

Pre- and Post-Treatment Guidelines for Spa Body Treatments

THE INSTRUCTIONS, GUIDELINES, AND CONSIDERATIONS PRESENTED IN THIS INFORMED CONSENT SHOULD BE REVIEWED AND FOLLOWED EVERY TIME YOU RECEIVE ANY SPA BODY TREATMENTS.

Spa Body Treatments

Spa treatments include Body Exfoliations, Body Cleanses, Body Wraps, Hydrotherapy Foot Soaks, Cellulite Reduction Treatments and more. These services have many purposes, such as: skin rejuvenation, enhanced appearance, increasing circulation of blood and lymphatic fluid to nourish the skin, restoration, etc. They are a great way to promote deep relaxation and feelings of comfort and well-being. Having a spa body treatment can prepare your senses and your body for massage, bodywork, or facial therapies afterward.

More information can be found in the services descriptions on our website.

Number of Treatments

Each person's body is different with a unique physiology, health and injury history, diet and exercise lifestyle, etc. The number of treatments to achieve your goals and maximum results cannot be definitively set. If you're getting spa body treatments to address issues such as dry skin or cellulite, more than one session is usually needed. It may take several treatments over several weeks or months, including the proper use of recommended home care products. The therapeutic effects of spa body treatments are cumulative, so the more often you get a treatment, the better you will feel and the more quickly your body will respond. If desired, your therapist will work with you to establish a treatment plan that fits your time and money budgets.

Discomfort or Pain

In general, spa body treatments and products are gentle and refreshing. If you experience unpleasant sensations or pain of any kind, notify your therapist immediately, so the situation can be evaluated and the treatment modified or stopped if necessary.

Inform Your Therapist

Please inform your therapist if you need or want to change anything during your session. This could include such things as: the temperature of hot towels used during the session, turning the table warmer on or off, wanting an extra blanket, adjusting the lighting or the music volume, needing to use the restroom, etc. We want you to feel as comfortable and relaxed as possible during your entire session.

Right-to-Know

You have the right to ask questions and receive an explanation of any techniques or procedures that the therapist performs and any products or tools that the therapist uses during your treatment. In fact, we believe that the more information you have and the more you understand, the more effective your healing will be.

Guest's Right to Change or End Session

You have the right to request at any time that the treatment be modified or stopped, and your therapist will do so immediately.

Therapist's Right of Refusal

We reserve the right to refuse service to anyone for reasons we deem necessary, including contraindications to scheduled services. Inappropriate conduct or language during a service will result in immediate termination of the service with full payment required. We reserve the right to define inappropriate conduct or language.

IMPORTANT:

Adverse Reactions

Spa Body Treatments may lead to adverse reactions in certain situations or when used with certain conditions or medications. The therapist will evaluate your health-history intake and ask questions to make sure it is as safe as possible for you to receive spa treatments. In the event the therapist is uncertain that your requested service(s) will be of benefit to you, she may ask you to provide a note from your physician stating that it is safe for you to receive the treatment(s). Please provide complete details of medical conditions and medications to your therapist on the health-intake form and during the pre-session consultation. Failure to inform the therapist of all medical conditions and medications may place you at increased risk for adverse reactions.

Cognitive or Sensory-Altering and Pain-Dulling Substances

- The use of illegal drugs and alcohol make it unsafe for a guest to receive spa body treatments.
- Taking pain medications (prescription or over-the-counter) dulls the body's ability to feel sensation. If taken just prior to receiving a body treatment, the session may need to be modified.

Thermo- (Heat) or Cryo- (Cold) Therapy

Many treatments include heat and/or cold therapy in various forms and may need to be modified or withheld for certain conditions. Notify your therapist immediately if you:

- Have general heat or cold sensitivity / intolerance
- Are taking medications that make you heat or cold sensitive
- Have had past heat exhaustion or stroke
- Have Raynaud's Disease or Phenomenon
- Have neuropathy or impaired sensation
- Have severe or uncontrolled diabetes
- Have uncontrolled high blood pressure
- Are pregnant

Body Wraps

This luxurious yet highly therapeutic treatment provides excellent opportunity for detoxification, skin moisturizing and softening, and deep stress relief. Traditionally, after application of the product, the body is cocooned or wrapped in a plastic sheet and blankets to keep the warmth in. Let your therapist know if you are claustrophobic, so modifications can be made to the protocol to ensure your comfort throughout the treatment.

Some conditions require the treatment to be modified or withheld. These include:

- Heat sensitivity / intolerance
- Weakness of the heart or circulatory system
- Constricted coronary blood vessels
- Advanced or uncontrolled diabetes
- Marked uncontrolled high or low blood pressure
- Disturbances to the kidneys and associated organs
- Nerve damage / Neuropathy that interferes with the ability to give feedback on temperature
- Taking prescription or over-the-counter medication that dulls perception of hot, cold, pain, or pressure
- Pregnancy
- Cancer
- Recent soft tissue injury (such as whiplash)
- Open wounds, broken skin, skin rashes, etc.
- Sunburn, chronic skin conditions or inflammation, etc.
- Recently shaved skin
- Epilepsy (Seizures)
- Claustrophobia

For Algae/Seaweed wraps, the following is also contraindicated:

- Overactive thyroid
- Seafood or iodine allergies

Notify your therapist immediately if any of these apply to you.

Ingredients

Many spa treatment products contain botanicals, nuts, seaweed (iodine), and wheat, etc. Please ensure that you have disclosed ALL known allergies.

Skin Reactions

A patch test is used to determine whether specific products result in skin irritation or an allergic reaction. For the test, a small

amount of the substance or product is applied to the skin and left on for a certain amount of time to see if a reaction develops.

Please note: As with any kind of skin test, patch testing is not 100% accurate. A patch test may return a “false positive” result, indicating a contact allergy when you do not have one, or a “false negative” result, not triggering a reaction to a substance that you are allergic to.

INDIVIDUALS WHO SHOULD NOT GET THIS TREATMENT

Spa body treatments in general are very safe, effective, and enjoyable therapeutic modalities. However, there are certain times when it is not safe for a person to receive these therapies. They must be avoided when certain risk factors are present or when the potential risk outweighs the benefit. In these cases, treatments cannot be performed for specific parts of the body or for the entire body. Some individuals may not be able to receive certain spa body treatments or may be required to have a signed release from their treating doctor in order to have these treatments performed.

Some types of contraindications include, but are not limited to:

Infections - small, infected areas or systemic infections

Contagious conditions - can have various causes, from viral to parasitic; these conditions put the therapist and other guests at risk

Acute medical conditions - such as recent injuries; treatments; or surgical procedures

Certain medications

Under the influence of alcohol or drugs

Skin conditions that could be made worse or could put the therapist at risk - such as burns, blisters, traumatic injuries that affect the superficial tissues; sunburn; unexplained rashes; poison ivy; bruises, sores, or open wounds

High risk conditions - such as severe osteoporosis; unstable blood clots; organ disease or failure; uncontrolled hypertension; uncontrolled diabetes

Cancer - may be a contraindication; medical clearance from the oncologist is required before proceeding

Inform your therapist immediately if any of these or similar issues apply to you so we can discuss the best course of action.

Pre- and Post-Treatment Guidelines and Recommendations

- Make sure you are well-hydrated before your spa body treatment and be prepared to drink plenty of water after. Certain therapies are designed to help flush the body of toxins, and drinking water is an essential aid to the body in this detox process.

- Do not apply products to your skin prior to your treatment. Some lotions, oils, and creams affect the ability of body treatment products to absorb.

- We recommend that you wear, or bring a change of, loose fitting clothing. Now that you've worked so hard to relax, you don't want to squeeze back into tight clothing.

- Don't hesitate to check in with your therapist about any questions you have before, during, or after your treatment.

- Remember: When filling out intake forms, it is imperative that you be candid in revealing any condition that may have a bearing on these treatments. If you think you might have forgotten to include some pertinent information, inform your therapist immediately.