

## 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 before and after sauna use.

Included in this packet is an excerpt from *Detoxify or Die* by Sherry A. Rogers, M.D. Please read through this information before using the sauna for the first time.

### QUESTIONNAIRE

Consent to use the far infrared Sauna is conditional upon provision of accurate answers to the following questions and signing the Far-infrared Sauna Agreement. 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.**

1. **Do you smoke?** Yes \_\_\_ No \_\_\_
  - *Smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will cause damage to the sauna and 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 personal physician 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 physician before using the sauna because fetal 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 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.*

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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 Tumors, and Diabetes with Neuropathy are associated with impaired sweating. Please consult a physician before use if you have a chronic condition.*

6. **Do you have a recent joint injury?** 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?** 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 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 Pediatrician before using the sauna. Anyone under 18 must be accompanied by an adult.*

**\*\* Depending on your answers above, you may be asked to provide a doctor's note before using the sauna for the first time.\*\***

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### 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.*

**Hemophiliacs / 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.*

**\*\* In the rare event that you experience dizziness, pain and/or discomfort, immediately discontinue sauna use.\*\***

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### Terms and Conditions:

- All appointments *must* be scheduled ahead of time, drop-ins are not allowed.
- For last-minute appointments, you must call/text at least 30 minutes prior to your desired appointment time to check availability.
- Add a companion to an existing appointment for \$3/session (Introductory pricing) - you may purchase a companion package or add a companion to an existing appointment as desired.
- A separate signed **Sauna Questionnaire and Waiver** is required before using the sauna for the first time.
- Smokers **may not** use the sauna as the smoke will damage the sauna wood and leave an unpleasant odor.
- A bathing suit **must** be worn in the sauna at all times.
- You *must* use a towel on the sauna seat and wipe down the seat and backrests with the provided cleaner when finished with your session.
- All used studio towels must be placed in the laundry hamper when finished.
- For any *missed sessions* (no-show, late cancellations), client will be charged a \$5 fee in addition to forfeiting the missed session. See Studio Cancellation Policy for more information.
- A *30-day termination* notice is required for all unlimited packages.
- **Expiration dates:** one session = 6 months — packages = 1 year — Unlimited = monthly

**I have read and agree to the terms and conditions.**

Initial here \_\_\_\_\_

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### AGREEMENT, WAIVER, AND RELEASE OF LIABILITY

1. Smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients.
2. The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
3. Please consult your physician if you are in doubt of your ability to use the Far-infrared Sauna for health reasons.
4. No clients under the age of 18 are permitted in the Far-infrared Sauna unless accompanied by a supervising adult.
5. Please discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
6. Sauna sessions should be limited to a maximum of 40 minutes and temperatures must stay below 140° F.
7. It is advisable to drink plenty of water before and after sauna session. Water bottles are not permitted in the sauna. It is advised not to eat at least one to two hours prior to your sauna session to avoid any ill feelings.
8. Clients using any medications must consult a physician or pharmacist prior to the use of the sauna.
9. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.
10. Do not use any chemicals or lotions prior to your sauna session. These items may block pores and affect perspiration as well as stain the wood of the sauna.

It is not advisable to use an infrared sauna under certain medical conditions and it is recommended that you consult a physician 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 an employee, independent contractor or any representative of Pilates Revolution. 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.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Infrared Sauna Use Waiver and Release of Liability

Emergency Contact: \_\_\_\_\_

Phone Number \_\_\_\_\_

*\*Pilates Revolution does not provide medical advice or treatment\**

*Please consult your health care provider for medical advice. The information provided is for general information purposes only and does not address individual circumstances or medical conditions. Do not attempt to self-treat any disease with a Far Infrared Sauna.*