



**Agreement and Waiver**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

- 1) Are you pregnant? Yes \_\_\_\_\_ No \_\_\_\_\_ Nursing? Yes \_\_\_\_\_ No \_\_\_\_\_

***Pregnant or nursing women should contact their provider before proceeding with sauna treatment.***

- 2) Are you taking medications such as diuretics, beta blockers or antihistamines?

Yes \_\_\_\_\_ No \_\_\_\_\_

***Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitryptaline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke. If you are on these medications, we recommend you hold your daily dose until after sauna treatment.***

- 3) Do you have Diabetes with neuropathy, Parkinson's, Multiple sclerosis or Lupus?

Yes \_\_\_\_\_ No \_\_\_\_\_

***If so, consult with your provider before proceeding with treatment. These conditions can alter your body's response to heat.***

- 4) Do you have unstable angina? Yes \_\_\_\_\_ No \_\_\_\_\_

Have you had a recent heart attack? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have severe arterial disease? Yes \_\_\_\_\_ No \_\_\_\_\_

***If you answered yes to any of these questions, please consult your medical provider before use. Exposure to heat causes an increase in heart rate as well as blood flow, which may be problematic if there are physiologic abnormalities that limit this capacity.***

- 5) Do you sweat? Yes \_\_\_\_\_ No \_\_\_\_\_

***Those who don't sweat should use with caution to avoid and stop treatment if you feel at all lightheaded, nauseous or dizzy.***

- 6) Do you have any implants? Yes \_\_\_\_\_ No \_\_\_\_\_

***Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Silicone implants may be heated by the system, however melting temperature is 392 degrees F. You may still want to contact your surgeon if you have silicone implants of any kind.***

- 7) Do you have a recent joint injury or current infection? Yes \_\_\_\_\_ No \_\_\_\_\_

***If you answered yes, you should not use the sauna for 48 hours following injury. Sauna use is contraindicated if there are dental, joint or localized skin infections. Those with fever should not use the sauna.***

- 8) Are you 18 years old? Yes \_\_\_\_\_ No \_\_\_\_\_

***Minors must have parental consent and must be accompanied. Treatment times will also be shortened as core body temperature rises much more quickly in children.***

9) Have you recently used alcohol or recreational drugs? Yes \_\_\_\_\_ No \_\_\_\_\_

***Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. The use of alcohol, drugs or medications prior to a sauna session may lead to unconsciousness and therefore is prohibited.***

10) Do you have a pacemaker/defibrillator? Yes \_\_\_\_\_ No \_\_\_\_\_

***The magnets used to assemble our sauna can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your provider the possible risks this may cause.***

11) Are you menstruating? Yes \_\_\_\_\_ No \_\_\_\_\_

***Heating around the time of menstruation may increase menstrual flow.***

### **Infrared Sauna Agreement:**

- 1) During the treatment, we recommend minimal clothing such as a swim suit, or wrapping yourself in a towel. Please lay a towel on the seat as well.
- 2) Sauna sessions are limited to 45 minutes maximum heat exposure and an additional 30 min for changing and showering.
- 3) Please drink at least 8 oz of water prior to sauna use with an additional 8 oz following treatment. Water bottles are not allowed in the sauna. Please avoid eating 1-2 hours prior to sauna treatment to lessen the chance of nausea. Dehydration will also increase carbohydrate utilization and cause less fat to be burned for energy.
- 4) Discontinue sauna use if you feel light-headed, dizzy or heat-exhausted. If you feel ill or need assistance, please page us.
- 5) Do not use any chemicals or lotions on your skin prior to sauna treatment. Not only can they damage the sauna, they can also decrease the effectiveness of sauna therapy.
- 6) Please do not smoke within 2 hours of entering the sauna.
- 7) Stop treatment if you develop any pain of any sort.
- 8) Do not sleep in the sauna.

**I acknowledge and accept the risks inherent in the use of the infrared sauna. I voluntarily assume the risk of injury, accident or death which may arise from the use of the 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 or during the use of the infrared sauna. I agree that this application and waiver is in effect for all infrared sauna sessions and will not expire unless requested by either party and understand it is my personal responsibility to consult with my provider regarding my participation.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_