

Main Street Sauna's Policy & Consent Form

Permission to use the Sunlighten infrared sauna is contingent on customers providing accurate answers to the questions below as well as signing this agreement.

PERSONAL INFORMATION

First and Last Name (Please print): _____

E-mail: _____ Phone number: _____

Date of Birth: _____ Current age: _____*

**Release of Minor Child must be signed prior to sauna session if younger than 18 years of age.*

EMERGENCY CONTACT INFORMATION

In the rare event of an emergency, please notify the following individual(s):

Name _____ Phone number: _____

Name _____ Phone number: _____

SAUNA ETIQUETTE

- Dress Code: Bathing suits, spandex/sport bras, compression shorts, or any loose fitting clothing are all acceptable to wear in the sauna.
- Remove all footwear prior to entering the sauna.
- In order to maintain your comfort and sanitation of our saunas, towels are provided for every session. Please keep the arranged towels on the bench/floor underneath you at all times.
 - Place all used towels in the laundry hamper as you exit the sauna room.
- Refrain from spraying any perfume or cologne in the sauna room.
- You will be provided with a cool, wet towel to wipe off excess sweat after your sauna. You may continue to sweat for an additional hour after sauna use.
 - Please place used towels in the laundry hamper as you exit the sauna room.
- If you choose to sauna with a friend or loved one, please keep conversations to a considerate volume.

By signing below I agree that:

1. I acknowledge and accept the risks inherent in the use of the infrared sauna.
2. I have reviewed the contraindications and fully understand them. If I have any of the listed contraindications or other medical conditions, I have spoken with my health care provider about using an infrared sauna.
3. I have carefully read the policy and precaution instructions for using the infrared sauna. I fully understand them and fully agree to comply with instructions.
4. I have read the above guidelines on sauna etiquette. I fully understand them and fully agree to comply with instructions.
5. I understand that none of the information provided is intended to act as a substitute for medical advice, nor does it involve the diagnosis, prognosis, or prescription of remedies for the treatment or prevention of disease or ailment. I certify that everything on this form is true and correct to the best of my knowledge. I also understand that the infrared sauna is not intended to diagnose, treat, cure, or prevent any disease or ailment.
6. I voluntarily assume the risk of injury, accident, or death which may arise from the use of the infrared sauna. I, and any of my heirs, executors, representatives or assigns 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 infrared sauna.
7. I release Main Street Sauna from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises and during the use of the infrared sauna.
8. This agreement is in effect for all infrared sauna sessions and will not expire unless requested by either party. I understand it is my responsibility to review contraindications before each use and if new contraindications apply to speak with my health care provider prior to sauna use.
9. I will consult with the staff of Main Street Sauna with any further questions.

Please sign here: _____ Date: _____

Parent Signature (if minor child is using the sauna): _____ Date: _____

MAIN STREET SAUNA'S POLICIES & PRECAUTIONS

- 1. Scheduled Sessions:** Please arrive on time & follow the policies below. If you arrive late for your sauna sessions, your session may be cut short to fit the remaining time slot in respect for staying on schedule for other customers
- 2. Food:** Food is not allowed in the sauna or the sauna room. It is advised NOT to have a full stomach to avoid any ill feelings. A good rule of thumb is to not eat for about an hour prior to your sauna session.
- 3. Hydration:** Glass and open containers are not allowed in the sauna. We recommend steel insulated water bottles for use in the sauna. Extra hydration is important before, during, and after sauna use. Along with pure, fresh water, an electrolyte drink and/or mineral supplement is recommended. Supplement recommendations can be purchased at MSS if needed. We highly recommend drinking a minimum of 8 oz. of water prior to entering the sauna and a minimum of 8 oz. of water after sauna use. Drinking water during sauna use also helps prevent dehydration.
- 4. Electronics:** Please leave all electronics outside of the sauna. Use of electronics during a sauna may heat the device and cause damage. MSS is not responsible for damage to any personal electronics used in the sauna.
- 5. Sauna usage:** Do not tamper with any vents, panels, or installed electronics within the sauna as this could cause damage to the sauna and/or injury to the customer. Customers will be held liable for any damage caused within the sauna. MSS is not responsible for any injuries that occur due to tampering with the sauna.
 - Do NOT pour water on the heaters. Infrared saunas are intended to provide dry heat therapy.
 - Sauna sessions should be limited to no more than 45 minutes & temperatures must stay below 150°F.
- 6. Prohibited substances:** The use of illicit drugs, tobacco, or alcohol prior to or during the sauna may lead to dizziness or unconsciousness and is strictly prohibited.
- 7. Detoxification:** Detoxification can be sudden for some people. These effects may include dizziness, nausea and fatigue. If you experience these please get out of the sauna to cool down and hydrate. Most people do not experience these symptoms. However, we suggest if you don't feel well during or after a session to do the following:
 - Get out of the sauna and drink more water.
 - Add more electrolytes to your water to drink before and during your next session.
 - Reduce your time and/or temperature the next time you use the sauna.
- 8. Heat reactions:** If at any point in your session you feel uncomfortable with the heat, you have complete control and should open the door to cool off. If at any time you feel dizzy, light headed, exhausted, or unwell immediately exit the sauna to cool down and drink some water/electrolytes.
- 9. Elderly:** The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. We recommend no more than 15 minutes at a time until you are aware of how your body responds to the heat.
- 10. Children:** Since children can not regulate their temperature as well as adults, we have time & temperature restrictions for minors. It's important that the parent or legal guardian helps keep the child hydrated even if they aren't sweating.
 - **Minors under the age of 7 are not permitted in the sauna, unless prescribed by a health care provider.** Typically it is recommended not to exceed one minute per year of life. (Ex. A 5 year old can go in the sauna for 5 minutes.) Sessions will be run at a lower temperature and limited to 15 minutes a session. A parent or legal guardian must be in the sauna with the child at all times.
 - **Minors ages 7-10 can be in the sauna with a parent, legal guardian, or other adult approved on the Minor Release Form.** It is recommended not to exceed one minute per year of life when starting out. Sessions will be limited to 15 minutes and run at a lower sauna temperature. A parent or legal guardian must be in the sauna with the child at all times.
 - **Minors ages 11-14 can utilize the sauna as long as a parent or legal guardian is present in the room.** It is recommended to limit sauna use to one minute per year of life when starting out. Sessions are limited to 30 minutes at a lowered sauna temperature.
 - **Minors ages 15-17 years old can use the sauna alone with a parental signed consent.**

CONTRAINDICATIONS

Please review the following contraindications to ensure you are a good candidate for sauna sessions.

1. Pregnancy & Breastfeeding: Pregnant women should avoid using an infrared sauna. Excessive body temperatures have a potential for causing fetal damage, especially during the early days of pregnancy.

There is little evidence to support or oppose the use of the sauna while breastfeeding. Most detoxification happens through sweat glands and urine, however some may be expelled through the breast lobes into the breastmilk. Some find that using the sauna increases milk supply. If breastfeeding, please consult with your healthcare provider before using the sauna.

2. Medications: Diuretics, barbiturates and beta blockers may impair the body's natural heat loss mechanisms. Amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent or heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke. If you are on any medications, please discuss with your physician or pharmacist if you are a good candidate for the infrared sauna.

3. Cardiovascular Conditions: The use of infrared saunas should be avoided by anyone who has unstable angina, history of recent heart attacks, or has pacemakers or other battery operated or electrical implants.

Individuals with cardiovascular conditions or blood pressure problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation, or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system.

Sauna can be extremely beneficial for the cardiovascular system, but we ask that you limit the length of time in the sauna and to monitor symptoms if you have the above diagnoses. Please speak with your health care provider prior to using the sauna if you have any cardiovascular conditions or blood pressure problems.

4. Hemophiliacs / Individuals Prone To Bleeding: The use of infrared saunas should be avoided by anyone who is predisposed to bleeding. Individuals on blood thinning medication should speak to a doctor and/or pharmacist prior to using infrared sauna.

5. Chronic Conditions & Diseases Associated With a Reduced Ability to Sweat or Perspire: Multiple Sclerosis, Central Nervous System Tumors, Anhidrosis, and Diabetes with Neuropathy are a few conditions that are associated with impaired sweating. Please speak with your health care provider prior to using the sauna if you have any medical conditions to ensure you are a good candidate for the infrared sauna.

6. Joint Injury: If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swelling subsides. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.

7. Fever: An individual who has a fever should not use an infrared sauna until the fever subsides.

8. Menstruation: Heating of the low back area during the menstrual period may temporarily increase menstrual flow. Some find relief during their menstrual cycle and others find it increases discomfort due to increased flow. Please use personal discretion and consult with your health care provider to determine if infrared therapy should be used during menstruation.

If any of the above contraindications apply to you, it is not recommended that you use the infrared sauna at this time unless you have talked to your health care provider and determined that it is safe to do so.