

## Far Infrared Sauna Intake & Waiver

Far Infrared (FIR) Sauna Therapy is an outstanding treatment modality and relaxation therapy for many people. There are, however, some people who should not use FIR sauna at all and others who should use it with caution. The following check list helps you identify any considerations specific to you and requests that you acknowledge and accept the risks inherent in the use of the Far-infrared Sauna.

**Full Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **How Did You Hear About Us:** \_\_\_\_\_ **Are You Interested in Other Services?** \_\_\_\_\_

**Have You Used Far Infrared Sauna Before?**  Yes  No

**Which of the many benefits of Infrared Sauna interest you the most?**

- |   |                                       |   |  |
|---|---------------------------------------|---|--|
| <input type="checkbox"/> Detoxification | <input type="checkbox"/> Pain Relief  | <input type="checkbox"/> Weight Loss        | <input type="checkbox"/> Lowering Blood Pressure |
| <input type="checkbox"/> Lyme Disease   | <input type="checkbox"/> Heart Health | <input type="checkbox"/> Circulatory Issues | <input type="checkbox"/> Skin (Acne, Eczema)     |
| <input type="checkbox"/> Psoriasis      | <input type="checkbox"/> Sleep Health | <input type="checkbox"/> Fitness/Training   | Other _____                                      |

**Contraindications:** For your safety, please note, if you answer YES to any of the following listed conditions, you must obtain a release from you physician before utilizing the Far Infrared Sauna. Please indicate if any of the following apply to you:

- |   |  |
|---|--|
| 1. Do you currently have a fever or infection?                                      | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Any recent surgery or injury?  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. History of heart attack or other cardiovascular problem?                         | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. History of dizziness, fainting spells, heat sensitivity, narcolepsy or seizures? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Do you suffer from any bleeding disorders?                                       | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Do you have a pacemaker or defibrillator?  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 7. Are you pregnant or breastfeeding?   | <input type="checkbox"/> Yes <input type="checkbox"/> No |

**Cautions:** For your safety, please note, if you answer YES to any of the following listed condition, we may set your temperature to a lower setting for your first session.

- |  |   |
|--|---|
| 1. Are you currently taking any diuretics, barbiturates beta-blockers, or anti-histamines? | <input type="checkbox"/> Yes <input type="checkbox"/> No                              |
| 2. Are you over the age of 65?   | <input type="checkbox"/> Yes <input type="checkbox"/> No                              |
| 3. Are you currently experiencing a heavy menstrual period?                                | <input type="checkbox"/> N/A <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Do you have any metal pins, rods, artificial joints, or surgical implants?              | <input type="checkbox"/> Yes <input type="checkbox"/> No                              |
| 5. Do you have a hard time breaking a sweat?   | <input type="checkbox"/> Yes <input type="checkbox"/> No                              |
| 6. Do you have high blood pressure?  | <input type="checkbox"/> Yes <input type="checkbox"/> No                              |

**I agree that I am at least 18 years old, that I will not remain in the sauna past my session time, and that I will not temper with the temperature controller and/or settings of the sauna.**

I acknowledge and accept the risks inherent in the use of the Far-infrared Sauna. I voluntarily assume the risk of injury, accident or worse, which may arise from the use of the Far-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, during the use of the Far- infrared Sauna and from any advice provided by an employee, independent contractor or any representative. I agree that I have reviewed the "Advisements and Contraindications" provided to me by The Health Institute, LLC, and this Intake and Waiver is in effect for all Far-infrared Sauna sessions and will not expire unless requested by either party.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Full Name: \_\_\_\_\_

## Far Infrared Sauna Advisements & Contraindications

Any of the below described contraindications will require you to use discretion for your own wellbeing. Severe medical conditions or pregnancy will require a note of authorization from your doctor prior to the use of the Infrared Sauna.

**Medications** – Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline 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.

**Pregnancy/Breast Feeding** – Pregnant women should consult a physician before using an infrared sauna. A doctor's consent is required. If breast feeding, do not use the infrared sauna. A detoxification process could produce the expelled toxins into your breast milk.

**Menstruation** – Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

**Elderly** – The body must be able to activate its natural cooling processes in order to maintain core body temperature. As we mature, our bodies naturally lose this capability. Clients over the age of 65 will be permitted for infrared sauna use, however, at a lower temperature.

**Cardiovascular Conditions** – 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 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 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/Alcohol Abuse** – 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. Alcohol also increases the heart rate, which may be further increased by heat stress. Clients who appear intoxicated or inform us of alcohol consumption prior to use of the sauna will forfeit their scheduled appointment and no refund or credit will be issued.

**Chronic Conditions/Diseases Associated with Reduced Ability to Sweat or Perspire** – Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

**Hemophiliacs/Individuals Prone to Bleeding** – The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

**Fever** – An individual who has a fever should not use an infrared sauna until the fever subsides.

**Insensitivity to Heat** – An individual with insensitivity to heat should not use an infrared sauna.

**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 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.

**Implants** – Metal pins, rods, artificial joints or any other surgical implants (including breast) generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.

**Pacemakers/Defibrillators** – The magnets used to assemble infrared saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

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

Initials \_\_\_\_\_

END