

Ellen Extensions Service Contraindications & Limitations Manual

Please scroll down to have a look at your selected service before your appointment.

A contraindication is something that prevents you from receiving a treatment as it will probably make the condition worse; while a limitation is something that may limit the service results.

For your protection and the safety of our staff, please ensure you are aware of contraindications and possible limitations as listed below. Please note as well for some services which require consultation, we will also outline aftercare guidelines along with any contraindications and limitations associated with the service.

Some contraindications listed in the treatments may be waived if the client can produce a letter from their doctor to confirm the client is able to receive the treatment. If you are unsure about a contraindication or would like more information, please contact the therapist.

IMPORTANT: Please check you are not contraindicated to receive a treatment. The therapist **CANNOT** be held responsible if something goes wrong as it is assumed you have checked you do not suffer from any of the listed contraindications **PRIOR** to booking an appointment.

General Hair Service Limitations and Contraindications

Quite generally it's important to note if the client is suffering from any skin or scalp condition for sanitation reasons. You also want to pay attention to any allergies they may have to the treatment(s). A patch test is the best means for monitoring allergens to service products. For specific limitations and contraindications of specific hair service will be identified on consultation forms for example Brazilian, Japanese and Non-Chemical Straightening.

Hair Extensions limitations and precautions are taken with persons with thinning or balding hair concerns. In some instances hair extensions should definitely be avoided. Options available will be lace wig units for example.

For all Chemical treatments patch test should be conducted before treatment

In the case of our non-chemical colours patch test are also used and proper protection precautions for the client well-being.

During all treatments all precautions to protect the client's health and clothing are taken.

Facials

- Hypersensitive skins e.g. sunburn
- Extremely vascular skins – see instead skin rejuvenation
- Acne /Acute inflammation or swelling in the face
- Infectious skin condition eg. Cold sores
- Eczema or psoriasis
- Asthma or severe sinus disorder – asthma pump would need to be present
- Diabetic – must have a letter from a GP
- Cancer – must have a letter from a GP
- Heart conditions– must have a letter from a GP
- Recent facial inject able, acidic peels, operations or surgery – need consultants approval
- Medication & allergies must be disclosed
- Conjunctivitis

Acute conjunctivitis is typically caused by an allergy, virus, or bacteria. Typically, it is associated with a red eye and discharge. Its best to avoid beauty treatments as the client will be uncomfortable by the irritation of the condition and to avoid contamination.

Manicures, Pedicures & Nail Extensions

- Nail infection
- Skin disorders affecting the hands or feet
- Broken sore skin in treatment area
- Nail separation
- Severe eczema or psoriasis
- Severe bruising

Note: Broken bones in hands or feet can be treated; the massage will simply be cut from the treatment.

For nail extensions, this will depend on the severity of the break and the nail technician's expert opinion.

Massage, Wraps, Back Therapy Treatment, Massage & Facial Combinations (see also Facials) Touch Therapies

- Pregnancy during first 14 weeks and last 4 weeks
- Diabetic – must have a letter from a GP
- Cancer – must have a letter from a GP
- Asthma – asthma pump would need to be present
- Epilepsy - must have a letter from a GP
- Medication or antibiotics must be disclosed
- High & Low Blood Pressure - must have a letter from a GP
- Heart Conditions - must have a letter from a GP
- Phlebitis or Thrombosis - must have a letter from a GP
- Allergies must be disclosed

Aromatherapy massage (in addition):

- Pregnancy if unstable or at risk, particularly from weeks 10-12
- Allergies Client on medication
- If you are using any homeopathic remedies

Note: Varicose veins, bruises, cuts, painful areas or recent scar tissue in or on the feet. (Massage can still be carried out avoiding these areas).

Pregnancy massage:

- Any major placental disturbances such as placenta previa
- Threatened abortions or infections
- Skin rashes or open sore
- Inflammation
- Raised or distended varicose veins

- Heavy discharge (watery or bloody)
- Diabetes
- Contagious illnesses
- Fever
- Vomiting
- Unusual/undiagnosed pain
- Pre-eclampsia
- High blood pressure
- Abdominal pain
- Diarrhoea

Electrical Facial & Body Treatments; Gyrotory Massager, Laser Therapy, Microdermabrasion

- Extremely nervous clients
- Extremely depressed clients
- Pregnancy at any stage
- Severe circulatory disorders – must have a letter from a GP
- Heart disease/disorder – must have a letter from a GP
- Asthma – asthma pump would need to be present
- Epilepsy - must have a letter from a GP
- Diabetic – must have a letter from a GP
- Cancer – must have a letter from a GP
- Dysfunction of the nervous system - must have a letter from a GP
- Skin disorders - must have a letter from a GP
- Severe bruising - must have a letter from a GP
- Recent haemorrhage - must have a letter from a GP

- Loss of tactile skin sensation - must have a letter from a GP
- Recent operations, scarring - must have a letter from a GP
- Migraines/headaches - must have a letter from a GP
- Metal plates, pins, coil, pace maker, piercing etc
- Recent illness – fever
- Varicous Veins
- History of thrombosis/embolism
- Medication must be disclosed
- Broken skin or other impediments in immediate treatment area e.g. cuts, sores, warts, moles, swellings, lumps and bumps
- Recent facial inject able, acidic peels, operations or surgery – need consultants approval

In addition Laser Skin Resurfacing (Thermage) specific contraindications are:

- Implanted electric devices in the body, like pacemaker;
- Diabetes milletus;
- Suffers any tumors (both malignant and benign) since this procedure may provoke growth of a tumor;
- Suffers system diseases (like, lupus erythematosus);
- Suffers severe diseases of blood formation and cardiovascular systems;
- Pregnant;
- Suffers various skin diseases in the area potential for thermage exposition.

You may not have Fraxel Dual laser treatment if you:

- Are pregnant
- Have taken or use oral retinoids eg, Roacutane within last 6 months
- Have used topical skin products with Retinols in the last 2 weeks.
- Have had recent sun exposure or used sun beds within the last month.
- Are on Roaccutane or any other medication with photo-sensitive side effects.

- Have a history of Keloid scarring.

You may not have Laser Hair Removal treatment if you:

- Psoriasis
- Vitiligo
- History of keloids
- Bleeding disorders
- History of severe histamine reactions
- Medications – you will need a letter from your GP must be thoroughly evaluated
- Broken or infectious skin eg. chemical peels, laser resurfacing, and even sunburns
- Tattoos

Consumers seeking laser hair removal should let the operator know about all of their medications and medical conditions. Consumers should also seek an experienced and knowledgeable physician who will be able to use this information and use proper judgment to assess each situation individually.

Waxing

- Diabetic – must have a letter from a GP
- Skin disorders - must have a letter from a GP
- Severe bruising - must have a letter from a GP
- Loss of tactile skin sensation - must have a letter from a GP
- Circulatory problems such as, varicous veins
- Medication & allergies must be disclosed
- Broken skin or other impediments in immediate treatment area e.g. cuts, sores, warts, moles, swellings, lumps and bumps
- Hypersensitive skin
- Sunburnt or wind burnt skin

Note: Warts or hairy moles can be treated. They will simply be covered with a plaster during the treatment. Please also be aware, latex gloves are worn by the therapist for hygiene reasons during the treatment. If you suspect you may be allergic, please tell the therapist.

Spray Body Tanning/ Airbrush Body Art

- Pregnancy or breastfeeding
- Cuts or abrasions
- Skin disorders/ infections
- Dry skin, – tan will stick to it
- History of allergies or skin intolerance – would need to patch test
- Severe eczema

Contacting Ellen Extensions Hair & Beauty Salon

If you have any questions please contact the Ellen Extensions Hair & Beauty at:

bookings@ellenextensions.com or call our UK or Barbados Offices.