## SAUNA CAUTIONS, CONTRAINDICATIONS AND CONSENT

Please read the IMPORTANT PREPARATION FOR AN INFRARED SAUNA sheet and these safety instructions and restrictions and follow carefully. A copy of an article entitled SAFETY OF INFRARED RADIANT ENERGY is in the white notebook in the sauna room for you to study.

The HEALTH MATE INFRARED SAUNA utilizes infrared heat. Infrared heat waves reach the body directly without having to heat the intervening air inside the sauna. With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in conventional saunas.

Infrared Thermal Systems does not imply nor infer a cure for or treatment of any disease. DO NOT attempt to self-treat any disease with this system without direct supervision of a physician.

**CONTRAINDICATIONS**

* If you have a disease, be certain to consult with a primary-care physician concerning it.
* If you are using any prescription drugs, check with your physician or pharmacist for any possible change in the drug’s effect due to any interaction with infrared energy.
* It is considered inadvisable by some authorities to raise the core temperature in someone with adrenal suppression and systemic lupus erythematosus or multiple sclerosis.
* If you have a recent (acute) 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(s) 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 be they dental, in joints or in any other tissues.
* If you are pregnant, or suspect you may be, discontinue your sauna use. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy.
* Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared rays and thus are not heated by this system, nevertheless you should consult your surgeon prior to use. If you experience any pain near such an implant, use must be discontinued. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses may be warmed by the rays. Since silicone melts at over 200 C it should not be adversely affected by the sauna. It is still advised that you check with your surgeon and possibly a representative from the product manufacturer.
* Heating of the low back area during a menstrual period may temporarily increase menstrual flow.
* Hemophiliacs and anyone predisposed to hemorrhage should avoid the sauna or any type of heating that would induce vasodilatation, which can potentate the tendency to bleed.
* Obviously, should any condition worsen with use of an Infrared treatment, the use of the system should be discontinued.
* People do not experience pain using Infrared Thermal Systems. If you do, the use of radiant heat is clearly inappropriate for you at that time.

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### CAUTIONS

* If in doubt as to the advisability of using the infrared sauna, consult with your physician.
* If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.
* The time and temperature have been pre-set. They must not be changed.
* Children, under the age of sixteen, are not allowed to use the sauna.
* The use of alcohol, drugs or medications prior to sauna may lead to unconsciousness and is prohibited.
* The sauna is not to be used longer than 30 minutes.
* Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to use.
* Persons using medications should consult a physician before using since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
* If it gets too hot, simply leave the window or door open until the air around you feels comfortable enough.
* As you perspire you will begin to dehydrate, drink plenty of water before, during and after you session.
* Wipe the perspiration off to keep your pores clean.
* Do not use creams or oils on your skin prior to your session; they can block pores and hinder perspiration.
* Do not eat anything as least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in the sauna with a full stomach
* After the sauna is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. When you feel comfortable enough, feel free to take a warm shower and finish it off with a cold shower to cool off completely.

### LIABILITY RELEASE FOR SAUNA

I have read and understand all the contraindications and cautions associated with the use of the INFRARED RADIANT SAUNA at Sojourns. Additionally I have been given access to the article SAFETY OF INFRARED RADIANT ENERGY that explains the safety issues and benefits associated with the sauna.

I hereby release Sojourns and any of its agents, employees or representatives from any and all liability associated with my present and future use of the INFRARED RADIANT SAUNA. This release is without limitation of any kind.

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###### Signature of Patient Date

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## If Under 18 years: Printed Name of Patient Signature of Parent or Guardian

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## SCHC Representative Signature Date

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**Printed name of Sojourns Representative**