

## Specific Wellness Far-infrared Sauna Agreement & Waiver Sauna

Name: \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Phone: (Home): \_\_\_\_\_

(Cell): \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Number: \_\_\_\_\_

Questions:

1. **Do you smoke? Yes \_\_\_ No \_\_\_** Sorry, smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients.

2. **Are you pregnant? Yes \_\_\_ No \_\_\_** Pregnant women should not use the sauna because fetal damage can occur with a certain elevated body temperature.

3. **Are you taking medications? Yes \_\_\_ No \_\_\_**

**If Yes, have you consulted with your Doctor or Pharmacist about using the Far infrared Sauna while taking your medications? Yes \_\_\_ No \_\_\_**

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

4. **Do you have Diabetes with Neuropathy, Parkinson's, MS or Lupus? Yes \_\_\_ No \_\_\_** Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

5. Cardiovascular Conditions:

a. **Do you have unstable Angina? Yes \_\_\_ No \_\_\_**

b. **Have you had a recent Heart Attack? Yes \_\_\_ No \_\_\_**

c. **Do you have Severe Arterial Disease or any other cardiovascular conditions/problems? Yes \_\_\_ No \_\_\_**

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

4. **Do you sweat? Yes \_\_\_ No \_\_\_** An individual that has insensitivity to heat should not use the sauna.

5. **Do you have any implants? Yes \_\_\_ No \_\_\_** Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be

adversely affected by the usage of an Infrared Sauna. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

**6. Do you have a recent joint injury? Yes \_\_\_ No \_\_\_** If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

**7. Are you 18 years old? Yes \_\_\_ No \_\_\_** The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna. Anyone under 18 must be accompanied by an adult.

Additional factors to consider before using our Far-infrared Sauna

8. Menstruation: Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid sauna use during that time of the month.

9. Alcohol: Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

10. Hemophiliacs/Individuals Prone to Bleeding: The use of Infrared should be avoided by anyone who is predisposed to bleeding.

11. Fever: An individual that has a fever should not use the sauna.

12. Pacemaker / Defibrillator The magnets used to assemble our units can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

It is always important to maintain proper hydration levels during Far infrared therapy. Dehydration will actually increase carbohydrate utilization and cause less fat to be burned for energy. It is recommend drinking a minimum of 8 oz. water prior to entering the sauna and a minimum 8 oz. of water after sauna use. In the event that any dizziness, light-headedness, pain or discomfort is experienced, immediately discontinue sauna use.

## **FAR-INFRARED SAUNA AGREEMENT**

1. Smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients.
2. The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
3. Please consult your physician if you are in doubt of your ability to use the Far-infrared Sauna for health reasons.
4. No clients under the age of 18 are permitted in the Far-infrared Sauna unless accompanied by a supervising adult.
5. Please discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
6. Sauna sessions should be limited to a maximum of 50 minutes and temperatures must stay below 150° F.
7. It is advisable to drink plenty of water before and after sauna session. It is advised not to eat at least one to two hours prior to your sauna session to avoid any ill feelings.
8. Clients using any medications must consult a physician or pharmacist prior to the use of the sauna.
9. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.
10. Do not use any chemicals or lotions prior to your sauna session. These items may block pores and affect perspiration as well as stain the wood of the sauna.

I acknowledge and accept the risks inherent in the use of the Far-infrared Sauna. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the Far-infrared Sauna. I and any of my heirs, executors, representatives or assigns hereby release from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises, during the use of the far-infrared Sauna and from any advice provided by an employee, independent contractor or any representative. I agree that this Application and Waiver is in effect for all Far infrared Sauna sessions and will not expire unless requested by either party and understand it is my personal responsibility to consult with my Doctor regarding my participation.

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Far-infrared Sauna use may or may not be appropriate for you. Please consult your health care provider for medical advice. The information provided is for general information purposes only and does not address individual circumstances or medical conditions. Do not attempt to self-treat any disease with a Far-infrared Sauna.