



  
**WELLNESS**  
FOR CANCER

## REFERENCES:

- Refer to *Seated Prop Card* for positioning of client when seated.
- Refer to *Reclining Props Card* for positioning of client when reclined.
- Refer to *Blocks of Touch Card* for pressure – Level 2.
- Refer to *CIPN Card* for hand massage for neuropathy.
- Refer to *Reflexology Card* for client in active treatment or post treatment.
- Refer to “How to Videos” for hand and foot massage.

## GOVERNING GUIDELINES INCLUDE PRACTICING HYGIENE, PROTECTING CLIENT’S SKIN, WITH SPECIAL ATTENTION TO NAIL HYGIENE.

### SPA PROFESSIONAL GUIDELINES

- Always conduct a thorough client analysis and assessment. Check for contraindications, site and pressure restrictions. Take special notice of conditions, including: infections, risk of infection, open wounds, fissures, inflamed cuticles, or lifting of nails.
- Prepare your service area prior to client arrival, including your prop kit.
- Avoid temperature extremes, such as very hot or very cold products or tools.
- Always complete client tracking form.
- Protect the nails.
- Protect and moisturize the skin.
- Save nail lacquer for special occasions.
- Encourage diabetic client to routinely examine his/her feet and nails.
- Teach client proper home care to hydrate nails, hands, and feet.

### SANITATION GUIDELINES

- Always wash your hands before touching a client.
- Re-wash as necessary.
- Keep your own nails trimmed and clean.
- If client is in treatment, has open wounds, or is at risk of infection, you need to wear gloves.

- Once your hands are clean, do not touch anything other than client and clean tools and products.
- After service, dispose of all items except for metal tools.
- Clean your workstation after each client.

### HAND AND FOOT MASSAGE GUIDELINES

- If review is needed, refer to how to videos and massage cards provided.
- Reflexology is recommended default massage in most cases, refer to Reflexology card as needed.
- Refer to CIPN card for neuropathy.
- No friction, wringing skin, or deep tissue massage.
- Always massage toward the heart- not out to fingers or toes.

### CONTRAINDICATIONS

In reality, a manicure and pedicure is a contraindication if the client is actively going through chemo. Clients are going to come in. So you can still give them a nice treatment but stay away from cuticles, open wounds, sores, and GLOVE UP. The reason it is a contraindication is due to the high risk of infection.

If you are not a clean Manicurist – in this case it is better to reschedule the appointment!

- DO NOT WORK ON CUTICLE while client is in chemotherapy – including trimming and pushing cuticle back.
- Additional Contraindications: Client has Infection, Hand Foot Syndrome, Low Blood Counts, Edema.
- Site Restrictions: Lymphedema, Open Sores.
- If cuts or cracks in the skin are present, wear gloves and use sensitive skin products.
- Avoid Harsh Ingredients: Glycolics, Harsh Scrubs, Retinal, Drying Agents.
- Do not massage a client in active treatment for lymphedema unless you are trained in MLD/CDT or have instructions from client's MLD/CDT therapist.