

Be Well Studios and Ki Points Massage Therapy  
Infrared Sauna Waiver

234 W. Main Street  
Waukesha, WI 53186

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.

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.

MEDICATIONS \_\_\_\_\_ Initial

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to infrared waves or elevated body 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.

CARDIOVASCULAR CONDITIONS \_\_\_\_\_ Initial

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.

ALCOHOL \_\_\_\_\_ Initial

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; 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.

CHRONIC CONDITIONS \_\_\_\_\_ Initial

Various chronic conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, Lupus, Diabetes with Neuropathy and other conditions are associated with impaired sweating. Please consult a physician before use if you have a chronic condition.

JOINT INJURY / ENCLOSED INFECTIONS \_\_\_\_\_ Initial

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 maybe contraindicated in cases of infections.

IMPLANTS \_\_\_\_\_ Initial

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.

I AM NOT PREGNANT \_\_\_\_\_ Initial

Fetal damage can occur with a certain elevated body temperature which may arise from sauna use.

I AM 18 YEARS OLD \_\_\_\_\_ Initial

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. If user is under 18 they

must be accompanied by an adult and facility reserves the right to require Pediatrician written approval before sauna use.

ELDERLY \_\_\_\_\_ Initial:

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. If you have concerns related to sauna use as it relates to your age please consult your medical Physician prior to use. Initial that you

**\*\*DO NOT USE the infrared sauna if you are Pregnant or have Hemophilia, Fever, or Heat Insensitivity. \*\***

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

#### WAIVER AND RELEASE OF LIABILITY:

It is not advisable to use an infrared sauna under certain medical conditions and it is recommended that you consult a physician before first 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 Sauna. You alone are responsible for your safety and well-being.

I acknowledge and accept the risks inherent in the use of the Sauna. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the 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 Sauna and from any advice provided by an employee, independent contractor or any representative of Sandpoint Physical Therapy, PC DBA Cornerstone Physical Therapy. I agree that this Application and Waiver is in effect for all Sauna sessions and will not expire unless requested by either party in writing and understand it is my personal responsibility to consult with my Doctor regarding my participation.

Signature \_\_\_\_\_ Date \_\_\_\_\_

EmergencyContact \_\_\_\_\_ Phone \_\_\_\_\_

-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 \$5/session.

- 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.

- Clothing 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. Please bring your own towels.

-For any missed sessions (no-show, late cancellations), client will forfeit the missed session.

\_\_\_\_\_ Initial

Infrared Sauna Use Waiver and Release of Liability