

**Infrared and Traditional Finnish Sauna Questionnaire, Use Waiver and Release of Liability at
Flux Pilates & Wellness, LLC**

The use of Infrared or Traditional Finnish Saunas may have many health benefits; however, it is important that you fully understand how to use the sauna and gradually introduce your body to sauna therapy to produce the best results. Please complete the following Questionnaire before signing the Sauna Use Waiver and Release of Liability:

Questionnaire:

Note: Consent to use the Infrared or Traditional Finnish Sauna is conditional upon provision of accurate answers to the following questions and signing this agreement. Self-treatment of any disease with an Infrared or Traditional Finnish Saunas is not recommended without direct supervision of a certified physician. **If you circle “yes” to any items below, please consult your physician before using the Sauna:**

- Do you take any medications that could affect your ability to use a Sauna? (Specifically, prescription drugs like diuretics, barbiturates, and beta-blockers that could impair the body’s natural heat loss mechanisms). Yes / No
- Are you pregnant? Yes / No
- Do you have unstable Angina? Yes / No
- Have you had a recent Heart Attack? Yes / No
- Do you have Severe Arterial Disease or any other cardiovascular conditions/problems? Yes / No
- Do you have any Chronic conditions like Parkinson’s, Multiple Sclerosis, Diabetes w/ Neuropathy, or Central Nervous System Tumors that are associated with impaired sweating? Yes / No
- Do you have a recent joint injury within 48 hours or joints that are chronically hot or swollen? Yes / No
- Do you have any metal pins, rods, artificial joints or any other surgical implants? Yes / No
(If yes, use of Sauna should be discontinued if you experience pain near any such area.)
- Do you smoke? Yes / No (If Yes, please note that smokers are not permitted to use the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will do damage to the sauna and may cause allergic reactions to other clients.)
- Are you under 18 years of age? Yes / No (All minors must be accompanied by a supervising adult)

Additional factors to consider before using the Infrared or Traditional Finnish Sauna:

Health Conditions/Medications — If you have any questions about a health condition or medication, it is always best to consult your physician or pharmacist before seeking Sauna heat therapy.

Alcohol — Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person’s judgement; therefore, it might not be realized when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat in the Infrared or Traditional Finnish Saunas.

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

Hemophiliacs / Individuals Prone to Bleeding — The use of Infrared or Traditional Finnish Saunas should be avoided by anyone who is predisposed to bleeding.

Fever — An individual that has a fever should not use the sauna.

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.

Sauna Use Waiver and Release of Liability

It is solely your responsibility to monitor your body/reactions and determine if it is appropriate to use an Infrared or Traditional Finnish Sauna. You alone are responsible for your safety and well-being. Please check the box to agree and sign below:

I acknowledge and accept the risks inherent in the use of the hot and infrared sauna. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the Infrared or Traditional Finnish 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 Sauna and from any advice provided by an employee, independent contractor or any representative of Flux Pilates and Wellness, LLC. I agree that this Application and Waiver is in effect for all Infrared and Traditional Finnish Sauna sessions and will not expire unless requested by either party. I understand it is my personal responsibility to consult with my Doctor regarding my participation. I acknowledge that Flux Pilates & Wellness does not provide medical advice or treatment.

I agree to consult with my health care provider for medical advice and that the information provided in this waiver is for general information purposes only and does not address individual circumstances or medical conditions. I will not attempt to self-treat any disease with an Infrared or Traditional Sauna.

Name (please print): _____

Signature: _____

Supervising Adult Signature (*if applicable*): _____

Date: _____

Emergency Contact: _____

Phone Number: _____

*** Office Use Only ***

Staff Signature: _____

Date: _____

Infrared and Traditional Finnish Sauna Terms and Conditions

General:

- Drink plenty of water before and after each sauna session. It is advised not to eat at least one to two hours prior to your sauna session to avoid any ill feelings.
- A bathing suit must be worn in the sauna at all times.
- Discontinue the use of the sauna if you feel light-headed, dizzy, or heat exhausted.
- It is highly encouraged to come for your Sauna session with a “fresh face” and clean any makeup off your face before your sauna session to allow your skin to breathe and receive the full benefits of the Infrared or Traditional Finnish Sauna heat and steam.
- Cell phones or other electronic devices are not permitted in the sauna.
- Use of any chemicals or lotions prior to your sauna session is NOT permitted. These items may block pores and affect perspiration as well as stain the wood of the sauna.
- Use a studio towel on the sauna seat and wipe down the seat and backrests with the provided cleaner when finished with your session.
- All used studio towels must be placed in the laundry basket when finished.

Other - Appointments, Policies and Warnings:

- All Appointments must be scheduled ahead of time, drop-ins are not allowed. • For last-minute appointments, you must call/text at least 90 minutes prior to your desired appointment time to check availability.
- A signed **Sauna Questionnaire, Waiver and Liability Release** is required before using the sauna for the first time.
- For any *missed sessions* (no-shows), client will be charged a \$20 fee in addition to forfeiting the missed session. For any *late cancellations* (less than 8hour cancellation), client will forfeit the missed session. See **Studio Cancellation Policy** for more information.
- Sauna session packages expire 6 months from purchase date unless otherwise stated in the terms when purchasing the package.
- No clients under the age of 18 are permitted in the Infrared or Traditional Hot sauna unless accompanied by a supervising adult.
- Sauna sessions are limited to a maximum of 30 minutes and temperatures must stay below 149 degrees F for Infrared and below 180 degrees F for Traditional Hot Sauna use.
- The use of drugs, medications, or alcohol prior to, or during, the sauna session may lead to dizziness or unconsciousness.

I have read and agree to the terms and conditions.

Name (please print): _____

Signature: _____

Supervising Adult Signature (if applicable): _____

Date: _____

*** Office Use Only ***

Staff Signature: _____

Date: _____