

Sunlighten Saunas Release Form

Name _____ Date _____
Address _____
City _____ State _____ Zip _____
Birthdate _____ Age _____ Referred by _____
Email _____ Cellphone _____

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 16 are permitted in the Sunlighten sauna unless accompanied by a supervising adult.
4. Please discontinue the use of the Sunlighten sauna if you feel light-headed, 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 infrared sauna.
8. Pregnant women should not use the Sunlighten infrared sauna.
9. Clients with a medical history of circulatory system problems should consult a physician prior to using Sunlighten sauna.
10. Clients with a pacemaker or defibrillator must not use the Sunlighten sauna due to magnets used in the construction of the 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 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 advise provided by an employee, independent contractor or any representative.

I further understand that _____ is **NOT a Medical Doctor** and is **NOT** attempting to portray, or conduct the activities of a medical doctor and I release her/him, the Facility, The Lindsey Group, Valerie Lindsey, and the Manufacturer from any adverse effects I may incur by the use of the Sunlighten sauna.

Client or Parent Signature

Date

Contraindications. Please Read Carefully. Individuals with these circumstances should either use caution when using the infrared sauna, or they should avoid it completely. Please follow suggestions for each category which applies to you.

NOTE TO ALL: Don't be surprised if you feel a little unusual following your first couple of sessions. This would be the result of toxic build up being released and pushed out of the body. The more toxicity one has, then the more likely one is to feel unusual as with a little feverish. Through continued use this should subside as toxicity is diminished.

Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's 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, therefore caution against overheating should be employed. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

Children

The core body temperature of children rises much faster than adults. When using the sauna with a child, operate at a lower temperature and for no more than 15 minutes at a time. For these reasons, no one under 16 years of age will be allowed in our sauna suite without parental supervision.

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 process 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.

Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo-tension), congestive heart failure, impaired coronary circulation or those who are taking medication 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 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 light therapy should be avoided by anyone who is predisposed to bleeding.

Fever

An individual who has a fever should not use infrared light therapy until the fever subsides.

Insensitivity to Heat

An individual with insensitivity to heat should not use infrared light therapy.

Pregnancy

Pregnant women should consult a physician before using infrared light therapy.

Menstruation

Heating 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 the injury or until the swelling subsides. 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 infrared light therapy.

Pacemakers / Defibrillators

The magnets used to assemble our sauna can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.