

# Information

Massage cannot be performed in the following cases:

- Fever
- Infectious disease
- Cancer (only with a doctor's approval)
- Acute inflammation
- Uncontrolled high blood pressure - if you are taking medication and feel well, you can have a massage.
- Untreated heart and circulatory problems - if you are taking medication and feel well, you can have a massage.
- Varicose veins (the affected limb should not be massaged, but massage in other areas is possible)
- Thrombosis
- Advanced osteoporosis - massage is prohibited if the guest has already had a spontaneous bone fracture. Alternatively, you can still enjoy a relaxing massage.
- Active phase of rheumatoid arthritis - if the inflammatory symptoms persist, massage is prohibited. In chronic cases, the guest can receive a gentle massage with a refreshing effect.
- Recent trauma, postoperative state (4-6-8 weeks, depending on the surgery). For example, a tooth extraction.
- After surgery you must not be massaged for 2 weeks and after gallstone surgery you need 6-8 weeks of recovery time.

I wish you good health!

Signature