

**ROOTED IN WELLNESS LLC**

Date \_\_\_\_\_

Associate \_\_\_\_\_

**SAUNA INTAKE FORM AND WAIVER**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Best Contact Number: \_\_\_\_\_ Type of Number  Cell  Home  Work

Email \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Have you ever used an INFRARED sauna before?      Yes                              No

A Far Infrared (FIR) Sauna is generally a safe and effective way to promote relaxation and detoxification and can aid in improving immunity and increasing blood circulation, among other benefits. There are however some people and circumstances where it should not be used, or should be used with caution. Please answer each question below.

Contraindications:

Are you pregnant?                              Yes                              No                              NA

Do you have a fever, infection or injury?      Yes                              No

Have you recently had high blood, a heart attack or other cardiovascular problems?      Yes                              No

Do you have a history of dizziness, fainting spells, heat sensitivity, narcolepsy or seizures?      Yes      No

Do you suffer from any bleeding disorders?      Yes                              No

Do you have a pace maker or defibrillator?      Yes                              No

Do you have multiple sclerosis, central nervous system tumors or any condition associated with impaired sweating?      Yes                              No

**If you answered yes to any of these questions it is not recommended that you use an infrared sauna.**

A few things about your session:

1. Towels will be provided for you and use of them are mandatory (one while seated, and one under your feet).
2. Proper hydration is key to making your sauna experience an enjoyable one. Water is provided for you during your session, but it is also important for you to hydrate before, during and after your session!
3. If at any time you become light-headed, dizzy or heat exhausted, simply open the door. You will be showed how to turn down the temperature, and can also turn off the power button. Don't attempt to stand up right away.

