



WELCOME TO FLOAT AND FLY WELLNESS STUDIO

Sauna Waiver

We at Float and Fly Wellness Studio want to ensure a comfortable and safe infrared sauna experience.

- No session will last longer than 45 minutes.
- No clients under the age of 16 are permitted in our Sunlighten® saunas unless accompanied by a supervising adult. All clients under the age of 18 must have a Guardian's Signature.

Please read and consent to the following safety requirements:

I am not under the influence of drugs or alcohol. (required)

I am not pregnant (required)

If I feel light-headed, dizzy or heat exhausted I will discontinue the use of the Sauna.(Required)

I have been advised to drink plenty of water before and after my sauna session. (Required)

I do not take any medications or I have consulted with my physician about my use of an infrared sauna. (Required)

I have no medical history of circulatory system problems or I have consulted with my physician about my use of an infrared sauna. (Required)

Signature _____ Date _____

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