



Full Spectrum Infrared Sauna Client Intake and Release of Liability Form

Sauna use is by appointment only. Please call or book online. Consent to use the infrared sauna is conditional upon provision of accurate answers to the following questions and signing this agreement.

Name: _____ DOB: _____ How did you hear about us: _____
Address: _____ City/State/Zip: _____
Home Phone: _____ Cell: _____ Email: _____
EMERGENCY CONTACT: _____ **Emergency Contact #:** _____
Reason/Goals for visit: _____

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 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 the above questions 2-8: have you consulted your medical provider about using an Infrared sauna? YES NO

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

FULL SPECTRUM INFRARED SAUNA AGREEMENT/ ACKNOWLEDGEMENT

1. The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
2. Please consult your physician if you are in doubt of your ability to use the sauna for any health reasons.
3. No one under the age of 18 is permitted to use the sauna.
4. Discontinue the use of the sauna if you feel lightheaded , dizzy or heat exhausted.
5. Sauna sessions should be limited to no more than 50 minutes and temperature must stay below 150 degrees Fahrenheit.
6. Water bottles are not permitted in the sauna.
7. Clients using any medications must consult a physician or pharmacist prior to using the sauna.
8. Pregnant women should consult their physician prior to sauna use. Excessive body temperatures have a potential to cause fetal damage during early stages of pregnancy.
9. For safety reasons, there is a weight limit of no more than 300lbs per person in order to utilize the sauna.

I FURTHER UNDERSTAND THAT IT IS MY RESPONSIBILITY TO REQUEST AND UPDATE A NEW INTAKE FORM ON MY FUTURE VISITS TO THE MEDICAL MASSAGE CLINIC IF I EXPERIENCE A CHANGE TO MY CURRENT HEALTH CONDITIONS LISTED/DESCRIBED ABOVE. I UNDERSTAND AND VOLUNTARY ACCEPT THE RISKS ASSOCIATED WITH THE INFRARED SAUNA. I ACKNOWLEDGE AND VOLUNTARY ASSUME THE RISK OF INJURY, ACCIDENT OR DEATH WHICH MAY ARISE FROM USE OF A FULL SPECTRUM INFRARED SAUNA. I AGREE MEDICAL MASSAGE CLINIC WILL NOT BE LIABLE FROM DEATH OR ANY OTHER INJURY, INCLUDING WITHOUT LIMITATION, PERSONAL, BODILY OR MENTAL INJURY, ECONOMIC

LOSS OR DAMAGE TO ME RESULTING FROM NEGLIGENCE, IN THE MEDICAL MASSAGE CLINIC, ANYONE ACTING ON MEDICAL MASSAGE CLINIC'S BEHALF, OR ANYONE USING THE FACILITY OF MEDICAL MASSAGE CLINIC, TO THE FULLEST PERMITTED BY LAW. BY SIGNING THIS AGREEMENT I HEREBY RELEASE MEDICAL MASSAGE CLINIC FROM ANY CLAIMS OR LIABILITIES FOR DEATH, PERSON INJURY, OR PROPERTY LOSS OR DAMAGE OF ANY KIND WHILE ON THE PREMISES, USING THE FULL SPECTRUM INFRARED SAUNA, AND FROM ANY SERVICES PROVIDED BY AN EMPLOYEE OR INDEPENDENT CONTRACTOR.

CONTRAINDICATIONS

- 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.
- 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. Welcome - Confidential Property of Massage Green International Franchise Corporation (MGIF) – Updated -05-03-14 © 2014, Massage Green International Franchise Corp.
- 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 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.
- Hemophiliacs / Individuals Prone To Bleeding: The use of 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: _____