



## Full Spectrum Infrared Sauna - Intake and Release of Liability Form

PLEASE PRINT LEGIBLY. YOUR INFORMATION IS CONFIDENTIAL.

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ EMERGENCY CONTACT PHONE NUMBER: \_\_\_\_\_

### PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. Have you ever used an infrared sauna before? **YES NO**
2. Are you pregnant? **YES NO** How far along?
3. Are you taking any medications? **YES NO**
4. Diagnosed with any medical condition, such as Anhidrosis, that may limit or prevent your ability to sweat? **YES NO**
5. Do you have unstable angina? **YES NO**
6. Have you had a recent heart attack? **YES NO**
7. Do you have severe arterial disease? **YES NO**
8. Have you been diagnosed with any other medical condition? **YES NO** If "yes", please explain your condition:

If you answered "yes" to any of the above questions; have you consulted with your medical provider about using an Infrared Sauna?  
**YES NO**

It is always important to maintain proper hydration levels during far infrared therapy. Dehydration can increase carbohydrate utilization and cause less fat to be burned for energy. We highly recommend drinking a minimum of 4 oz. of water prior to entering the sauna and a minimum of 8 oz. of water after sauna use.

### INFRARED SAUNA AGREEMENT/ ACKNOWLEDGMENT

1. Clients must wipe off, rinse off, or shower after sauna use due to toxins on the skin that could cause a rash.
2. Please consult your physician if you are in doubt of your ability to use the far infrared for health reasons.
3. No one under the age of 18 is permitted in the far infrared sauna unless accompanied by a supervising adult.
4. Discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
5. Sauna sessions should be limited to no more than 60 minutes and temperatures must stay below 175 degrees Fahrenheit.
6. Plastic water bottles are not permitted in the sauna.
7. Clients using any medications must consult a physician or pharmacist prior to the use of the sauna.
8. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.
9. For safety reasons, there is a weight limit of no more than 300 lbs. per person in order to utilize sauna.



## Full Spectrum Infrared Sauna - Intake and Release of Liability Form

IFURTHERUNDERSTANDTHATITISMYRESPONSIBILITYTOREQUEST,COMPLETEANDUPDATEANEWINTAKEFORMONMYFUTUREVISITS TO ELITE WELLNESS IF I EXPERIENCE A CHANGE TO MY CURRENT HEALTH CONDITIONS LISTED/DESCRIBED ABOVE. I UNDERSTAND AND VOLUNTARILY ACCEPT THE RISKS ASSOCIATED WITH THE INFARED SAUNA OR THE USE OF ANY OF THE LOCATION'S FACILITIES. EXCEPT WHERE PROHIBITED BY LAW; I ACKNOWLEDGE AND VOLUNTARILY ASSUME THE RISK OF INJURY, ACCIDENT OR DEATH WHICH MAY ARISE FROM THE USE OF A FULL SPECTRUM INFRARED SAUNA, OR ANY OTHER PROGRAM, EVENT OR ACTIVITY. I AGREE ELITE WELLNESS, WILL NOT BE LIABLE FOR DEATH OR ANY INJURY INCLUDING, WITHOUT LIMITATION, PERSONAL, BODILY OR MENTAL INJURY, ECONOMIC LOSS OR ANY DAMAGE TO ME RESULTING FROM NEGLIGENCE, OTHER ACTS IN ELITE WELLNESS, ANYONE ACTING ON ELITE WELLNESS'S BEHALF, OR ANYONE USING THE SERVICES OF THE FACILITY OF ELITE WELLNESS, TO THE FULLEST EXTENT PERMITTED BY LAW. THIS AGREEMENT TOGETHER WITH ELITE WELLNESS PLAN RULES AND REGULATIONS, CONSTITUTE THE ENTIRE AGREEMENT BETWEEN YOU AND US AND CANNOT BE AMENDED, EXCEPT IN WRITING BY BOTH PARTIES. MYSELF AND/OR ANY OF MY HEIRS, EXECUTORS, REPRESENTATIVES, OR ASSIGNEES HEREBY RELEASE ELITE WELLNESS FROM ALL CLAIMS OR LIABILITIES FOR DEATH, PERSONAL INJURY OR PROPERTY LOSS OR DAMAGES OF ANY KIND SUSTAINED WHILE ON THE PREMISES, DURING THE USE OF THE FULL SPECTRUM INFRARED SAUNA AND /OR FROM ANY ADVICE OR SERVICES PROVIDED BY AN EMPLOYEE, INDEPENDENT CONTRACTOR OR ANY REPRESENTATIVE OF ELITE WELLNESS. I AGREE THAT THIS APPLICATION AND WAIVER IS IN EFFECT AND WILL NOT EXPIRE UNLESS SPECIFICALLY REQUESTED BY EITHER PARTY.

### CONTRADICT

- Medications: 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 temperature. Diuretics, barbiturates and beta- blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.
- 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. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.
- 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. When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.
- Cardiovascular Conditions: Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise 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 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.
- 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, he/she may not realize 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: Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.



## Full Spectrum Infrared Sauna - Intake and Release of Liability Form

- Hemophiliacs / Individuals Prone to Bleeding: The use of an infrared saunas should be avoided by anyone who is predisposed to bleeding.
- Fever: An individual who has a fever should not use an infrared sauna until the fever subsides.
- Insensitivity to Heat: An individual with insensitivity to heat should not use an infrared sauna.
- Pregnancy: Pregnant women should consult a physician before using an infrared sauna.
- Menstruation: Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- Joint Injury: If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the 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.
- Implants: Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.
- Pacemaker / Defibrillator: The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, to the fullest extent permitted by law.

Parent/Guardian If Minor: \_\_\_\_\_ Date: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_