



# Maine Comprehensive Health Institute

143 Silver Street Ste1 Waterville, ME 04901

(207) 395-6101 • MaineCHI.com

## Far Infrared Sauna Consent

Far Infrared Sauna offers many health benefits with regular use. For your safety and to ensure you have a safe and pleasant experience please answer the following questions and discuss your needs with our staff. In some cases we advise consulting with Dr. Mari prior to using the sauna. We reserve the right to refuse access to the sauna at our discretion.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone number \_\_\_\_\_ e-mail \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Please answer the following questions:

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Are you pregnant?   | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Are you taking medications?   | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Have you been diagnosed with a serious medical condition?                                       | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Are you taking medication that makes it difficult for you to sweat?                             | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Do you have unstable angina?  | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. Have you had a recent heart attack, stroke, surgery or serious illness?                         | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. Do you have severe arterial disease?  | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 8. Do you have any artificial implants in your body (pacemakers, defibrillators, rods, or plates)? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
- If yes please describe. \_\_\_\_\_

If you have answered "yes" to any of the above questions please talk with Dr. Mari before using the Far Infrared Sauna.

***It is important to maintain proper hydration levels during Far Infrared therapy. Dehydration will increase carbohydrate utilization and cause less fat to be burned for energy. We highly recommend drinking at least 12 ounces of water prior to entering the sauna and after sauna use.***

### FAR INFARED SAUNA AGREEMENT/ACKNOWLEDGEMENT

- The use of drugs, medication or alcohol prior to or during the sauna may lead to dizziness or unconsciousness.
- Clients using any medications may benefit from consulting a physician and or pharmacist prior to use of the sauna.
- Consult your physician if you are in doubt regarding your ability to safely use the far infrared sauna for health reasons.
- No one under the age of 18 is permitted in the far infrared sauna.
- Discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
- Sauna sessions are limited to no more than 40 minutes and temperatures must stay below 150 degrees Fahrenheit.
- Metal water bottles are not permitted in the sauna.
- Pregnant women are not advised to use the sauna. Excessive body temperatures have the potential for causing fetal damage during the early days of pregnancy.
- I agree that I have the information I need to make an informed choice about using the sauna.

I acknowledge and voluntarily assume the risks of injury, which may arise from the use of a Far Infrared sauna. I and any of my heirs, executors, representatives or assigns hereby release 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 and from any advice provided by an employee, independent contractor, or any representative. I agree that this Application and Waiver is in effect for all sauna sessions and will not expire unless specifically requested by either party.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed \_\_\_\_\_