



INFRARED SAUNA INTAKE & CONSENT FORM

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Cell Phone: _____ Email: _____

Home Phone: _____ Best time for a follow up call? _____ am/pm cell/home

Date of Birth: _____ Emergency contact (name/number): _____

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 severe 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 any of the above questions; have you consulted with your medical provider about using a far infrared Sauna? YES NO

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.

FULL SPECTRUM INFRARED SAUNA AGREEMENT/ ACKNOWLEDGMENT

The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness. Please consult your physician if you are in doubt of your ability to use the far infrared for health reasons. No one under the age of 18 is permitted in the far infrared sauna unless accompanied by a supervising adult. Discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted. Sauna sessions should be limited to no more than 45 minutes and temperatures must stay below 150 degrees Fahrenheit. Water bottles are not permitted in the sauna. Clients using any medications must consult a physician or pharmacist prior to the use of the sauna. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy. For safety reasons, there is a weight limit of no more than 300 lbs. per person in order to utilize sauna.

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 Integration Spa 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 thereof.

Guest please sign: _____ Therapist please sign: _____