

**Myofascial &
CranioSacral**
Therapies of Oklahoma

Infrared Sauna Release Form

1. The use of drugs or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
2. Please contact and consult your physician if you are in doubt of your ability to use the Sunlighten sauna for health reasons.
3. No clients under the age of 18 are permitted in the Sunlighten sauna unless accompanied by a supervising adult.
4. Please discontinue the use of the Sunlighten sauna if you feel lightheaded, dizzy or heat exhausted.
5. Sauna sessions should be limited to a maximum of 45 minutes.
6. It is advised to drink plenty of water before and after your sauna session.
7. Clients using any medications must consult a physician prior to the use of the Sunlighten sauna.
8. Pregnant women should not use the Sunlighten sauna.
9. Clients with a medical history of circulatory system problems should consult a physician prior to using Sunlighten sauna.
10. Do not use any chemicals or lotions prior to your sauna session. These items may block pores and effect perspiration as well as stain the wood of the sauna.

CONTRAINDICATIONS

Far infrared saunas creating a cure for or treating any disease is neither implied nor should be inferred. DO NOT attempt to self treat any disease with a far infrared sauna without direct supervision of a certified physician. If you have any health concerns, be certain to consult with your physician before using a far infrared sauna. In all situations, hydration is a requirement for sauna use. Drinking advanced electrolyte replacement water is also recommended before and after sauna use.

1. 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 Far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers 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.

2. 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. Consult with the child's Pediatrician before using the sauna.

3. 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.

4. CARDIOVASCULAR CONDITIONS

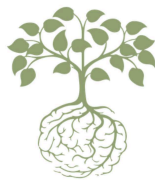
Individuals with cardiovascular conditions or problems (hypertension or, hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, 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.

5. ALCOHOL OR 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 they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

6. CHRONIC CONDITIONS I DISEASES ASSOCIATED WITH A REDUCED ABILITY TO SWEAT OR PERSPIRE

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.



7. HEMOPHILIACS OR INDIVIDUALS PRONE TO BLEEDING

The use of Infrared should be avoided by anyone who is predisposed to bleeding.

8. FEVER

An individual that has a fever should not use the Sunlighten Sauna or any other type of sauna.

9. INSENSITIVITY TO HEAT

An individual that has insensitivity to heat should not use the Sunlighten or any other type of sauna.

10. PREGNANCY

Pregnant women should consult a physician before using the Sunlighten or any other type of sauna because fetal damage can occur with a certain elevated body temperature.

11. MENSTRUATION

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid sauna use during that time of the month.

12. 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 hot and 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. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

13. IMPLANTS

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.

14. PACEMAKER OR DEFIBRILLATOR

The magnets used to assemble our units can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause. In the rare event, you experience pain and/or discomfort, immediately discontinue sauna use. I acknowledge and accept the risks inherent in the use of the Sunlighten sauna. I voluntarily assume the risk of injury, accident, or death which may arise from the use of the Sunlighten 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 Sunlighten sauna and from any advice provided by an employee, independent contractor or any representative. I further understand that the staff at Myofascial & CranioSacral Therapies of Oklahoma are NOT Medical Doctors and are NOT attempting to portray, or conduct the activities of a Medical Doctor and I release them, the Facility and Manufacturer from any adverse effects I may incur by the use of the Sunlighten sauna. I have carefully read the above safety instructions for using a Sunlighten sauna. I fully understand them and fully agree to comply with in-structions. This agreement is in effect for all Sunlighten sauna sessions/treatments and will not expire unless requested by either party. I have read and understand the contraindications for use of infra red sauna and acknowledge that none apply to me.

Client Name _____

Signature _____ **Date** _____