

## INFRARED SAUNA SUIT DETOX

### Possible Medical Contraindications:

Pregnant/Breastfeeding	Chronic Conditions/Diseases associated with reduced ability to sweat or perspire:
Major Health Issues	Multiple Sclerosis, Central Nervous System
Cardiovascular Issues	Tumors.
Heart Disease	Hemophilia (individuals prone to bleeding)
High or low blood pressure	Fever or Insensitivity to heat
Obesity	Mensuration
Diabetes	Joint Injury (recent or acute)
If you are taking prescriptions drugs	Implants (Metal pins, rods, artificial or other surgically impound)
Alcohol/Drug abuse	Pacemakers/Defibrillators
Elderly + Children (inability to maintain proper core body temperature)	

Our Infrared Sauna Suit Detox is incredibly effective at removing toxins, improving circulation, and relaxing the muscles. It also promotes blood flow and boosts your mood. Think of all the amazing benefits of a traditional sauna, wrapped around you for 30-45 minutes. It essentially uses infrared rays to heat the body directly but in blanket form. You will sweat like you've never sweat before!

### HEALTH BENEFITS OF INFRARED SAUNA:

Burns 300-500 calories.

Flushes toxins and heavy metals out of the body.

Promotes the body's natural ability to fight infections, bacteria and viruses.

Increases metabolism and may help with weight loss.

Helps to clear skin of impurities. (Eczema, Psoriasis)

Promotes healing and skin regeneration.

Improves blood circulation and oxygenates tissues.

May help to relieve chronic fatigue.

Provides pain relief to those with back issues, arthritis, sore muscles and joints.

Promotes recovery after exercise.

## **PRE/POST CARE INSTRUCTIONS:**

Drink plenty of water before, after and for the next 72 hours.

Directly after your session, drink something with electrolytes.

If you can, fast for at least 2 hours prior and 1 hour post treatment.

Avoid alcohol and caffeinated drinks for at least 24 hours.

Please rest and REHYDRATE.

## **FREQUENTLY ASKED QUESTIONS**

### Are Sauna Suits Safe?

Any activity that raises your body temperature or leads to excessive sweating can cause illness/injury/side effects. Using a sauna suit without properly replacing lost fluids carries a risk of heat exhaustion. Symptoms include: Dizziness, Faintness, Fatigue, Headache, Heavy sweating, Low blood pressure upon standing, Muscle cramps, Nausea, Weak, rapid pulse.

If you experience these symptoms during your session, notify your esthetician immediately. We will stop the service and remove you from the blanket. We will allow your body cool down and give you water.

Once you're at home, If you experience any symptoms that seem unusual or extreme, please reach out to us or your doctor as soon as possible. \*Note, because you will be sweating- reasonable dehydration, fatigue and muscle aches are normal and expected. Please do everything you can to follow our post-care instructions.

### How often can I come in for a session?

It is safe to come in 3 times a week, 72 hours apart.

### Can I workout before or after my session to increase results?

You know your body best. As long as you stay hydrated and have the energy, it is safe to workout pre and post treatment.

### What do I wear / bring to my appointment?

Please wear a bathing suit or something you don't mind sweating in!

## CONSENT

I have read and understood the information provided above. I understand the possible medical contraindications for Infrared Sauna Suit Detox and agree that I do not have any contraindications (including allergies, medical conditions or medications). If I do, and still want to come in for the service, I have gotten approval from my doctor and will provide a note (that the company will keep on file) prior to my appointment. I understand this company has the right to refuse service to me, especially if they believe I am at risk of injury due to a medical contraindication listed above. I understand that this service is not intended to take the place of medical care and/or medications. I understand that I take full responsibility for my own health and well-being during this service, and do not hold the company liable if any injury was to occur (either during or after my session). I understand that this company is not a medical spa. I acknowledge that they are licensed in esthetics only, and do not claim to make any false or misleading medical statements, representation or promises. I understand that the service I am receiving and if I have any questions, concerns or issues, I will bring them up to my esthetician prior to my appointment.