



HEAL WELL  
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HEALWELLWITHJEN.COM

## FAR INFRARED SAUNA INTAKE & WAIVER

Far infrared (FIR) Sauna Therapy is an outstanding treatment modality and relaxation therapy for a great many people. There are, however, some people who should not use FIR sauna at all and others who should use it with caution. The following checklist helps you identify any considerations specific to you and requests you acknowledge and accept the risks inherent in the use of the Far Infrared Sauna.

**Full Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Emergency Phone:** \_\_\_\_\_

**How did you hear about us?** \_\_\_\_\_

**Have you used an Infrared Sauna before?**  YES  NO

### Contraindications

Are you **pregnant?**  YES  NO

Do you currently have a **fever, infection, or injury?**  YES  NO

Have you recently had a **high blood pressure, a heart attack, or other cardiovascular problem?**   
YES  NO

Do you have a history of **dizziness, fainting spells, heat sensitivity, narcolepsy, or seizures?**   
YES  NO

Do you suffer from any **bleeding disorders?**  YES  NO

**If you answered YES to any of these questions it is not recommended that you use the infrared sauna at this time. We suggest that you consult your Primary Health Care Physician to obtain a release form in order to utilize the Far Infrared Sauna.**

### Cautions

**Have you been diagnosed with any other medical condition?**  YES  NO

If yes, which condition? \_\_\_\_\_

**Have you consulted your doctor regarding your ability to use the Infrared Sauna?**  YES  NO

It is recommended that you talk with your doctor before using the infrared sauna.

**Are you on any medications?**  YES  NO

Have you consulted your doctor regarding your ability to use the Infrared Sauna?  YES  NO

It is recommended that you talk with your doctor before using the infrared sauna.

The use of drugs, medications, or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.

No one under the age of 18 is permitted in the infrared sauna unless accompanied by a supervising adult.

Older patients should consult their physician before using the infrared sauna.

**Discontinue use of the sauna if you feel light-headed, dizzy, or heat exhausted.**

### **Recommendations**

Sauna sessions should be limited to no more than 30 minutes and temperatures must stay below 150 degrees Fahrenheit.

It is always important to maintain proper hydration levels during far infrared therapy. Dehydration will actually 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. Water bottles are not permitted in the sauna.

Please consult your physician if you are in doubt regarding your ability to use the far infrared sauna for health reasons.

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 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 Infrared Sauna and from any advice provided by an employee, independent contractor or any representative. I agree that this Application and Waiver is in effect for all Infrared Sauna sessions and will not expire unless requested by either party.

Heal Well, and its representatives, does not provide medical advice or treatment. Far Infrared Sauna use may or may not be appropriate for you. Please consult your healthcare provider for medical advice. The information provided is for general information purposes only and does not address individual circumstances or medical conditions. Do not attempt to self-treat any disease with an Infrared Sauna.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Full Name: \_\_\_\_\_