

## Far Infrared Sauna

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone (home) \_\_\_\_\_ (work) \_\_\_\_\_  
(cell) \_\_\_\_\_ E-mail address \_\_\_\_\_  
Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Physician \_\_\_\_\_  
Referred by \_\_\_\_\_  
Reason for appointment \_\_\_\_\_

1. The use of drugs or alcohol prior to or during the sauna may lead to dizziness or unconsciousness.
2. Please contact and consult your physician if you are in doubt of your ability to use the far infrared sauna for health reasons.
3. No clients under the age of 18 are permitted in the Far Infrared sauna unless accompanied by a supervising adult.
4. Please discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
5. Sauna sessions should be limited to a maximum of 30 minutes and temperatures must stay below 150 degrees Fahrenheit.
6. It is advised to drink plenty of water before and after your sauna session. Water bottles are not permitted in the sauna.
7. It is advised to not eat at least one hour prior to your sauna session to avoid any ill feelings.
8. 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 the other clients.
9. Clients using any medications must consult a physician prior to the use of the sauna.
10. Pregnant women should consult their physician prior to the use of the. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.
11. Clients suffering from obesity or with a medical history of heart disease, low or high blood pressure, diabetes or circulatory system problems should consult a physician prior to using the sauna.
12. Do not use any chemicals or lotions prior to your sauna session. These items may block pores and effect perspiration as well as stain the wood of the sauna.

Recommended sessions are as follows:

Sessions 1&2-20 min 120F

Sessions 3&4-25 min 120F

Sessions 5&6-30 min 120F

Sessions 7&8-30 min 130F

Sessions 9&10-30 min 130F

Sessions above 10 should not exceed 30 minutes 135F

Lower values may achieve acceptable results.

I acknowledge and accept the risks inherent in the use of the Far-Infrared Sauna. I voluntarily assume the risk of injury, or accident, 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. I further understand that Teri Hart is **NOT A Medical Doctor** and is **NOT** attempting to portray, or conduct the activities of a Medical Doctor and I release her, the Facility and Manufacturer from any adverse effects I may incur by the use of the Far Infrared Sauna

I have carefully read the above safety instructions for using the Far Infrared Sauna. I fully understand them and fully agree to comply with instructions. This agreement is in effect for all Far Infrared Sauna sessions/treatments and will not expire unless requested by either party.

\_\_\_\_\_  
Client Signatures

\_\_\_\_\_  
Date