

Please read and sign this form and bring it with you on your first session.

Prior to using the sauna it is important for you to obtain written consent from your physician if you have any of the following conditions:

- Pregnant, nursing or attempting to conceive
- A joint injury or swelling occurring within the last 48 hours, chronic edema or lymphedema
- Infection of any type
- Multiple Sclerosis
- Heat exhaustion, heat stroke or previous heat rash
- Current use of anti-histamines
- Untreated or unstable hypertension, low blood pressure (hypotension)
- Poor wound healing, hemophilia
- Superficial metallic implants (pins, plates, rods)
- Insulin dependent diabetes
- Neuropathy including diabetic neuropathy
- Cholinergic urticaria, acantholytic dermatosis
- Severe burn
- Systemic lupus erythematosus
- Use of recreational drugs
- Or are using these medications which predispose the user to heat illness: sympathomimetics, anti-cholinergics, tricyclic anti-depressants, antihistamines, phenothiazines
- Or are using these medications which may interfere with the ability to perspire: diuretics, barbiturates, beta blockers

The sauna will be set up for you. It should not be pre-heated (for your safety) for the first two sessions if you are not accustomed to hyperthermic (heat) treatment. After two sessions of an initial warming period of 15 minutes you may ask us to pre-heat the sauna to your comfort level.

If you have any of the above mentioned conditions but do have your physician's permission we will start your first session at 50 degrees for a maximum of 15 minutes.

If your response to the first session was favorable you may increase the time and/or temperature to 55-60 degrees for 15-20 minutes during the second session.

After the first two sessions you may either increase your time to a maximum of 45 minutes or to a maximum temperature of 70 degrees. It is advisable for your safety and to receive the most therapeutic benefit to do this over a period of at least 5 or 6 sessions raising the temperature in increments of a few degrees per session while staying in the

sauna 5 minutes longer each time. Studies show that at temperatures above 70 degrees celcius the risk of heat stroke is increased. For this reason we ask that you do not raise the temperature above this level.

There is a time/temperature control panel located on both the inside and outside of the sauna. If you would like to change the temperature simply press the **up/down** arrows to re-set the current temperature.

PLEASE NOTE: If the arrow or fahrenheit/celcius buttons are pressed too many times it can change the setting to fahrenheit which will unfortunately lower the temperature within the sauna. If the any of the buttons are held for too long the sauna will automatically turn itself off or re-set itself to the previous setting. If you notice the timer is running out on the display panel and you feel it is safe to increase the length of your session press the **up** arrow on the time panel to increase the duration. The sauna is on a timer and turns itself off automatically.

You may not notice a high volume of sweat during the initial sessions. Do not be discouraged by this as many people need to re-train their body to sweat efficiently. Infrared sauna is an excellent way to achieve this goal especially for patients with heavy metal toxicity. Help yourself to a hand towel to dry yourself during the session.

If in the unlikely event that you feel weak, dizzy, faint, short of breath, nauseous or generally uncomfortable remain seated, open the sauna door and ring the door bell(several times) to the right of the sauna door. This is for emergency use only and will alert the attending therapist that you may need some help. If after opening the sauna door your symptoms improve then it is safe to resume your sauna session without our intervention. There is a vent located on the ceiling of the sauna for moderate temperature control.

Your therapist will demonstrate how to lock the door to the sauna room. To ensure your privacy, please make sure to take the key out of the lock for the duration of your session. (We have a matching key and can only enter the room in the event of an emergency if the key on the inside has been removed).

- For your privacy, lock the door**
- For your safety, remove the key from the lock**

Meditate, bring reading material or feel free to use the radio or CD player located on the outside front panel of the sauna. To use the CD player simply place a CD in the receiver the speakers are on the inside. Magazines and CD's are available for your use and are located to the right of the sauna.

Hydration is key for the benefit of infrared therapy. Please drink plenty of fluid before, during and after your session. Avoid as much as possible, consuming high levels of alcohol, sodium and caffeine on the days surrounding your sessions. We have provided

towels, soap and shampoo for a post sauna shower at the clinic which is necessary to avoid irritation of the skin.

Please enjoy your session and do not hesitate to ask for help.

I have read and understand the information outlined on this form.

Signed: _____

Dated: _____