

Infrared Sauna Waiver

Preparing:

- Please bring a small bag with shorts and a T-shirt or a bathing suit. Also bring a plastic or stainless BPA Free water bottle. We do have filtered water for your convenience.
- Please do not apply any lotions or oils on your skin prior to entering the sauna
- Towels will be provided for you to wipe off your sweat during your sauna session
- Towels will also be on the floor and bench inside the sauna. Please do not move the towels that are in place in the sauna.
- Your sauna session will be individually scheduled and private.
- Do not use the sauna if you have a fever. Consult your primary care provider for the treatment of your fever or any other medical conditions.

Using the Sauna:

- Relaxing music will be available to play in the sauna. If you would like to play your own music, you have the option to use the auxiliary plug- in for your phone.
- Please avoid contact with your skin on the wood surfaces. This helps to maintain sanitary conditions.
- We recommend taking a hot/warm shower or bath, drinking hot liquids, exercising, or brushing the skin with a skin brush before your sauna treatment to increase sweating.
- We recommend not eating anything at least one hour before your session.
- It is very important to stay well hydrated with electrolyte containing fluids before and after your sauna session. You can drink filtered water with added electrolytes. Staying well hydrated with water is key.
- Start slowly! Don't be concerned if you don't perspire during your first few sessions in the sauna. Often, it is necessary for our bodies to re-learn this important thermoregulatory function. You will still be releasing toxins in your stool and urine, even if you do not sweat.
- We recommend NEVER using sauna over 130 degrees Fahrenheit or exceeding 30 minutes. DO NOT preheat sauna to full temperature-enter sauna at 98 degrees Fahrenheit and stay in as the temperature increases.
- If you need more fresh air, open the sauna door.
- Perspiration usually begins within 10-15 minutes after stepping into the sauna.
- To avoid re-absorption of toxins, wipe off accumulation of sweat with hand towel provided and shower soon after sauna use.

Safety/Risks:

- Do not use the sauna if you are pregnant or nursing
- If you feel DIZZY, LIGHTHEADED, SLEEPY or just not well, exit the sauna immediately and notify staff!
- Children under 16 must be supervised at all times
- If you have severe adrenal suppression, lupus, advanced symptomatic heart disease, unstable angina, or multiple sclerosis, you need to discuss far infrared sauna therapy with your physician prior to use.
- If you have hemophilia, sauna therapy is contraindicated! Do not use sauna in conjunction with alcohol, drugs, or certain prescription medications that may cause unconsciousness. If you have any questions about your medications, please consult your primary care physician.

I, understand the benefits and potential risks of far infrared sauna therapy.

Relation to Patient (if signed by legal representative):

Signature: _____

Date: _____