

## Hot Stone Massage Release Form

### **Hot Stone Massage Contraindications**

Hot stone massage is not suitable for everyone. There are risks associated with performing hot stone massage on individuals with the following conditions.

You must inform your massage therapist/practitioner if you have any of the following conditions which may make hot stone massage contraindicated or may require your therapist/practitioner to alter the massage.

- Pregnancy
- Blood clot(s)
- Diabetes
- Neuropathy
- Inflammatory skin conditions
- Autoimmune condition (MS, Lupus, RA, etc.)
- Open wounds or sores
- Peripheral vascular disease
- Hypotension or Hypertension
- Heat sensitivity
- Cancer (with or without treatment)
- Compromised immune system
- Varicose veins
- Edema or Lymphedema
- Under the influence of drugs or alcohol
- Cardiovascular disease

### **Client's Release**

I agree I have read the above and confirm I do not have any of the conditions listed.

Name:-

Signed:-