



Contraindication for Far Infrared Sauna

Please read the following contraindications before you begin Far Infrared Sauna Therapy. If you have or think you have had any of the following conditions it is recommended that you consult your Primary Health Care Physician to obtain a release form in order to utilize the Far Infrared Sauna:

1. If a client is **pregnant** it is not advisable to use the Far Infrared Sauna.
2. If a client suffers from **high blood pressure** or **cardiac arrest**, it is not advisable to use the Far Infrared Sauna.
3. If a client has a history of **dizziness, fainting spells, narcolepsy**, or a history of **seizures**, it is not advisable to use the Far Infrared Sauna.

I, the undersigned client, understand the above statements. I must make all decisions relative to my well being and health. I further understand that 1-ON-1 FITNESS & SPA, LLC, **is not a medical facility** and **none** of its associates are attempting to portray themselves or conduct the activities of medical doctors and I release the Technician, Facility and Manufacturer from any adverse effects I may incur by the use of the Far Infrared Sauna.

X _____
Signature Date

Please Print:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

2815 DUKE STREET • ALEXANDRIA, VA 22314 (U.S.A.)
703/212-5802 (PHONE) • 703/212-35803 (FAX)
INFO@TRANZITIONME.COM
<http://www.tranzitionme.com>