



## SAUNA INTAKE

Name: _____	Phone: _____
E-Mail Address: _____	
Physical Address: _____	Zip: _____
Date of Birth: _____ How did you hear about us? _____	
Emergency Contact: _____	Relation: _____ Phone: _____

Using far infrared saunas may put yourself at risk if you do not fully understand how to use the sauna. Far infrared saunas creating a cure for or treating any disease is neither implied nor should be inferred. It is not recommended to attempt to self-treat any disease with a far infrared sauna without direct supervision of a certified physician. No information we provide you with respect to infrared saunas is medical advice, and we disclaim all liability with respect to any belief that such information is medical advice. If any of the items listed below apply to you, be certain to consult with your physician before using a far infrared sauna. **Hydration is a requirement as your body will sweat during sauna use. Drinking water is recommended before and after sauna use. Caffeinated beverages are not recommended as they dehydrate the body. Sessions are limited to no more than 45 minutes. Discontinue the use of the sauna if you feel light-headed, dizzy, heat exhausted, or unwell. No one under the age of 18 is permitted in the infrared sauna alone.**

**Individuals with the following conditions should seek the advice of their personal physician before using the sauna:**

### **MEDICATIONS**

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's 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.

### **CARDIOVASCULAR CONDITIONS**

Individuals with cardiovascular conditions or problems (hypertension AND hypotension), 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.

### **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.

### **CHRONIC CONDITIONS / DISEASES ASSOCIATED WITH A REDUCED ABILITY TO SWEAT OR PERSPIRE**

Parkinson's disease, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with neuropathy are conditions that are associated with impaired sweating. Individuals with these conditions should exercise extreme caution when exposed to prolonged heat.

### **HEMOPHILIACS / INDIVIDUALS PRONE TO BLEEDING**

The use of Infrared should be avoided by anyone who is predisposed to bleeding.

### **FEVER, INSENSITIVITY TO HEAT**

An individual that has a fever or has an insensitivity to heat should not use the sauna.

### **PREGNANCY OR NURSING**

An individual that is pregnant or nursing should not use the sauna.



## SAUNA INTAKE

### JOINT INJURY

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 contraindicated in cases of enclosed infections be they dental, in joints, or in any other tissues.

### IMPLANTS

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.

### Agreement of Release and Waiver of Liability *(please read and sign)*

I understand that the sauna is provided for the basic purpose of relaxation, stress reduction, relief of muscular tension, and recovery from muscular tension. I further understand that Infrared Sauna should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment that I am aware of. I understand the service(s) I am receiving may be contraindicated for specific medical conditions and symptoms. I take responsibility for alerting the staff of any changes that occur with my health.

I understand that cancelled or missed appointments without 24-hour notice (medical emergencies excluded) may be charged in full for the price of missed session. I agree to use all sessions within the terms of the contract dates and understand that refunds are not given on unused portions of purchased packages.

I agree that I am participating in sessions offered by Serasana during which I will receive information and instruction. I am fully aware of the risks and hazards connected with the use of the Equipment, including the risk of physical injury or disability as the result of such injury, and I am voluntarily participating in said Equipment usage, and entering the above named premises to engage in such usage. I understand that it is my responsibility to consult with a physician prior to and regarding my participation. I represent and warrant that I am physically fit, and I have no medical condition which would prevent me from using the infrared sauna. In consideration of being permitted to participate, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participation.

I knowingly, voluntarily, and expressly waive any claim I may have against Serasana, its owners, teachers, therapists, or staff for injury or damages that I may sustain as a result of my participation. I, my heirs or legal representatives forever release, waive, discharge and covenant not to litigate Serasana, its owners or any of the other staff for any injury or death caused by their negligence or other acts.

**IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT** I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. I am at least eighteen (18) years of age and fully competent; I execute this Release freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. Furthermore, I agree that I will comply with all instructions on the use of infrared sauna devices and that I am using these services at my own risk. This CONSENT shall stand as long as I use the Equipment at the location now and in the future.

**Client signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**If under 17 years, signature of legal guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_