

## *Waterland Wellness*

### **FAR-INFRARED SAUNA USAGE AGREEMENT**

Far-Infrared saunas have been shown to assist in weight loss, pain management, skin purification, detoxification and stress reduction. They can also provide relief to patients suffering from arthritis, chronic fatigue syndrome, fibromyalgia, and certain skin conditions. Far-infrared sauna therapy surrounds the body and penetrates deeply into joint, muscles and tissues, speeding oxygen flow and increasing circulation.

**PLEASE CONSULT YOUR PHYSICIAN PRIOR TO FAR INFRARED SAUNA THERAPY FOR ANY MEDICAL REASONS, and including, but not limited to:**

1. Parkinson's , Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions associated with impaired sweating, and may cause your core body temperature to rise too fast.
2. The use of a Far-Infrared Sauna should be avoided by anyone who is predisposed to excessive bleeding or hemophilia
3. The use of recreational drugs, medications or alcohol prior to the sauna session may lead to dizziness or unconsciousness. Diuretics, barbiturates and beta blockers 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.
4. If you have a recent, (acute) joint injury, it should not be heated for the first 48 hours after the injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, far infrared sauna therapy is contraindicated.
5. Infections of any kind (including, but not limited to dental, joints, tissue) is strictly contraindicated.
6. Implants such as metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated. The usage of far infrared sauna must be discontinued if you experience pain near any such implants.
7. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses may be warmed by the infrared waves, so it is advised that you check with your surgeon and/or physician prior to far infrared sauna use.
8. If you're pregnant or think you may be pregnant, Far Infrared Sauna Therapy is contraindicated. Excessive body temperatures have a potential for causing fetal damage during the early stages of pregnancy.
9. Individuals with cardiovascular conditions or circulatory 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 (blood flow), in an effort to transfer internal body heat to the outside environment via the skin (perspiration and respiratory system). This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature. Please check with your physician prior to Far Infrared Sauna Therapy. The maximum time limit allowed in the sauna is 30 minutes and should be a gradual increase in time over a number of visits, starting with 15 minute sessions.
10. Individuals suffering from obesity, should consult a physician prior to Far Infrared Sauna Therapy.

11. If you had a heart attack within the past two years, have a pacemaker or if you have unstable angina or severe arterial disease, **you must supply a signed note from your physician** releasing you to use the far-infrared sauna.

**POLICIES FOR FAR INFRARED SAUNA THERAPY:**

1. No one under the age of 18 may use the Far Infrared Sauna.
2. Do not use any chemicals or lotions on your skin prior to your sauna session as they may block pores and adversely affect your perspiration.
3. Don't eat anything substantial within two hours of the start of your sauna session.
4. No alcoholic beverage consumption within 48 hours of the start of your sauna session.
5. Drink at least one 8 oz. glass of water before entering the far infrared sauna. Hydration is important, as the infrared therapy warms your tissues.
6. If you wear any metal jewelry, remove it before stepping inside. Although a far infrared sauna does not reach the high temperatures that characterize a traditional sauna, metal jewelry could become hot and cause a burn.
7. Please use the two provided clean towels inside the sauna (one to sit on and for personal use as you sweat). Please place them in the hamper when your session is over.
8. While the far infrared sauna is warming up, you could warm up too. Some stretches or other low-impact exercises will feel good, and working your muscles a bit will help your body adapt to the temperature inside your sauna. Stick with a gentle warm up and the sweat will start rolling off you quickly enough once your infrared sauna session begins.
9. Sauna sessions should never exceed 30 minutes and temperatures should never exceed 150 degrees Fahrenheit. It is advised to start with a 15 minute session at 120 degrees and work your way up to the maximum session. **IF YOU EVER FELL LIGHT-HEADED, DIZZY OR HEAT EXHAUSTED, PLEASE DISCONTINUE USE IMMEDIATELY.**

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 independent contractor or any representative of Waterland Wellness.

I have carefully read the above safety instructions for using the Far Infrared Sauna. I fully understand them and agree to comply with these instructions. This agreement is in effect for all Far-Infrared Sauna sessions and will not expire.

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_