

## Elite Therapeutic Massage Infrared Sauna Release Form

By the use of the far-infrared sauna, the patron expressively agrees that Elite Therapeutic Massage where such sauna is used, shall not be liable for any damages arising from personal injuries sustained by the patron in, or about the premises of the massage office or as a result of patron using the facility and sauna herein.

By the execution of this agreement and the use of the sauna, patron assumes full responsibility for any such injuries or damages which may occur to the patron in or about the premises.

Patron does hereby fully and forever release and discharge Elite Therapeutic Massage, it's owner and tenants from any and all claims, demands, damages, rights of action, or cause of action, present or future.

By assuming full responsibility for their injuries, they or any member of their family fully releases Elite Therapeutic Massage, it's owner and tenants from any and all claims, demands, damages, rights of action, or cause of action, present or future and accept full responsibility for any injuries that may occur by the use of the facility. Whether the same is known or unknown, anticipated, resulting from or arising out of patron's use or intended use of the facility and equipment thereof.

Patron agrees that he/she has read and understands the following rules and regulations:  
*(Initial by X)*

Contra-Indications \_\_\_\_\_X  
Tips for Using the Health Mate Sauna \_\_\_\_\_X  
Safety Instructions \_\_\_\_\_X

Patron agrees to keep and obey all rules and regulations now in force or in the future prescribed by Elite Therapeutic Massage. Elite Therapeutic Massage, reserves the right to revoke this agreement for cause if patron fails to keep and obey any such rules and regulations.

Name (Printed): \_\_\_\_\_

\*Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**\*If under 18 years of age, agreement must be signed by a parent:**

## ***Contra-Indications***

- As you can see, the segment of the infrared spectrum emitted by the infrared thermal system is reputed to offer an astounding range of possible therapeutic benefits and effects in research conducted around the world. The data presented is offered for reference purposes only and to stimulate further observation. Infrared Thermal Systems creating a cure for or treating any disease is neither implied nor should be inferred.
- If you have a disease, be certain to consult with a primary care physician concerning it.
- If you are using prescription drugs, check with your physician or pharmacist for any possible change in the drug's effect due to any interaction with infrared energy.
- It is considered inadvisable to raise the core temperature in someone with adrenal suppression and systemic lupus erythematosus or multiple sclerosis, by some authorities.
- If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.
- If you are pregnant or suspect you may be, discontinue your sauna use. Finnish women use their saunas, which don't throw heat as deeply into the body, for only 6 – 12 minutes and reportedly leave at that time, due to perceived discomfort. Their usage at this low level of intensity is not linked to birth defects. Infrared Thermal System may be 2-3 times more intense, and comparatively shorter 2-6 minute sessions hardly seem worth any minimal risk they may present.
- Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared rays and thus are not heated by this system, nevertheless you should consult your surgeon prior to using the Infrared Thermal System. Certainly, the usage of Infrared Thermal System must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared rays. Since silicone melts at over 392°, it should not be adversely affected by the usage of Infrared Thermal System. It is still advised that you check with your surgeon and possibly a representative from the product manufacturer to be certain.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Once a woman is aware that this may occur, she can choose to allow herself to possibly experience this short term affect without worry or to simply avoid Infrared Thermal System usage at that time of her cycle.
- Hemophiliacs and anyone predisposed to hemorrhage should avoid Infrared Thermal System usage or any type of heating that would induce vasodilatation, which can potentiate the tendency to bleed.
- Obviously, should any condition worsen with use of an infrared treatment, the use of the system should be discontinue.
- People do not experience pain using Infrared Thermal Systems unless such is contraindicated. If you do, the use of radiant heat is clearly in appropriate for you at that time.
- **DO NOT** attempt to self-treat any disease with this Infrared Thermal System without direct supervision of a physician.

## Tips for Using The Health Mate Sauna

1. To regulate the temperature inside the sauna during your session, open the roof vent.
2. If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
3. Drink plenty of fluids prior to, during, and after your session.
4. If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer. You may also try dry skin brushing as that also enhances sweating.
5. To utilize the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with a towel. After the session is over, rinse your hair thoroughly.
6. Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
7. Be sure to towel off excess sweat during your session to help the body perspire more freely.
8. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
9. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores and hinder perspiration.
10. Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
11. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
12. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
13. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
14. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. ***Consult your physician for the proper treatment and care for this or any other medical conditions.***
15. To treat your ankles and feet more effectively, you must elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.
16. After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let the body cool off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.

## **Safety Instructions**

1. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
2. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
3. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
4. **Hyperthermia Danger:** Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness and fainting. The affects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna and unconsciousness.
5. The use of alcohol, drugs or medications prior to or during the sauna session may lead to unconsciousness.
6. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna
7. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure and circulation.
8. Exercise care when entering or exiting the sauna.
9. Never sleep inside the sauna while the unit is in full operation.
10. Do not use any type of cleaning agents on the interior of the sauna.
11. Do not stack or store any objects on top of or inside the sauna. Do not place towels or paper near the heaters.
12. Do not use the unit during an electrical storm, as there is a remote risk of shock.

## ***Benefits of The far-Infrared Sauna***

The same infrared heat method is used by physicians, chiropractors, and physical therapists to treat: fibromyalgia, bursitis and rheumatoid arthritis. Infrared therapy also produces outstanding results on the following conditions: weight loss when used with a program of exercise and diet; skin conditions such as psoriasis, eczema and acne; increases blood circulation and strengthens the cardiovascular system; eases joint pain and stiffness; clears cellulite; reduces stress and fatigue; improves the immune system; reduces scarring from wounds or surgery; chronic fatigue; high and low blood pressure; coronary artery disease; diabetes and ulcers associated with diabetes; heavy metal toxicity and musculoskeletal conditions.

### ***Burns Calories & Controls Weight***

With the infrared sauna, your heart rate, cardiac output and metabolism rate increase to improve your overall cardiovascular fitness. You can burn 600 – 900 calories in just one 30-minute session. You lose weight, not just water.

### ***Increases Blood Circulation***

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness.

### ***Clears Cellulite***

Cellulite is a gel-like substance made up of fat, water and wastes, which are trapped in pockets below the skin. Using the infrared sauna can assist this condition, as profuse sweating helps clear this form of unwanted debris from the body.

### ***Boosts Immune Response***

The far-infrared therapy may shorten your recovery time to colds and flu and improve immune response. It is reported to stimulate your own natural healing process. Combined with the elimination of toxins and wastes produced by the intense sweating, your overall health and resistance to disease is increased.

### ***Pain Relief***

Relieves pain and soreness from fibromyalgia, arthritis, chronic fatigue syndrome, chronic pain and sports injuries. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion. Radiant heat therapy is widely used to treat patients suffering from many forms of arthritis and other muscular-skeletal ailments.

### ***Improves Skin***

The profuse sweating achieved with the sauna cleans deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Skin tone and elasticity are improved. It has been shown to relieve acne, eczema, psoriasis and cellulite.

### ***Reduces Stress & Fatigue***

The sauna therapy provides simple relaxation, as it melts away the daily stresses and tension. Just a few minutes in the gentle warmth of your Health Mate sauna gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.