

Apex Massage and Wellness
Infrared Sauna
Client Release Waiver

An infrared sauna is a type of sauna that uses light to make heat, which heats your body directly. Our model (JNH) is a far-infrared sauna. "Far" describes where the infrared waves fall on the light spectrum. Far infrared heat penetrates the deepest, reaching muscles and soft tissue to concentrate its therapeutic heating power.

- The use of drugs or alcohol prior to or during sauna sessions may cause dizziness or unconsciousness and are strictly forbidden.
- Clients must consult with their primary care physician prior to use of sauna if they are using any medications, have a history of circulatory system problems or have medical concerns relating to the use of the sauna.
- It is my responsibility to disclose any health issues contraindicated to the use of sauna (i.e. pregnancy, hemophilia, fever, heat sensitivity, uncontrolled high blood pressure, congestive heart failure, diabetic neuropathy, Parkinson's, Multiple Sclerosis, central nervous system tumor, pacemaker, defibrillator, recent wounds from an operation/surgery). If you have any of the above contraindications, you should not use the sauna.
- If you have a recent injury (past 48 hours) that is still hot and/or swollen please wait until it has eased.
- Client's age 65 or older should consult with their doctor prior to use, as the ability to maintain core body temperature decreases with age.
- It is advised to drink plenty of water before, during and after your session. Please bring a capped bottle of water with you to drink while in the sauna.
- If you are currently taking diuretics, barbiturates, beta-blockers or anti-histamines, have a heavier menstrual cycle, have trouble breaking a sweat, have metal pin, rod, artificial joint or any other surgical implant – please notify us here _____ - we will set your first session at a lower temperature, and if you get too hot please stop the sauna and have a seat in the room to cool off. Please remember to drink plenty of water.

I (print name) _____ have read and consent to the Infrared Sauna. I understand that the sessions are not intended to take the place of medical care or medications. I understand that I can discontinue my treatment at any time. I understand that I take full responsibility for my own health and well-being.

I agree to disclose to Apex Massage and Wellness if my medical history should happen to change during the time period of receiving the Infrared Sauna treatments. I have read the above disclaimer (including cautions and contraindications for the use of the Far-Infrared Sauna) and I agree that I am not currently suffering from any of the above-mentioned contraindications.

By signing below, I agree to release Apex Massage and Wellness and its members from any liability in connection with the use of the sauna.

Client signature: _____ Date: _____

Sauna Use

1. Do not apply any type of topical creams, lotions, make-up, oils, etc. before usage. These can block skin pores, leading to lower perspiration levels.
2. Drink plenty of water before, during and after your sauna session. Bring a bottle with a lid to drink while in the sauna.
3. If at any time you feel dizzy or disoriented, discontinue sauna use immediately.
4. Do not take any electronics into the sauna. Connect to Bluetooth before starting your session.
5. Take off any jewelry. If you have piercings that cannot be removed, please end the session if the area around them becomes too hot.
6. Please lay towels on the backrests, bench and floor to absorb any excess sweat. Do not sit or lean on the bare wood.
7. You may wear a bathing suit or nothing at all. Please make sure room door is kept locked for your safety and discretion.
8. After completing your sauna session place towels in the basket.
9. Rinse the toxins off with a quick shower at Apex or at home.