



**bwellhealth**

# Infrared Sauna Release

## Waiver

“eat well, sleep well, live well ... bwell”

Name: _____	Phone: (____) _____
Address: _____	Cell: (____) _____
City _____ State _____ Zip _____	Work: (____) _____
Email (please print): _____	DOB (mm/dd/yy) ____/____/____
How did you hear about us? _____	
Emergency Contact: _____	Phone (____) _____

Please note the following listed conditions are considered contraindications for the use of Far Infrared Saunas. Please indicate if any of the following apply to you:

- |  |     |    |
|--|-----|----|
| 1. Do you have uncontrolled high blood pressure?                                     | Yes | No |
| 2. Do you suffer from Congestive Heart Failure?                                      | Yes | No |
| 3. Are you presently under the influence of alcohol or drugs?                        | Yes | No |
| 4. Do you suffer from a Central Nervous System Tumor or Diabetic Neuropathy?         | Yes | No |
| 6. Are you pregnant?   | Yes | No |
| 7. Do you have a fever?  | Yes | No |
| 8. Have you had a recent joint injury (past 48 hours) that is still hot and swollen? | Yes | No |
| 9. Do you have recent wounds from an operation or surgery?                           | Yes | No |
| 10. Do you have a Pacemaker or defibrillator?  | Yes | No |

**IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, YOU MUST GET A RELEASE FROM YOUR PHYSICIAN BEFORE USING INFRARED SAUNA.**

Please indicate if any of the following apply to you:

- |  |     |    |
|--|-----|----|
| 1. Are you currently taking diuretics, barbiturates, beta-blockers or anti-histamines? | Yes | No |
| 2. Are you under the age of 16 or over the age of 65?                                  | Yes | No |
| 3. Are you currently having a heavy menstrual period?                                  | Yes | No |
| 4. Do you have a metal pin, rod, artificial joint or any other surgical implants?      | Yes | No |
| 5. Do you have a hard time breaking a sweat?   | Yes | No |

**IF YOU ANSWERED YES TO ANY OF THE ABOVE, YOU NEED TO BE CAUTIOUS. PLEASE SLIGHTLY OPEN THE DOOR OF THE SAUNA TO ALLOW COOL AIR TO COME IN IF YOU ARE TOO HOT. WE WILL SET YOUR FIRST SESSION AT A LOWER TEMPERATURE.**

### DISCLAIMER / WAIVER

I, the undersigned, consent to the Infrared Sauna Treatment. I understand that these procedures are for the purpose of detoxification and are not intended to take place of medical care or medications. I clearly confirm that I do not have any contraindications to the Infrared Sauna Treatments. I understand that I can discontinue my treatments anytime. I understand that I take full responsibility for my own health and well-being. I agree to pay my account in full for every treatment.

I agree to disclose to bwellhealth, if my medical health history should happen to change during the time period of receiving Far-Infrared Sauna Treatments. I have read the above disclaimer (including cautions and contraindications for the use of Far-Infrared Sauna) and I agree that I am not currently suffering with any of the above mentioned contraindications.

I have read the recommendation sheet, I have been informed about the fees, I have had the opportunity to ask any questions about its content, and by signing below I agree to release bwellhealth and its members from any liability in connection with the use of the sauna. We do not release your name or email to any third party.

Step out of the infrared sauna immediately if you experience dizziness or are sleepy. In the rare event, you experience pain and / or discomfort, immediately discontinue sauna use.

Client Name \_\_\_\_\_ (please print)

Signature \_\_\_\_\_

Date \_\_\_\_\_

## **INFORMATION ON CONTRAINDICATIONS AND CAUTIONS**

### **Cardiovascular conditions**

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, 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. We discourage using the sauna if you have congestive heart failure or uncontrolled high blood pressure.

### **Alcohol / Alcohol Abuse**

Contrary to popular belief, it is not advisable to attempt to “Sweat Out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

### **Chronic Conditions / Diseases Associated With A Reduced Ability To Sweat Or Perspire**

Parkinson’s, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy can impair sweating.

### **Insensitivity to Heat**

An individual who has insensitivity to heat should not use the Infrared Sauna.

### **Pregnancy**

Pregnant women should not use the Sauna because fetal damage can occur with an elevated body temperature.

### **Fever**

An individual that has a fever should not use the Infrared Sauna.

### **Joint Injury**

If you have a recent joint injury, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections such as dental, in joints or in any other tissues.

### **Pacemaker / Defibrillator**

The magnets used to assemble the units of the sauna can interrupt the pacing and inhibit the output of pacemakers. If you have a pacemaker or defibrillator, you should not use this Sauna.

### **Medications**

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. During your session, slightly open the door of the sauna to allow cool air to come in if you are feeling too hot.

### **Children**

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.

### **The 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. During your session, slightly open the door of the sauna to allow cool air to come in if you are feeling too hot.

### **Menstruation**

Heating of the low back area of women during the menstruation may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief whereas others simply choose to avoid sauna use during that time of the month.

### **Implants**

Metal pins, rods, artificial joints or other surgical implants generally reflect Far infrared waves and thus are not heated by this system. The usage of the Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared waves. Since silicone melts at over 392°F, it should not be adversely affected by the usage of a Sauna. It is still advised that you check with your surgeon to be certain. I have read the contraindications that pertain to my health condition

## **USING THE FAR INFRARED SAUNA**

### **Before your first visit**

- Fill out the Registration Form
- Always consult with your physician before using any sauna
- Drink plenty of water, preferably mineral or spring water
- Do not apply any lotions to your body
- Arrive 10 minutes before your appointment to allow for the preparation of the sauna
- Bring a towel to sit on and to wipe your body dry

### **While in the sauna**

- We preset the time and temperature for your personal settings
- Wear bathing attire, shorts and a T-shirt, or just your underwear in the sauna
- Do not bring metal objects (cell phones, iPods, etc) into the sauna
- You may drink water while in the sauna
- It is better to sit, not lay down, on the bench
- Relax – read a magazine or meditate
- The sauna will turn itself off automatically
- If at any time you do not feel well (light-headed, dizzy), leave the sauna immediately. If the symptoms do not resolve themselves, seek medical attention

### **After you get out of the sauna**

- Wipe the sweat off with the premoisturized wipes, a facecloth or your towel
- Drink plenty of water, preferably mineral or spring water
- Shower when your get home to thoroughly rinse off the sweat
- Rest – your body burned calories by increasing your heart rate, cardiac output and metabolic rate