

Infrared Sauna Use Waiver and Release of Liability

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.

QUESTIONNAIRE

If anything listed below applies to you, please consult your doctor before using an infrared sauna.

1. Do you smoke? Yes / No

Smokers are not permitted in the sauna. The wood surface absorbs tobacco odour released from the pores of the body and will cause damage to the sauna. This may cause allergic reactions to other clients.

2. Are you taking medications? Yes / No

Individuals who are using prescription drugs should seek the advice of their doctor or a pharmacist for possible changes in the drug's effect when the body is exposed to infrared waves or elevated temperatures. Some medications including diuretics, barbiturates, and beta-blockers and others may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

3. Are you pregnant? Yes / No

Pregnant women should consult a doctor before using the sauna because foetal damage can occur with a certain elevated body temperature.

4. Cardiovascular Conditions:

- a. Do you have unstable Angina? Yes / No
- b. Have you had a recent heart attack? Yes / No
- c. Do you have uncontrolled high blood pressure? Yes / No
- d. Do you have a Pacemaker or defibrillator? Yes / No
- e. Do you have Severe Arterial Disease or any other cardiovascular conditions problems? Yes / No

Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood

pressure should exercise extreme 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 systems. If using a pacemaker or defibrillator, please discuss risks involved with your physician.

5. Do you have Diabetes with Neuropathy, Parkinson's, MS or Lupus? Yes / No

If yes, have you consulted with your doctor or pharmacist about using the far infrared Sauna? Yes / No

Various chronic conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumours, and Diabetes with Neuropathy are associated with impaired sweating. Please consult a doctor before use if you have a chronic condition.

6. Do you have a recent joint injury or wounds? Yes / No

*If you have a recent joint injury, it should not be heated for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating may be contraindicated in **cases of infections**.*

7. Do you have any implants (e.g. metal pin, rod, artificial joint or any other surgical implants)? Yes / No

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an Infrared Sauna.

*Certainly, the usage of an Infrared Sauna must be discontinued if you **experience pain near any such implants**.*

***Silicone** does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of an Infrared Sauna. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.*

8. Do you sweat? Yes / No

*An individual that has insensitivity to heat should **not** use the sauna.*

9. Are you under 18 years old?

Yes / No

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. Consult with the child's paediatrician before using the sauna. Anyone under 18 must be accompanied by an adult.

Additional factors to consider before using the sauna

Alcohol — *Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgement; therefore it might not be realized when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat in the infrared sauna.*

Menstruation — *Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid sauna use during that time of the month.*

Haemophiliacs / Individuals Prone To Bleeding — *The use of infrared should be avoided by anyone who is predisposed to bleeding.*

Fever — *An individual that has a fever should not use the sauna.*

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.*

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

I acknowledge and accept the risks inherent in the use of the far-infrared sauna. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the far-infrared sauna. I and any of my heirs, executors, representatives or assigns hereby release from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises, during the use of the far-infrared sauna and from any advice provided by Barbara Gropl, the owner of ToThePoint Massage.

My decision to enter into this agreement is made voluntarily, intelligently and with the full knowledge of its legal consequences.

I agree that this Application and Waiver is in effect for all far-infrared sauna sessions and will not expire unless requested by either party and understand it is my personal responsibility to consult with my doctor regarding my participation.

Client Name _____ **(please print)**

Signature _____ **Date** _____