SAUNA “PIRTS” WAIVER FORM

* Alcohol, tobacco or drugs are not permitted in the sauna, nor prior use of sauna. The Sauna operators reserve the right to refuse admission to intoxicated persons.

* Any hanging jewelry should be removed before entering the sauna to prevent burning.
* Please disclose any allergies or medical conditions.
* All persons using the sauna do so at their own risk.

* All persons using the 'cold plunge' do so at their own risk. It is your own responsibility to ensure that you are capable of handling exposure to cold temperatures and varying conditions.

* Sauna etiquette must be adhered to at all times. This includes;
	+ Staying in the sauna for no longer than 20 min at a time (we recommend 5-15 min sessions)
	+ Gently pouring hot water onto the sauna stove; drizzle, don't dump water
	+ Only pouring the provided 'sauna water' on hot rocks and nothing else
* Please refrain from bringing your own essential oils and other products for the session as these cannot be used in our sauna. Essential oils that haven't been approved for in-sauna use may react to the heat and release toxins, ignite on the stove, or create slippery surfaces inside the sauna.

I acknowledge and accept the risks inherent in the use of the sauna “pirts”. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the sauna. I hereby release Liga Svikss from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises, during the use of the sauna and from any advice provided. I agree that this release in effect for all sauna sessions.

None of the information provided is intended to act as a substitute for medical advice， nor does involve the diagnosis， prognosis or prescription remedies for the treatment or prevention of any disease or ailment.

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Emergency Contact Name & Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby grant the {Name of Organization} permission to use my likeness in a photograph, video, or other digital media (“photo”) in any and all of its publications, including web-based publications, without payment or other consideration. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_