctivitis, styes, Fungal infections such as ringworm, blepharitis, Undiagnosed lumps or swelling, Broken bones, Known sensitivity or allergy to products.

### Contraindications that could restrict a facial treatment:

The following conditions are contraindications that will not necessarily stop the treatment from taking place but they may mean that the treatment is restricted or may have to be adapted:

Cuts/abrasions/broken skin, Bruises or swelling, Recent scar tissue (less than six months old), Eczema, Dermatitis, Psoriasis, Acne vulgaris, Acne rosacea, Skin tags, Milia, Recent sunburn, Current medication that may affect treatment needs to be disclosed, Claustrophobia, Broken capillaries/veins.

**Immediate aftercare:** The skin has been deep cleansed, stimulated and nourished. No aftercare is needed except to leave it alone. Avoid picking, squeezing pimples or touching the area.

Do not apply make-up for at least 8 hours if possible, Avoid any further overstimulation and heat treatments for at least 12 hours, Avoid highly perfumed products, No depilation (hair removal) should take place after a facial, If any rash, irritation or itching occurs just apply a cool flannel to the area.

**Long-term and homecare advice:** Regular use of homecare products will help the skin, Regular facials will help to regulate a problem skin.

### Contraindications for massage:

**Fever:** When you have a fever, your body is trying to isolate and expel an invader of some kind. Massage increases overall circulation and could therefore work against your body's natural defenses.

**Inflammation:** Massage can further irritate an area of inflammation, so you should not administer it. Inflamed conditions include anything that ends in *-itis*, such as phlebitis (inflammation of a vein), dermatitis (inflammation of the skin), arthritis (inflammation of the joints), and so on. In the case of localized problems, you can still massage around them, however, avoiding the inflammation itself.

**High blood pressure:** High blood pressure means excessive pressure against blood vessel walls. Massage affects the blood vessels, and so people with high blood pressure or a heart condition should receive light, sedating massages, if at all.

**Infectious diseases:** Massage is not a good idea for someone coming down with the flu or diphtheria, for example, and to make matters worse, you expose yourself to the virus as well.

**Hernia:** Hernias are protrusions of part of an organ (such as the intestines) through a muscular wall. It's not a good idea to try to push these organs back inside. Surgery works better.

**Osteoporosis:** Elderly people with a severe stoop to the shoulders often have this condition, in which bones become porous, brittle, and fragile. Massage may be too intense for this condition.

**Varicose veins:** Massage directly over varicose veins can worsen the problem. However, if you apply a very light massage next to the problem, always in a direction toward the heart, it can be very beneficial.

**Broken bones:** A little light massage to the surrounding areas, though, can improve circulation and be quite helpful.

**Skin problems:** You should avoid anything that looks like it shouldn't be there, such as rashes, wounds, bruises, burns, boils, and blisters, for example. Usually these problems are local, so you can still massage in other areas.

**Cancer:** Cancer can spread through the lymphatic system, and because massage increases lymphatic circulation, it may potentially spread the disease as well. Simple, caring touch is fine, but massage strokes that stimulate circulation are not. Always check with a doctor first.

**Other conditions and diseases:** Diabetes, asthma, and other serious conditions each has its own precautions, and you should seek a doctor's opinion before administering massage.

**HIV infection:** Some people still think of AIDS as something that can be "caught" through simple skin-to-skin contact, but most of us know that's not the case. If there is no exchange of bodily fluids (blood, semen, vaginal fluids, or mother's milk), HIV can't be transmitted during massage. So, HIV infection is not contraindicated for this reason. However, some of the infections that people suffering from the later stages of AIDS experience are contraindicated, and you should avoid those infections. Loving, soothing contact is extremely important for people at any stage of infection, but in the case of any visible rashes, sores, lesions, or swelling, massage is best left to a professional. If you have any cuts or scrapes or scratches on your hands, it's an especially good idea to wear thin surgical gloves while massaging an HIV-infected person with any signs of open lesions.

### Contraindications for hot stone massage:

As in any other body work, there are contraindications. And for hot stone, here is as follows. Anyone with high blood pressure, taking any medication that might react with heat, open wounds or sores, inflamed skin conditions, diabetes and neuropathy, which is numbness and tingling of the peripherals. Also contraindicated is pregnancy. During pregnancy, a hormone called relaxin is increased which lengthens and softens the tissue of the body and prepares it for birth. The increased heat from the stones and the deep tissue work can further lengthen these tissues making it problematic for after birth when the tissues are trying to shorten.

### Facial treatments contraindications:

Eczema, psoriasis, cold sores, fresh bruising, open sores, bleeding, tooth abscess, broken jaw or other facial bone, facial cancer, head lice, recently consumed alcohol, under the influence of drugs, unstable blood pressure, recent head injury, recent neck injury, fever, contagious disease, recent haemorrhage, recent scarring, severe acne

### Paraffin Bath Contraindications:

Paraffin should not be applied to skin with fresh, deep or openly bleeding wounds. The wax could inadvertently lock in bacteria, resulting in infection.

Inflamed skin is not a good candidate for the treatment, either. It could increase pain associated with burns and inflammation and cause skin damage.

Certain skin conditions, including neoplasm and tumors, should not be paraffin treated. A dermatologist should be consulted for the final decision.

Diabetic patients and those suffering from vascular disease or circulation problems should not use a paraffin treatment. Only a physician can decide if it is appropriate. If paraffin use results in an allergic reaction or increased skin sensitivity, further treatments should not be repeated. To do so might result

in skin damage. Treatments that appear hotter or colder than it should be could be an indication of an underlying health issue. They should be suspended until a physician has cleared the patient for reuse. Children, the elderly and individuals with physical disabilities should not have paraffin bath treatments. Anyone who cannot read and understand treatment instructions should also be barred from use without assistance.

### Waxing contraindications:

Waxing is a method of semi-permanent hair removal which removes the hair by the root. New hairs will not grow back in the previously waxed area for two to eight weeks. Almost any area of the body can be waxed, including eyebrows, face, bikini area, legs, arms, back, abdomen and feet. There are many types of waxing suitable for removing unwanted hair. At The Bee's Knees we use Clean + Easy patented roller head system and is the world leader in roller wax hair removal. Roll on waxing means no drips and no burns. Wax applies at just the right temperature and thickness for perfect results every time.

Wax is applied thinly over the skin using the wax cartridge. A cloth or paper strip is then pressed on the top and ripped off with a quick movement against the direction of hair growth. This removes the wax along with the hair. It will feel like a plaster being pulled off quickly. Pain tolerance will depend on each individual client. However if you know you don't tolerate pain easily then take a couple of pain relief tablets (that you have used before and have had no reaction to previously) about an hour prior to treatment and this should reduce the pain somewhat.

Hair growth:

Apart from cultural influences, and genetics hair growth can be determined by other factors:

**Medication** - Some drugs have a strong effect on hair growth. They might produce coarse, thick hair, which can be depilated, with a doctor's permission. Or the follicles might weaken and wither, causing the hair to fall out, such as happens with some forms of chemotherapy. Often this is temporary and the hairs will re-grow.

**Hormones** - Hormones can also have an effect on hair growth. Women going through the menopause, when hormone levels may be erratic, may find they develop "whiskers" of coarse hair on their face.

### Benefits and effects of warm waxing:

There are many benefits to waxing versus other forms of hair removal. It is an effective method to remove large amounts of hair at one time. It is a long-lasting method. When hair is shaved or removed by depilatory cream, the hair is removed at the surface rather than the root. Within a few days, the hair can be seen at the surface. With these methods, hair tends to grow back in a rough stubble. Areas that are repeatedly waxed over long periods of time often exhibit regrowth that is softer.

Possible drawbacks

Some people experience ingrown hairs, red bumps, and minor bleeding. This is more likely to occur when waxing areas with thick hair, especially the first few times when follicles are strongest. Ingrown hairs can be reduced by regularly exfoliating and applying an astringent such as Skin Doctors Ingrow-go. This will help the hairs to pop out themselves, try not to keep picking at the area as this can lead to infection.

Waxing facts

Waxing really does slow down the hair growth after several treatments. I would say that you should see a definite improvement after approximately 3 sessions, Waxing gives a nice clean finish to the eyebrows

and is a good way of getting rid of facial hair, Waxing lasts for 3 - 6 weeks depending on hair growth, Waxing does **not** change the hair colour, Shaving and cutting blunts the ends of the hair, making them feel spiky; after waxing the hair grows back with this natural tapered end, feeling smooth to the touch, Waxing feels like a plaster being taken from the skin. Pain thresholds will vary and some people will feel more than others, Waxing is **not** a permanent hair removal, waxing does **not** make hair growth weaker, Waxing does **not** make all the hairs grow back at the same time, Waxing does **not** lighten the hair colour.

### Contra-indications that prevent waxing:

Contagious skin condition - wait for the condition to clear before waxing, Thin or fragile skin - can cause bruising and tearing of the skin which may lead to infection, Use of steroid medication - this can cause a thinning of the skin. Waxing should **not** be done whilst using such medication, and **not** until 3 months after completing the treatment, Unidentified lumps or swelling, Previous allergic reaction to treatment.

### Contra-indications that may restrict waxing:

Raised moles and skin tags. Wax should **not** be applied directly over them, Abrasions, bites, broken skin, bruises - avoid waxing the affected area until healed, Varicose veins - do **not** wax over the affected area.

Immediate aftercare: The waxed area may be red and there may be some blood spots, especially where the hairs are strong, i.e. on the bikini line or underarm. An afterwax cream containing aloe vera will be applied to help cool the skin, reduce the redness and keep the skin moisturised.

Aftercare for a period of 24 hours following treatment :No sunbathing or sunbeds, Avoid bathing in sea or swimming pool, Do **not** take a hot bath or shower, a cool one is absolutely fine, Do **not** use deodorant/antiperspirant, Avoid tight clothing, Do **not** use perfumed products on the area, No make-up or self tanning preparations, Do **not** keep touching or picking at the area.

Long term care advice: Look after your skin on your body as you would on your face, Lots of moisturiser will stop the skin becoming too dry, especially in the winter months, Sloughing the skin with a loofah in the shower will help to keep the blood circulation stimulated, bringing lots of oxygen and nutrients to the skin to keep it in good condition, Massage will help remove the build-up of toxins in the skin and keep the area both nourished and smooth, Exfoliating the skin will help to stop the hairs becoming ingrown, Gentle exercise, regular sleeping patterns and eating plenty of fruit and vegetables, whilst cutting down on smoking and alcohol and drinking lots of water, really does work and not just for the face.

### Manicure/ Pedicure contraindications:

Hand and foot treatment. The practices of improving the appearance of the natural nail and cuticle is known as manicure and pedicure. A manicure is the care of hands and fingernails. It is a hand and arm treatment to improve the skin and nail condition. It includes nail and cuticle treatment, hand and arm massage and enamel of your choice. The shape and length of your nails will be discussed with you prior to treatment to ensure a suitable choice is made.

A pedicure is the professional treatment of feet, toes and nails. It is a leg and foot treatment to improve the skin and nail condition. It includes nail and cuticle treatment, removal of hard skin, leg and foot massage and enamel of your choice.

A french manicure or pedicure is a popular way of varnishing nails that gives a natural look. A French manicure is a style of polishing the nails wherein white paint is applied to the tips of the fingernails, and the rest of the nails are given a pink coat or painted with sheer polish that is colored either pale pink or very light beige. It is very good for short nails and nails that have a moderate length.

### Contra-indications that prevent a manicure or pedicure treatment:

Fungal Infections. These type of infections spread very rapidly and often thrive in damp areas and can appear soft and spongy. For example: athlete's foot (ringworm of the foot) ringworm of the hand.  
Bacterial Infections. This type of infection is usually characterised by swelling, tenderness and redness in the area. For example: paronychia, whitlows, onychia.

### Contra-indications that may restrict a manicure or pedicure treatment:

Viral Infections. These infections are very common and treatment can be adapted by using a waterproof dressing and avoiding the area. For example: Verruca vulgaris (common warts), verruca plantaris (verruca of the foot). Onycholysis. This is a disorder where the nail separates from the nail bed. Non-infectious nails can be manicured or pedicured as long as there is no fungal or bacterial infection.  
Onychocryptosis (ingrowing nails). This may affect the fingers or toes, Split nails, brittle nails, Blue nails, Beau's Line, Nail/finger biting, Hangnail, Splinter haemorrhages, Overgrown cuticles, Pits and grooves, Flaking and breaking nails, Bruised nails, Eggshell nails, Corrugations (or wavy ridges), Furrows (depressions), White Spots, Koilonychia (spoon nails), Claw Nails.

Immediate aftercare advice: Following your manicure or pedicure treatment please allow adequate time to allow your nails to dry before leaving. Please bring open toed shoes with you when you have a pedicure treatment.

Longterm and homecare advice To prolong the life of your varnish wear suitable gloves or a special barrier cream when completing tasks involving any dirty work or other work involving the use of water or chemicals such as gardening, washing up, hairdressing, car maintenance. Do not bite nails or surrounding skin and keep an emery board available to deal with ragged free edges to the nails, so that the temptation to bite is removed. Use a moisturising hand cream or lotion regularly. Avoid using the nails as tools, use the pads of your fingers instead of your nails. Products that can be used to help improve the condition of nails and skin for hands and feet: Base coat, nail varnish, top coat, Nail strengthener, Cuticle Cream, Moisturising cream or lotion, Emery boards and nail files, Buffers, Rough skin remover for feet, Foot powder.

Eye treatments understanding the treatment:

Eye treatments are a quick, easy and effective way to change or enhance your appearance and flatter your facial features. Eye treatments include, eyebrow shaping, eyelash and eyebrow tinting and eyelash perming.

Eyebrow shaping is the removal of superfluous hair to enhance the shape of the natural brow. The normal eyebrow should look like the wings of a bird in flight: thicker at the inner corner of the eye, tapering to an arch and narrowing at the end of the brow. As the eyebrows frame the face, they should be in balance with the rest of the facial features.

Eyelash and eyebrow tinting

Eyelash and eyebrow tinting will enhance the general appearance of your eyes and is particularly beneficial for people who participate in sporting activities, especially swimming. Unlike mascara the effect is very natural- so no more panda eyes!

Eyelash tinting involves carefully dyeing the lashes with safe, natural tints, to give them a natural, luscious, darker appearance. Many different eyelash tint colours (including blues, browns, blacks and greys) are available to complement your skin and hair colouring perfectly.

Eyebrow tinting involves carefully dyeing the eyebrows with safe, natural tints. The dye will be left on the brows for a much shorter time than an eyelash tint as the colour will develop much quicker.

A patch test is required at least 24 hours prior to treatment. The test involves putting a tiny amount of the mixed dye onto the skin, either on the inside of the elbow or out of sight behind the ear. This is to ensure

that you are not allergic to any of the ingredients used in the products. If you have had a patch test at another salon you will still need a repeat test, as different brands may cause different reactions.

#### Benefits of eyelash and eyebrow tinting

Enhance general appearance of eyes. Great for people with known sensitivity to make-up. Good for sporting activities, especially swimming. Good for people with no time to apply make-up daily. Good for people who wear contact lenses or glasses. Good for people with fine eyebrows.

#### Eyelash perm

This treatment is a semi-permanent way of curling the upper lashes and the result will last from 4-6 weeks; as the old hairs are lost and replaced with new hairs the curl diminishes. The use of perming solutions, although chemically based, is far less damaging than regular use of eyelash curlers.

#### Eyelash perming is recommended

To emphasise the eyelashes, making the eye look larger and to give more definition. For clients who wear contact lenses or glasses. For mature clients with sagging eyelids. For clients who do not wish to wear mascara. For holidays or for sports women. For clients living or working in hot environments. For clients who have short straight lashes. For special occasions.

#### Contra-indications that prevent an eye treatment from being carried out:

Conjunctivitis. Stye. Blepharitis. Virul infections. Bruising to the area. Reaction to a patch test for tinting and perming.

#### Immediate aftercare advice:

Do not touch or rub the area immediately after treatment. Cooling mild antiseptic products, e.g. witch hazel, should be applied to the area. No make-up should be applied to the area for 12 hours, as the follicles are open and infection may occur. If redness or irritation occurs apply damp cotton wool pad to the area. The effects will last approximately 4-6 weeks depending on how quickly the hairs grow out. Stray re-growth hairs can be removed at intervals to prolong the effect of eyebrow shaping. Strong sunlight will make the results fade faster.

I have/suffer from the following:

- Heart Condition/Pacemaker** NO/YES
- Epilepsy** NO/YES
- Haemophilia** NO/YES
- HIV/Hepatitis** NO/YES
- High Blood Pressure** NO/YES
- Diabetes** NO/YES
- Skin condition eg Psoriasis** NO/YES
- Allergies ie plasters** NO/YES
- Taking blood thinning medication eg aspirin** NO/YES

Recent operations/injures:.....space to write

Any additional information that might be important before therapist carry out the treatment:.....

Allergies.....

I understand that every care will be taken to ensure that the procedure is carried out in a hygienic way, which includes the use of disposable or pre-sterilised equipment.

Declaration: I confirm that I understand the treatment and contraindications and all above statements are true. Knowing that therapist needs to carry out the correct treatment, and therapist cannot accept any responsibility for any injury suffered by my attribute to my not giving full and correct information to the above questions.

Signature

Date: