## **ROOTED IN WELLNESS LLC**

stand up right away.

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☐ Associate\_

## SAUNA INTAKE FORM AND WAIVER

Name:	_Date of Birth:						
Address:	_City/Zip:						
Best Contact Number:	_Type of Number □ Cell □ Home □ Work						
Email							
Emergency Contact Name:	Phone:		Relation	ship:			
Have you ever used an INFRARED sauna before?	Ye	3	No				
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A Far Infrared (FIR) Sauna is generally a safe and	effective	way to prom	ote relaxation	and			
detoxification and can aid in improving immunity an	d increas	ing blood circ	culation, amor	ng other			
benefits. There are however some people and circu	ımstance	s where it sh	ould not be us	ed, or should			
be used with caution. Please answer each question	below.						
Contraindications:				ē.			
Are you pregnant?	Yes		No	NA			
Do you have a fever, infection or injury?	Yes		No				
Have you recently had high blood, a heart attack or other cardiovascular problems? Yes No							
Do you have a history of dizziness, fainting spells, heat sensitivity, narcolepsy or seizures? Yes No							
Do you suffer from any bleeding disorders?	Yes		No				
Do you have a pace maker or defibrillator?	Yes		No				
Do you have multiple sclerosis, central nervous system tumors or any condition associated with							
impaired sweating?	Yes		No				
If you answered yes to any of these questions i	t is not re	ecommende	d that you us	se an infrared			
sauna.							
A few things about your session:							
1.Towels will be provided for you and use of them	are mand	atory (one w	hile seated, a	nd one under			
your feet).							
2. Proper hydration is key to making your sauna ex							
you during your session, but it is also important for	you to hy	drate before	, during and a	ifter your			
session!							
3. If at any time you become light-headed, dizzy or	heat exh	austed, simp	ly open the d	oor. You will be			

showed how to turn down the temperature, and can also turn off the power button. Don't attempt to

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No one under the age of 18 is permitted to use the sauna unless accompanied by a supervising	
adult	
The use of drugs, medication or alcohol prior to or during sauna use may lead to dizziness or	
unconsciousness. Clients using any medication must consult a physician or pharmacist prior to use	-
Discontinue the use of sauna if you feel dizzy, light headed or heat exhausted.	
Sauna sessions are limited to 30 minutes	
The use of any electronic device in the sauna is at your own risk. Rooted in Wellness is not	
liable for any damage due to heat exposure	
l acknowledge and voluntarily assume the risk of injury, accident or death which may arise from the	
use of a far infrared sauna. I acknowledge that Root in Wellness LLC and its representatives cannot	
diagnose or provide medical advice.	
The information provided is for general information purposes only. Do not attempt to self-treat any	
disease with a Far-infrared Sauna.	
I agree the this waiver is in effect for all sauna sessions and will not expire unless requested by either	
party.	
Signature	
Date	
Parent/Guardian Signature for Minor Date	
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NOTES/PACKAGE INFO	