

HYDRO AIR WELLNESS LAB

SCANDINAVIAN ECLIPSE SAUNA LIABILITY WAIVER & INTAKE AGREEMENT

HydroAir Wellness Lab, LLC (d/b/a Hydro Air Wellness Lab)
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PLEASE CAREFULLY REVIEW THE BELOW SAUNA INFORMATION, BENEFITS, RISKS, SAFETY INSTRUCTIONS, AND LEGAL WAIVER PRIOR TO USE. THIS FORM IS MANDATORY FOR ALL CLIENTS, MEMBERS, AND GUESTS PRIOR TO SAUNA ACCESS.

WHAT IS THE SCANDINAVIAN ECLIPSE SAUNA?

The Scandinavian Eclipse Sauna by Northern Saunas is a high-temperature outdoor wooden cabin sauna designed for intense thermal exposure and relaxation. Utilizing high-capacity electric heating elements paired with specialized sauna stones, the sauna creates an ambient high-heat environment with optional steam generation. The thermal environment stimulates circulation, deep sweating, and systemic recovery.

IDEAL FOR & HEALTH BENEFITS

Regular thermal sauna sessions offer numerous physical and mental health benefits.

- **Cardiovascular Support:** Increases heart rate and vasodilation, promoting blood flow and cardiovascular efficiency similar to moderate aerobic exercise.
- **Muscle Recovery & Pain Relief:** Relieves muscular tension, soreness, joint stiffness, and arthritic discomfort following workouts or physical activity.
- **Detoxification & Skin Health:** Deep perspiration assists in clearing pores, cleansing skin, and supporting natural metabolic waste excretion.
- **Stress Reduction & Mental Clarity:** Promotes relaxation, reduces nervous system stress, improves mood, and supports sleep quality.
- **Metabolic & Immune Stimulation:** Elevated core body temperature stimulates metabolic response and strengthens immune function.

HEALTH RISKS & CONTRAINDICATIONS

While heat therapy provides significant benefits, high-temperature saunas involve inherent physiological risks.

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RISKS & POTENTIAL ADVERSE REACTIONS

Risks include, but are not limited to: heat exhaustion, hyperthermia, severe dehydration, lightheadedness, dizziness, fainting, sudden changes in blood pressure, elevated heart rate, difficulty breathing, thermal burns, or contact injuries.

MEDICAL PRECAUTIONS & PROVIDER APPROVAL

You must consult your physician prior to sauna use if you have or have experienced any of the following:

- Cardiovascular conditions (hypertension, coronary artery disease, heart failure, arrhythmias, or pacemakers)
- Low blood pressure (hypotension) or tendency to faint
- Respiratory diseases or reduced lung capacity
- Pregnancy or postpartum conditions
- Neurological disorders, epilepsy, or balance impairments
- Chronic kidney or liver disease
- Thermal sensitivities or skin conditions affected by heat

ABSOLUTE CONTRAINDICATIONS (DO NOT USE IF)

Do **NOT** use the sauna under any circumstances if you:

- Are under the influence of alcohol, drugs, or narcotics
- Suffer from an active fever, communicable infection, or acute illness
- Have open, bleeding, or uncontained wounds/lesions
- Have uncontrolled severe hypertension (BP $\geq$ 180/100 mmHg)
- Have experienced a recent heart attack, stroke, or major surgery within the last month

IMMEDIATE DISCONTINUATION

Immediately exit the sauna and notify staff if you experience dizziness, lightheadedness, confusion, nausea, chest pain, shortness of breath, heart palpitations, or severe discomfort.

SAFETY INSTRUCTIONS & FACILITY RULES

1. **Orientation Requirement:** Members must complete an initial orientation with a staff member prior to their first sauna session.

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2. **SUPERVISION REQUIREMENT (STRICT):** Hydro Air Wellness Lab and its staff do **NOT** provide direct supervision, monitoring, or standby surveillance while clients use equipment. **Members are strictly required to provide their own consenting adult supervision (e.g., a friend, family member, or partner on standby) during every sauna session.** Staff members will not supervise or monitor sauna usage unless explicitly requested in advance.
3. **Session Duration & Limits:** Maximum session length is **30 minutes per use.** Beginners are strongly advised to start at lower temperatures and shorter durations (10–15 minutes) to allow body acclimatization.
4. **Hydration:** Ensure thorough hydration prior to entering and immediately following your sauna session.
5. **Hygiene & Towel Use:** Always place a clean towel on the wooden bench surface where sitting. All clients must rinse off prior to equipment use.
6. **Jewelry & Apparel:** All metal jewelry (earrings, necklaces, rings, watches) must be removed prior to entry to avoid high-heat skin burns. Appropriate athletic wear or swimwear must be worn at all times.
7. **Steam & Heater Operation:** Use **ONLY** the provided distilled water and ladle to generate steam over the heater rocks. Pour **no more than one full ladle slowly over the rocks every 5 minutes.** Never pour oils, personal liquids, or excessive water directly onto the heating elements.
8. **Door & Controls:** Keep the sauna door fully closed during heating and use. When finished, ensure the unit control panel is powered off as instructed.

CONSENT, WAIVER OF LIABILITY, RELEASE, INDEMNIFICATION, AND HOLD HARMLESS AGREEMENT

In consideration for being permitted to access and use the Scandinavian Eclipse Sauna and related facilities at HydroAir Wellness Lab, LLC (d/b/a Hydro Air Wellness Lab, hereafter referred to as "HAWL"), I hereby agree to the following:

1. **RELEASE AND WAIVER:** I hereby **RELEASE, WAIVE, DISCHARGE, AND HOLD HARMLESS** HAWL, its owners, officers, directors, managers, employees, agents, contractors, and volunteers from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of or related to any loss, damage, illness, or physical injury—up to and including permanent disability or death—that may be sustained by me while using or present near the sauna equipment.

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2. **STRICT ACKNOWLEDGMENT OF UNSUPERVISED USE:** I explicitly acknowledge and agree that HAWL staff members do **NOT** provide direct supervision or health monitoring during sauna sessions. I confirm that I am solely responsible for providing my own consenting adult supervision while using the sauna facilities.
3. **ASSUMPTION OF RISK:** I am fully aware of the inherent thermal and physical risks connected with sauna usage, including core body temperature elevation, severe dehydration, fainting, and sudden cardiovascular stress. I voluntarily assume full responsibility for any and all risks of property damage, illness, bodily injury, or death resulting from my participation.
4. **INDEMNIFICATION:** I agree to **INDEMNIFY AND HOLD HARMLESS** HAWL and its representatives from any loss, liability, damage, or legal costs (including reasonable legal expenses) incurred due to my use of the sauna or presence on the premises.
5. **NO MEDICAL CLAIMS OR SERVICES:** I understand that sauna use is provided for general fitness and wellness purposes only and is not a medical treatment. HAWL personnel are not qualified medical professionals, and nothing stated by staff should be construed as medical advice or diagnosis.
6. **GOVERNING LAW:** This agreement shall be governed by and construed in accordance with the laws of the State of Arizona. If any portion of this waiver is held invalid, the remainder shall continue in full legal force.

CLIENT ACKNOWLEDGMENT & SIGNATURE

By signing below, I confirm that I am at least eighteen (18) years of age, fully competent, have carefully read and understood this document, and voluntarily agree to all of its terms.

Client Information	Details
Client Printed Name	Person
Client Signature	Person
Date	Date

(Required if Client is under 18 years of age)

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Parent / Legal Guardian Information	Details
Parent/Guardian Printed Name	Person
Parent/Guardian Signature	Person
Date	Date