

Contraindications for Hot Stones Reflexology Massage

While hot stones reflexology is generally safe and gentle, there are certain situations where it should be avoided or modified:

1. Acute inflammation or injury

Avoid areas with swelling, sprains, or recent injuries.

2. Varicose veins or circulatory disorders

Do not apply direct heat over varicose veins or in cases of poor circulation, including deep vein thrombosis (DVT).

3. Diabetes with reduced sensation

Clients with neuropathy may not feel heat properly, increasing the risk of burns.

4. Skin conditions or open wounds

Avoid hot stones on areas with rashes, broken skin, infections, or recent scarring.

5. Pregnancy (especially first trimester)

Hot stone reflexology is generally not recommended in the first trimester without proper prenatal training.

6. Cardiovascular conditions

Use caution in clients with high blood pressure, heart disease, or pacemakers—consult their physician if unsure.

7. Autoimmune conditions

Conditions like lupus or multiple sclerosis may react poorly to heat. Assess case-by-case.

8. Cancer or recent chemotherapy/radiation

Always obtain clearance from the client's healthcare provider before offering any form of massage or heat therapy.

9. Fever or active infection

Avoid any heat-based treatments while the client is fighting off an illness.

10. Recent surgery

Avoid applying heat near or on surgical sites until fully healed and cleared by a doctor.