



Appendix 1 for Rules and Regulations of CHAIYO Massage Centre in Kraków

General characteristics of Thai massage

Thai massage is a therapeutic method that combines elements of passive yoga, deep acupressure and reflexology. Masseuse performing the massage may work not only with her hands but also wrists, forearms, elbows and feet, placing the body of her Client in selected yoga positions. Classical Thai massage covers all parts of the body and is a dry massage, although the masseuse may decide that a local application of a warming balm or oil is necessary.

CONTRAINDICATIONS FOR THAI MASSAGE

- pregnancy (*does not apply to relaxing facial and head treatment, which is safe during this period*)
- infectious skin diseases, rashes, open lesions, unhealed postoperative wounds
- diseases and conditions of the circulatory system:
 - cardiac failure
 - during the period of up to 6 months post cardiac arrest in conservative treatment
 - during the period of up to 9 months post coronary artery stent placement
 - during the period of up to 12 months post ischemic brain stroke
 - atrial fibrillation without antithrombotic treatment or in the first month after commencement of antithrombotic treatment
 - atherosclerosis of lower limbs
 - aortic aneurysm
 - deep vein thrombosis during treatment
 - stenosis of cervical arteries
 - mechanical heart valve or cardiac pacemaker
- during the period of up to 2 weeks post injuries like: sprains, serious contusions, muscle and tendon tears,
- during the period of up to 6 months post fractures
- brittle bones due to, e.g. neoplastic diseases or osteoporosis
- cases of acute inflammation and infectious diseases during treatment
- during the period of up to 6 months after traditional surgery, up to 3 months after cesarean section (after complete scar healing), up to 2 months after laparoscopic surgery
- directly post chemotherapy or radiotherapy and while going through them

In case of **neoplastic diseases**, advanced cases of **spinal hernia** and **spondylolisthesis**, the decision whether to participate in a Thai massage session **should be consulted with a doctor**.