

RESTRICTIONS AND CONTRAINDICATIONS FOR PARTICIPATION IN BEAUTY CLUB FEET TO FACE

Beauty Club Feet to Face is an educational project.

The club, practices, lessons, assessments, recommendations, and guidance are provided for educational and informational purposes only. They are not medical services, medical diagnosis, treatment, rehabilitation, or a substitute for consultation with a qualified healthcare professional.

Beauty Club Feet to Face does not interpret medical diagnoses, ultrasound results, blood tests, MRI, CT scans, or other medical examinations. We do not make decisions on behalf of your doctor regarding whether specific practices are suitable for your individual health condition.

If you have chronic health conditions, physical limitations, pain, recent surgery, tumors, cysts, fibroids, stones, pregnancy, neurological symptoms, or any other condition that may affect the safety of your participation, please consult your doctor before starting any practices.

Only your healthcare provider, who knows your individual medical history, can determine which types of physical activity, massage techniques, breathing practices, abdominal work, spinal work, pelvic work, or self-correction practices are appropriate for you.

1. TEMPORARY RESTRICTIONS: WHEN PRACTICES SHOULD BE POSTPONED

Participation in the club and any practices should be temporarily postponed until your condition has stabilized if you have:

- elevated body temperature
- acute respiratory illness
- acute infectious disease
- fever, including fever of unknown origin
- acute inflammatory processes
- bleeding or suspected bleeding
- acute pain of unknown origin
- severe general weakness or poor wellbeing
- a condition where physical activity worsens your symptoms
- acute phase after trauma
- early post-operative period
- exacerbation of a chronic disease
- contagious diseases of the skin, nails, or hair
- acute injuries of bones, joints, skull, or spine

You may return to the practices only after your condition has stabilized and, if necessary, after consulting your healthcare provider.

2. CONDITIONS THAT REQUIRE MEDICAL APPROVAL BEFORE PARTICIPATION

Some conditions may require individual restrictions. In these cases, participation is possible only after prior consultation with your doctor.

Depending on your condition, certain practices may need to be limited or excluded, including abdominal work, pelvic practices, spinal practices, breathing practices, twists, massage techniques, or deep tissue work.

Please consult your doctor in advance if you have:

- chronic cardiovascular conditions
- varicose veins, especially for specific practices
- thrombophlebitis outside the acute phase
- diabetes, especially if unstable
- spinal hernias, depending on the stage and severity
- protrusions or other spinal changes
- connective tissue dysplasia
- vascular disorders
- recovery after surgery
- recovery after trauma
- chronic inflammatory conditions outside the acute phase
- blood disorders

- severe osteoporosis
- brain or spinal cord disorders outside the acute phase
- significant postural compensations or body schema disturbances
- pregnancy
- chronic pain in the back, neck, pelvis, or joints
- neurological complaints outside the acute phase

In these cases, the permitted scope of practice should be determined by your healthcare provider, not by the club curator or specialist.

3. SERIOUS CONDITIONS REQUIRING SPECIFIC MEDICAL PERMISSION

Participation in Beauty Club Feet to Face is not allowed without direct medical permission and an individual safety assessment if you have or recently had:

- heart attack
- stroke
- acute coronary syndrome
- hypertensive crisis
- hypotensive crisis
- acute thrombosis
- aortic or cardiac aneurysm
- severe pulmonary heart failure
- severe circulatory insufficiency
- paroxysmal tachycardia
- atrial fibrillation
- organic heart disease
- neuroinfections
- acute or subacute inflammatory diseases of the brain, spinal cord, or their membranes
- spinal cord compression syndrome
- acute disorders of cerebral or spinal blood circulation
- osteomyelitis
- infectious lesions of the musculoskeletal system
- severe traumatic brain injury
- spinal injuries with poor compensation
- active oncological diseases and the first 3 years after treatment
- leukemia
- severe mental health disorders in an acute phase
- psychosis
- active schizophrenia
- states of significant psychological agitation or destabilization

If any of these conditions apply to you, please do not begin the practices without written or clear medical approval from your healthcare provider.

4. SPECIAL RESTRICTIONS FOR ABDOMINAL, PELVIC, SCAR, AND DEEP TISSUE PRACTICES

Practices involving the abdomen, abdominal cavity, pelvis, scar areas, or deep tissue techniques require special caution.

These practices should not be performed without prior medical approval if you have:

- gallstones
- kidney stones
- stones in the gallbladder
- fibroids, depending on their size and condition
- cysts, depending on their size and condition
- tumors or neoplasms
- adhesions after surgery
- scars after abdominal surgery
- abdominal pain of unknown origin
- suspected acute abdominal pathology
- reflux or significant gastrointestinal complaints
- significant urogenital complaints

- pregnancy
- early postnatal recovery

If you have gallstones or kidney stones, abdominal and visceral practices should not be performed without separate approval from your doctor.

If you have fibroids, cysts, tumors, post-operative changes, scars, or adhesions, the safety of abdominal, visceral, or massage practices must also be discussed with your doctor in advance.

During pregnancy, any pressure on the abdomen, deep abdominal work, practices involving strong tension of the abdominal wall, and intensive techniques are excluded unless specifically approved by your healthcare provider.

5. SPECIAL RESTRICTIONS DURING MENSTRUATION

During menstruation, some practices may need to be temporarily limited.

This especially applies to:

- deep abdominal techniques
- intensive pelvic work
- abdominal and visceral practices
- practices involving strong tension of the abdominal wall
- intensive work with the core

If you feel weaker than usual or experience discomfort, we recommend avoiding these practices:

- two days before menstruation
- during the active days of menstruation
- two days after menstruation

Please listen to your body and choose softer practices when needed.

6. PARTICIPANT RESPONSIBILITY

If you have a diagnosis, chronic condition, pain, physical limitations, recent surgery, pregnancy, or any other condition that may affect your ability to practice safely, Beauty Club Feet to Face does not decide which practices are medically safe for you.

The safe order of action is:

1. Carefully read the list of restrictions and contraindications.
2. If you have any doubts, consult your healthcare provider.
3. Ask whether soft exercises, breathing practices, abdominal work, twists, massage techniques, pelvic work, spinal work, scar work, or deep tissue techniques are suitable for you.
4. After that, decide whether to participate in the club and which practices are appropriate for you.

By participating in Beauty Club Feet to Face, you confirm that you take responsibility for your health condition, follow your doctor's recommendations, and stop any practice if you feel pain, dizziness, worsening symptoms, or discomfort.

7. WHEN TO STOP A PRACTICE IMMEDIATELY

Please stop the practice immediately if you experience:

- sharp or increasing pain
- dizziness
- nausea
- shortness of breath
- chest discomfort
- unusual weakness
- numbness or tingling
- visual disturbances
- increased bleeding
- sudden worsening of your condition
- any symptom that feels unusual or unsafe for you

If symptoms persist or concern you, please seek medical advice.