



Infrared Sauna Policy and Consent Form

CONTRAINDICATIONS

- **Medications:** Diuretics, barbiturates and beta blockers may impair the body's natural heat loss mechanisms. Amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke. Please discuss with your physician if you are a good candidate.
- **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 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. Sauna can be extremely beneficial for the cardiovascular system, but we ask that you limit the length of time in the sauna and to monitor symptoms if you have the above diagnoses.
- **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:** An individual who has a fever should not use an infrared sauna until the fever subsides.
- **Pregnancy:** Pregnant women should avoid using an infrared sauna.
- **Menstruation:** Heating of 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 an injury or until the swelling subsides. Joints that are chronically hot and swollen 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. Women with breast implants should avoid sauna use.

EVND's Infrared Sauna Policy/Cautions:

- It is advised not to have a full stomach to avoid any ill feelings. A good rule of thumb is to not eat for about an hour prior to your sauna session.
- Detoxification can be sudden for some people. These effects may include dizziness, nausea and fatigue. If you experience these please get out of the sauna to cool and hydrate. Most people do not experience these symptoms.

However, we suggest if you don't feel well during a session to do the following:

- Get out of the sauna, then drink more water
- Add more electrolytes to your water to drink before and during your next session
- Reduce your time the next time you use the sauna

- Extra hydration is important before, during, and after taking a sauna. Along with pure, fresh water, an electrolyte drink and/or mineral supplement are recommended. Supplement recommendations can be purchased at EVND if needed. Glass and open containers are not allowed in the sauna. We recommend steel insulated water bottles for use in the sauna.
- The use of illicit drugs or alcohol prior to or during the sauna may lead to dizziness or unconsciousness and is strictly prohibited.
- Sessions are 15-30 minutes. If at any point in your session you feel uncomfortable with the heat, you have complete control and should open the door to cool off. This experience should be calming, rejuvenating and wonderful!
- Elderly: The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. We recommend no more than 15 minutes at a time.
- Children:
 - No one under the age of 10 is permitted in the sauna unless prescribed by a Doctor, which will be limited to 15 minute sessions and at lower sauna temperatures with a parent or guardian in the sauna with them.
 - Parents/guardians must be present with minors, ages 11- 14 for 15 minutes at a time with lowered sauna temperature.
 - Minors ages 15-18yo can be allowed alone with a parental signed consent.

SWEATIQUETTE

- No use of oils of any kind are allowed in the saunas. Also, we are a fragrance-free clinic. Refrain from spraying any perfume while in your suite.
- In order to maintain your comfort and sanitation of our saunas, towels are provided for every session. One large towel must be used underneath you at all times.
- Place towels in the laundry bins as you exit your suite.
- Remove all footwear prior to entering the sauna.
- Do NOT pour water on the heaters. Infrared saunas are intended to provide dry heat therapy.
- We highly recommend showering soon after your sauna session, as you should remove the toxins from the surface of your skin. However, you will continue to sweat for about an hour. You will be provided with a cool, wet towel to wipe off excess sweat after your sauna.
- In an effort to maintain a peaceful, pleasant, and healthy environment for all our guests we respectfully request that all cell phones be turned off/to silent and conversations quieted before entering the suites. Use of electronics during a sauna may heat the device. EVND is not responsible for damage to electronics used in the sauna.
- If you choose to sauna with a friend or loved one, please keep conversations to a considerate volume.

Sauna cancellation/No-shows:

- **SINGLE SESSION:** Sauna sessions require cancellation of at least 24 hours' notice (excluding weekends). If you fail to cancel before the 24 hours you will be charged the full amount for the session.
- **SAUNA PACKAGE:** If you are using a sauna package, your missed session will be deducted from your package.
- **LATE ARRIVAL:** Your sauna session will be cut short to fit into the remaining time slot.
- Sauna single/packages: Singles/Packages need to be used within a year of purchase.
- Sauna single/packages are non transferable and non-refundable.

East Valley Naturopathic Doctors Infrared Sauna Agreement and Acknowledgment:

- I acknowledge and accept the risks inherent in the use of the far infrared sauna.
- I do not have any of the above mentioned contraindications.
- 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 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.

I voluntarily assume the risk of injury, accident, or death which may arise from the use of the far infrared sauna.

I 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.

- I have carefully read the above policy/caution instructions for using the infrared sauna. I fully understand them and fully agree to comply with instructions.
- This agreement is in effect for all infrared sauna sessions/treatments and will not expire unless requested by either party. I will consult with the staff of East Valley Naturopathic Doctors if I have any further questions.

**Signature: _____ (ELECTRONIC OPTION) in
Acuity**

FOR PARENTS/GUARDIANS OF A MINOR (UNDER 18)

By checking this box I, as parent/guardian with legal responsibility for this participant do consent and agree to his/her release as provided above of all the Releases, and for myself, my heirs assigns and next of kin, I release and agree to indemnify and hold harmless the Release from any and all liability incidents to my minor child's involvement or participation in these programs as provided above to the fullest extent permitted by law.

Parent/Guardian of minor: _____