## Contra indications to Holistic therapies

A contraindication is a condition or factor that would be a reason to withhold a certain treatment due to the harm that it may cause the patient.

Contra indications in holistic therapy are any medical conditions, medical treatments, medication or other health concerns that holistic treatments may interfere with.

In most cases the treatments can be adapted and tailor made around a medical concern so the client can still receive and benefit from the holistic treatment.

In a few small cases holistic therapies are not suitable and may require a doctors consent form to allow the therapist to carry out the treatment, this is done confidentially at the therapists discretion who work on the advice on doctors and health workers and it will be the therapists final decision to carry out a consultation and discuss suitability of a treatment with the client.

Examples of contra indications where the holistic treatment can still be carried out but adapted for the clients comfort include:

* **Minor Cuts**
* **Light/medium bruising**
* **Non-infectious skin conditions such as eczema, psoriasis, dandruff, acne.**
* **Mild/controlled epilepsy**

Examples of contra indications where the therapist may refuse to carry out the treatment until condition has improved or a doctor’s consent letter is provided include:

* **Cancer, undergoing chemotherapy or radiotherapy (depending on what holistic therapy client wants)**
* **Infectious skin conditions such as athletes foot, ring worm, cold sores.**
* **Severe bruising**
* **Severe open cuts that may or may not be bleeding**
* **Uncontrolled epilepsy**
* **Pregnancy (Depending on trimester and type of holistic therapy client wants)**
* **Head lice**
* **Painful cystic bacterial acne**

The list of contra indications is endless and if you have any questions or concerns the best advice is to contact myself and I can go through a quick consultation and discuss the options for therapies.

If you would like to contact myself please contact Archers Brook main reception and ask to be put through to Dee Gibbs Holistic Therapist. If I am unavailable at the time please leave contact details and I will contact you as soon as possible.