



Tanya's Health and Wellbeing

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. Initially, your sauna session should be limited to 15-20 minutes and stay below 110-120F (43-46 C.) 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.

Consent to use the far infrared Sauna is conditional upon provision of accurate answers to the following questions and signing the infrared Sauna Agreement. Self-treatment of any disease with an infrared sauna is not recommended without direct supervision of a certified healthcare provider. If anything listed below applies to you, please consult your healthcare provider before using an infrared sauna. If you feel light-headed, dizzy or heat exhausted, please discontinue the use of the sauna. It is advised not to eat at least one to two hours prior to your sauna session. Do not use any chemicals or lotions prior to your sauna. These items may block pores and effect perspiration as well as stain the wood of the sauna.

QUESTIONNAIRE

Do you smoke? Yes No

Smokers are permitted in the sauna, but please be sure to keep your towel under you. The wood surface absorbs tobacco odour released from the pores of the body and may cause allergic reactions to other clients.

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.

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.

Cardiovascular Conditions:

- a. Do you have an 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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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 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 physician before use if you have a chronic condition.

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.

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 silicon or silicone prosthesis 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.

Do you sweat? Yes ☐ No ☒

If you are an individual that has insensitivity to heat, and find it very difficult or impossible to sweat, you should not use the sauna.

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 paediatrician before using the sauna. Anyone under 18 Must be accompanied by an adult.

I acknowledge and accept the risks inherent in the use of the infrared sauna. I voluntarily assume the risk of injury, accident, or death, which may arise from the use of the infrared sauna. I and any of my heirs, executor, 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 Infrared Sauna and from any advice provided by an employee, independent contractor, or any representative of. I agree that this application on waiver is in effect for all Infrared Sauna sessions and will not expire unless requested by either party.

Client Signature _____

Date

21/6/25

Staff Initials _____