



## **Safety Instructions for Far-Infrared Sauna**

1. Please check-in at front desk before entering sauna.
2. Please consult your physician, if you have any doubt as to advisability of using the far-infrared sauna.
3. Please consult your physician if you are, or there is a possibility of being pregnant. Exceedingly high body temperatures may cause fetal damage.
4. The use of alcohol, drugs or medication before or during the sauna session is strictly prohibited since it may lead to unconsciousness.
5. Those individuals suffering for obesity, diabetes, history of heart and lung disease, abnormal blood pressure, or circulatory system problem, please consult your primary care physician prior to use of Far-Infrared Sauna.
6. Person on medications should consult a physician prior to using sauna and to submit a written clearance from their physician to one of the vivaMD medical professionals.
7. A sauna session should Not exceed 30 minutes nor should the sauna temperature exceed 150 degrees of Fahrenheit.
8. In order to prevent dehydration, consume plenty of water before, during and after sauna.
9. **Do Not** place anything, including your self, against the heat panels.

**IF YOU FEEL FAINT, LIGHT-HEADED OR HEAT EXHAUSTION, LEAVE THE SAUNA IMMEDIATELY AND SEEK ASSISTANCE.**

I have carefully read the above safety instructions for using the Far Infrared Sauna. I fully understand them and fully agree to comply with these instructions. This agreement is in effect for all Far-Infrared Sauna sessions/treatment and will not expire unless requested by either party in writing.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_

**FAR INFARED SAUNA AGREEMENT**



1. The use of drugs, medications or alcohol prior to or during the session may lead to dizziness or unconsciousness.
2. Please contact and consult your primary physician if you are in doubt of your ability to use Far Infrared sauna for health reasons.
3. No client under the age of 18 are permitted in the Far Infrared sauna.
4. Please discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
3. Sauna session should be limited to a maximum of 30 minutes and temperatures must stay below 150 degrees of Fahrenheit.
4. It is advised to drink plenty of water before and after sauna session. Water bottles are not permitted in the sauna.
5. It is advised to not eat at least one hour prior to your sauna session to avoid any ill feelings.
6. Smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients.
7. Clients using any medication must consult their primary care physician prior to the use of the sauna.
8. Pregnant women should consult a physician prior to the use of sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.
9. Clients suffering from obesity or with a medical history of heart disease, low or high blood pressure, diabetes or circulatory system problems should consult a physician prior to using the sauna.
10. Don not use any chemicals or lotions prior to your sauna session. These items may block pores and effect perspiration as well as stain the wood of the sauna.

I acknowledge and accept the risks inherent in 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 and any of my heirs, executors, representatives, or assigns hereby release LaViva M.D. Medical Corporation (DBA: vivaMD), medical and non-medical staff, employees (Regular or on-training) from any and all claims or liabilities for personal injury or property damage of any kind sustained while on the premises, during the use of the Far-Infrared Sauna and from and advice provided by an employee, independent contractor or any representative of LaViva M.D. Medical Corporation.

I have carefully read the above safety instructions for using the Far Infrared Sauna. I fully understand them and fully agree to comply with these instructions. This agreement is in effect for all Far-Infrared Sauna sessions/treatment and will not expire unless requested by either party in writing.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_

