



Santosha Yoga and Pilates Studio

Tel: 519-767-5554 • Email: Mhairi@SantoshaYogaandPilates.com
SantoshaYogaandPilates.com

The Arkell Schoolhouse, 843 Watson Road South, Arkell, Ontario, N0B 1C0



WAIVER

FOR USE OF SAUNARAY INFRARED SAUNA AT SANOTSHA YOGA AND PILATES STUDIO

Name _____ DOB(m/d/y) ___/___/___

Address _____

City _____ Prov. _____ Postal Code _____

Email (please print) _____

How did you hear about the studio? _____

Tel (____) _____ Other (____) _____

Emergency Contact _____ Tel (____) _____

Please note the following listed conditions are considered contraindications for the use of Far Infrared Saunas. Please indicate if any of the following apply to you:

1. Do you have uncontrolled high blood pressure? Yes No
2. Do you suffer from Congestive Heart Failure? Yes No
3. Are you presently intoxicated with increased consumption of alcohol? Yes No
4. Do you suffer from Parkinson's, Multiple Sclerosis? Yes No
5. Do you suffer from a Central Nervous System Tumor or Diabetic Neuropathy? Yes No
6. Are you pregnant? Yes No
7. Do you have a fever? Yes No
8. Have you had a recent joint injury (past 48 hours) that is still hot and swollen? Yes No
9. Do you have recent wounds from an operation or surgery? Yes No
10. Do you have a Pacemaker or defibrillator? Yes No

If you answered 'Yes' to any of the above questions, you must get a release from your physician before using infrared sauna.

Please indicate if any of the following apply to you:

1. Are you currently taking diuretics, barbiturates, beta-blockers or anti-histamines? Yes No
2. Are you under the age of 16 or over the age of 65? Yes No
3. Are you currently having a heavy menstrual period? Yes No
4. Do you have a metal pin, rod, artificial joint or any other surgical implants? Yes No
5. Do you have a hard time breaking a sweat? Yes No

If you answered 'Yes' to any of the above, you need to be cautious. If you are too hot, please slightly open the sauna door to allow cool air in. We will set your first session at a lower temperature.

DISCLAIMER/WAIVER

I, the undersigned, consent to the Infrared Sauna Treatment. I understand that these procedures are for the purpose of detoxification and are not intended to take place of medical care or medications. I clearly confirm that I do not have any contraindications to the Infrared Sauna Treatments. I understand that I can discontinue my treatments anytime. I understand that I take full responsibility for my own health and well-being. I agree to pay my account in full for every treatment.

I agree to disclose to Santosha Yoga and Pilates Studio if my medical health history should happen to change during the time period of receiving Far-Infrared Sauna Treatments.

I have read the above disclaimer (including cautions and contraindications for the use of Far-Infrared Sauna) and I agree that I am not currently suffering with any of the above mentioned contraindications. I have read the recommendation sheet, I have been informed about the fees, I have had the opportunity to ask any questions about its content, and by signing below I agree to release Santosha Yoga and Pilates Studio and its members from any liability in connection with the use of the sauna.

Step out of the infrared sauna immediately if you experience dizziness or are sleepy. In the rare event, you experience pain and / or discomfort, immediately discontinue sauna use.

We do not release your name or email to any third party.

Client Name (please print)

Signature

Date



Santosha Yoga and Pilates Studio

Tel: 519-767-5554 • Email: Mhairi@SantoshaYogaandPilates.com
SantoshaYogaandPilates.com

The Arkell Schoolhouse, 843 Watson Road South, Arkell, Ontario, N0B 1C0



INFORMATION ON CONTRAINDICATIONS AND CAUTIONS

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. We discourage using the sauna if you have congestive heart failure or uncontrolled high blood pressure.

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 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

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy can impair sweating.

INSENSITIVITY TO HEAT

An individual who has insensitivity to heat should not use the Infrared Sauna.

PREGNANCY

Pregnant women should not use the Sauna because fetal damage can occur with an elevated body temperature.

FEVER

An individual that has a fever should not use the Infrared Sauna.

JOINT INJURY

If you have a recent joint injury, it should not be heated for the first 48 hours 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 such as dental, in joints or in any other tissues.

PACEMAKER / DEFIBRILLATOR

The magnets used to assemble the units of the sauna can interrupt the pacing and inhibit the output of pacemakers. If you have a pacemaker or defibrillator, you should not use this Sauna.

MEDICATIONS

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. During your session, slightly open the door of the sauna to allow cool air to come in if you are feeling too hot.

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.

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. During your session, slightly open the door of the sauna to allow cool air to come in if you are feeling too hot.

MENSTRUATION

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

IMPLANTS

Metal pins, rods, artificial joints or other surgical implants generally reflect Far infrared waves and thus are not heated by this system. The usage of the Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared waves. Since silicone melts at over 392°F, it should not be adversely affected by the usage of a Sauna. It is still advised that you check with your surgeon to be certain.

I have read the contraindications that pertain to my health condition. _____

(Initial)