

Printed Name: \_\_\_\_\_

## Infrared Sauna Use Contraindications and Waiver

The use of infrared saunas may have many health benefits; however, it is important that you fully understand how to use the sauna and gradually introduce your body to the infrared sauna therapy to produce the best results. In all situations, **hydration is a requirement for sauna use**. Drinking filtered water or even advanced electrolyte replacement water is recommended before and after sauna use.

Self-treatment of any disease with an infrared sauna is not recommended without direct supervision of a certified physician.

**If anything listed below applies to you, please consult your physician before using an infrared sauna.**

### MEDICATIONS \_\_\_\_\_ Initial

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 infrared waves or elevated body temperatures. Some medications including diuretics, barbiturates, and beta-blockers and others 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 \_\_\_\_\_ Initial

Individuals with cardiovascular conditions or problems (hypertension/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 and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory systems. If using a pacemaker or defibrillator, please discuss risks involved with your physician.

### ALCOHOL \_\_\_\_\_ Initial

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore it might not be realized when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat in the infrared sauna.

### CHRONIC CONDITIONS \_\_\_\_\_ Initial

Various chronic conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are associated with impaired sweating. Please consult a physician before use if you have a chronic condition.

### JOINT INJURY / ENCLOSED INFECTIONS \_\_\_\_\_ Initial

If you have a recent joint injury, it should not be heated for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating maybe contraindicated in cases of infections.

**IMPLANTS \_\_\_\_\_ Initial** Please consult your physician if you have metal pins, rods, artificial joints, silicone prostheses or any other surgical implants.

**\*\* DO NOT USE the infrared sauna if you are Pregnant or have Hemophilia, Fever, or Heat Insensitivity.**

**\*\* In the rare event that you experience dizziness, pain and/or discomfort, immediately discontinue sauna use.**

### WAIVER AND RELEASE OF LIABILITY:

It is not advisable to use an infrared sauna under certain medical conditions and it is recommended that you consult a physician before first use or if questions/concerns arise. It is solely your responsibility to monitor your body/reactions and determine if it is appropriate to use the infrared sauna. You alone are responsible for your safety and well-being. I have read the above statements and understand the use of an infrared sauna may involve a physical and/or mental risk. By signing below, I assume the risk and responsibility for any and all injuries or damages arising from use of the infrared sauna and hereby waive and release Z-va Day Spa LLC and their staff of any and all liability.

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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