



Far Infrared Sauna

All Questions Must Be Answered

Please Print Name _____ Date _____

WHAT ARE YOU EXPECTING TO RECEIVE FROM THIS APPOINTMENT?

Is there anything specific you would like to work on during the session? What are your long-range goals?

Today: _____

Long-Range: _____

CONTRAINDACTIONS

Prior to having a Far Infrared Sauna it is important to read the following, since there are certain health contraindications.

Our sauna temperature can be set up to 150 degrees.

- Pregnant and possible pregnant women should contact their physician prior to using the sauna. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy.
- The use of alcohol, drugs or medications before or during the sauna session may lead to unconsciousness. One should not drink or use drugs prior to using the sauna.
- People suffering with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before sauna use.
- People using prescription medications should consult their physicians or pharmacist before using the sauna as some medications may induce drowsiness while other medications may affect heart rate, blood pressure and circulation.
- People with MS should sit in the sauna while it is warming up and increase duration gradually.

Please read carefully before signing

"The purpose of Gentle Wellness Center and all our staff is to provide services and offer information to clients. Our services and information are for the purpose of vocational and advocational self-improvement. All procedures are directed towards the establishment of this goal."

I have been made aware of all contraindications and I am not intentionally withholding information about my health. I am agreeing to office policies and procedures of Gentle Wellness Center.

Signature: _____ **Date:** _____