

Merkaba Center For Healing, LLC

Sauna Consent & Release Form

Name (First & Last): _____ DOB: _____

I Understand and agree to the following information.

- Infrared saunas work by using infrared heaters to convert light directly to heat. An infrared sauna uses soothing dry infrared heat that is well ventilated and extremely comfortable and relaxing.
- No clients under the age of 18 are permitted in the infrared Sauna without parental consent and unless accompanied by a supervising adult.
- You should prepare your skin for your session prior to your arrival. Skin should be free of deodorant, fragrances, oils, and lotions. Remove all make-up and jewelry.
- You should drink an adequate amount of water before, during and after infrared sauna treatment.
- If you are currently taking medications such as beta blockers, diuretics or barbiturates, which can affect your heart rate or interrupt your body's natural abilities to sweat, contact your physician prior to use of infrared sauna.
- If you have been diagnosed with, or suspect any of the following disorders/conditions, please contact your physician prior to use of infrared sauna as it may not be appropriate for you: Adrenal suppression and systematic lupus erythematosus or multiple sclerosis, recent (acute, within 48 hours) joint injury, chronically hot and swollen joints, enclosed infections (either dental, in-joints or any other tissue, breastfeeding, metal pins, rods, artificial joints or any other surgical implant due to the reflection of infrared rays by these articles, hemophiliacs and anyone predisposed to hemorrhage should avoid any type of heating that would induce vasodilatation, which can potentiate the tendency to bleed.
- Pregnant women are not permitted to use the infrared sauna.
- During your session we insist you sit on a towel. This is mandatory. You must also bring your own personal towel for all sauna sessions or understand you will be charged an additional \$1.00 towel rental. There are also bathrobes available for a \$2.00 rental.
- Following the session, clients are asked to shower off, rest for several minutes and rehydrate before getting dressed and leaving. CAUTION: be very gentle with stretching after you are done with the sauna. You can over stretch and injure yourself because your tissues have been heated up. If you want to stretch and use the stretch work out area it is advised to do it prior to the sauna session or wait 30 minutes after sauna for your body to return to normal temperature.
- If you feel light-headed, dizzy, or heat exhausted; leave the sauna immediately. Consult your primary care physician prior to using the sauna again if you have experienced light-headedness or dizziness. The windows also open for some fresh air, just be sure to close and lock them after use. Drink more water as your cooling down. Water is Purified.



- Sauna sessions should be limited to a MAXIMUM of 30 – 45 minutes at no higher than 150 degrees Fahrenheit. Starting temperatures for new clients will start at 130 degrees and will increase according to comfort level. Infrared is much different than traditional sauna.

I have read the list of attached contraindications and understand them and have also had an opportunity to ask any questions prior to my first sauna and chromotherapy session.

To my knowledge, I have no medical condition or contraindication which would preclude me from doing infrared sauna treatments. I understand that the infrared sauna is for the purpose of detoxification and is not intended to take place of medical care or medications. I understand that I take full responsibility for my own health and well-being. I acknowledge that the results of infrared sauna use do vary, and that no guarantees of specific results are offered or implied. Merkaba Center For Healing, LLC will not refund or credit any amount of money because of a client's unhappiness with their final results.

I will NOT hold Merkaba Center For Healing, LLC and all providers liable for anything involved in the use of the infrared sauna. Merkaba Center For Healing, LLC staff have explained this treatment to me and all of my questions, if any, were answered.

I have reviewed and completely understand all of the information at Merkaba Center For Healing, LLC regarding this treatment.

Signature: _____ Date: _____

IF THE CLIENT IS UNDER 18 YEARS OF AGE:

As Parent/Legal Guardian of the above listed Client, I acknowledge that I have read and understood the safety standards and warnings provided to me by Merkaba Center for Healing, LLC and thereby authorize the consumer named above to use the Sauna. I acknowledge that I have read and completely understand this consent form, and agree to the above waivers of liability, recommendations and terms. I attest that I have provided accurate age, identity and relationship verification.

Parent/guardian signature: _____ **Date:** _____

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.



Contraindication List

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. Saunas & 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.

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 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.

Alcohol /Alcohol Abuse

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.

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

Individuals should not use the sauna when they have a fever. Insensitivity to Heat An individual that has insensitivity to heat should not use a sauna.

____Patient Initials



Pregnancy

Pregnant women should consult a physician before using a sauna because fetal damage can occur with a certain elevated body temperature.

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 saunas use during that time of the month.

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.

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 Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

____**Patient Initials**

