



Ad Astra Wellness

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 check list 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 Name: _____ **And Phone:** _____

How Did You Hear About Us: _____

Have Your Used FIR 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 **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 far 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 far 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 far infrared sauna unless accompanied by a supervising adult.
- Older patients should consult their physician before using the infra red sauna
- Discontinue the 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.
- There are some conditions that may be adversely affected by the use of an Infrared Sauna. If you have any of the following conditions, please consult with your physician before use. Adrenal suppression, SLE (Systemic Lupus Erythematosus), Multiple Sclerosis, Hyperthyroidism, Hemophilia, acute joint injuries, enclosed infections (dental, joints, tissue), artificial joints, metal pins, or any other implants, or during menstrual cycle. Also, check with your physician or pharmacist for any possible effects that infrared radiation may have on how the drug interacts with the body. If, at any point during your session in the Infrared Sauna you stop sweating, your skin becomes clammy, you feel weak, tired or nauseous, LEAVE THE SAUNA IMMEDIATELY.

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 Far-infrared 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 Far- 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 Far-infrared Sauna sessions and will not expire unless requested by either party.

Ad Astra Wellness, and its representatives, including but not limited to Ad Astra Wellness, does not provide medical advice or treatment. Far-infrared Sauna use may or may not be appropriate for you. Please consult your health care 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 using a Far-infrared Sauna.

Signed: _____ Date: _____

Print Full Name: _____