

Infrared Sauna CONFIDENTIAL INTAKE FORM



Consent to our use our far infrared sauna treatment is conditional upon providing accurate answers to the following questions and signing this agreement. **If you have any health concerns, we highly recommend you consult a doctor prior to use.**

WELLNESS

CatoriWellness605.com

The use of infrared saunas may have many health benefits; however it is important that you fully understand how to use the sauna and gradually introduce your body to the infrared sauna therapy to produce the best results. In all situations, hydration is a requirement for sauna use. Drinking filtered water or even advanced electrolyte replacement water is recommended before and after sauna use. Self-treatment of any disease with an infrared sauna is not recommended without direct supervision of a certified physician.

If anything listed below applies to you, please consult your physician before using an infrared sauna. _____ **INITIAL**

// MEDICATIONS Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates and betablockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitryptiline 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.

// CHILDREN The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

// THE ELDERLY The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. **When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.**

// CARDIOVASCULAR CONDITIONS Individuals with cardiovascular conditions or problems (*hypertension / hypo tension*), 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.

// CHRONIC CONDITIONS / DISEASES ASSOCIATED WITH A REDUCED ABILITY TO SWEAT OR PERSPIRE Various chronic conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are associated with impaired sweating. **Consult a physician before use if you have a chronic condition.**

// 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.

// PREGNANCY Pregnant women should consult a physician before using an infrared sauna.

// MENSTRUATION Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

// 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, silicone prostheses or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.

// PACEMAKER / DEFIBRILLATOR The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

// WAIVER AND RELEASE OF LIABILITY

It is not advisable to use an infrared sauna under certain medical conditions and it is recommended that you consult a physician before first use or if questions/concerns arise. It is solely your responsibility to monitor your body/ reactions and determine if it is appropriate to use any far infrared sauna use. You alone are responsible for your safety and well-being.

I have read the above statements and understand the use of a far infrared sauna may involve a physical and/ or mental risk. By signing below, I assume the risk and responsibility for any and all injuries or damages arising from use of the infrared sauna and hereby waive and release Catori Wellness, LLC and their staff of any and all liability.

_____ **INITIAL**

I further understand that it is my responsibility to request, complete and update a new intake form on my future visits to *Catori Wellness, LLC* if I experience a change to my current health conditions listed/described above. I acknowledge and voluntarily assume the risk which may arise from using a far infrared sauna. I, and any of my heirs, executors, representatives, or assignees hereby release for the all claims or liabilities for personal injury or property loss or damages of any kind sustained while on the premises, during the use of the Catori Wellness far infrared sauna and from any advice provided by an employee, independent contractor or any representative. I agree that all pages of this Application/Form and Waiver is in effect for all Catori Wellness services and will not expire unless specifically requested by either party.

Signature _____

Date _____