



Infrared Sauna Waiver and Consent Form

Name: _____ Date: _____

E-Mail _____

Cell phone: _____

Date of Birth: ____/____/____

SAUNA INTAKE QUESTIONNAIRE

1. Do you smoke? Yes ___ No ___

2. Are you taking medications? Yes ___ No ___

• Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's effect when the body is exposed to infrared waves or elevated temperatures. Some medications including diuretics, barbiturates, and beta-blockers and others may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

3. Are you pregnant? Yes ___ No ___

• Pregnant women should consult a physician before using the sauna because fetal damage can occur with a certain elevated body temperature.

4. Cardiovascular Conditions:

a. Do you have unstable Angina? Yes ___ No ___

b. Have you had a recent Heart Attack? Yes ___ No ___

c. Do you have Severe Arterial Disease or any other cardiovascular conditions? Yes ___ No ___

• 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 systems. If using a pacemaker or defibrillator, please discuss risks involved with your physician.

5. Do you have Diabetes with Neuropathy, Parkinson's, MS or Lupus? Yes ___ No ___

If Yes, have you consulted with your Doctor or Pharmacist about using the Far infrared Sauna?

Yes ___ No ___

• Various chronic conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are associated with impaired sweating. Please consult a physician before use if you have a chronic condition.

6. Do you have a recent joint injury? Yes ___ No ___

• If you have a recent joint injury, it should not be heated for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating may be contraindicated in cases of infections.

7. Do you have any implants? Yes ___ No ___

• Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of an Infrared Sauna. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

8. Do you sweat? Yes ___ No ___

9. Are you 18 years old? Yes ___ No ___

**** Depending on your answers above, you may be asked to provide a doctor's note before using the sauna for the first time. In the rare event that you experience dizziness, pain and/or discomfort, immediately discontinue sauna use.****

AGREEMENT, WAIVER, AND RELEASE OF LIABILITY

1. Smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients.
2. The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
3. Please consult your physician if you are in doubt of your ability to use the Far-infrared Sauna for health reasons.
4. No clients under the age of 18 are permitted in the Far-infrared Sauna unless accompanied by a supervising adult.
5. Please discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
6. Sauna sessions should be limited to a maximum of 40 minutes and temperatures must stay below 140° F.
7. It is advisable to drink plenty of water before and after sauna session. Water bottles are not permitted in the sauna. It is advised not to eat at least one to two hours prior to your sauna session to avoid any ill feelings.
8. Clients using any medications must consult a physician or pharmacist prior to the use of the sauna.
9. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.
10. Do not use any chemicals or lotions prior to your sauna session. These items may block pores and affect perspiration as well as stain the wood of the sauna.

It is not advisable to use an infrared sauna under certain medical conditions and it is recommended that you consult a physician before use or if questions/concerns arise. It is solely your responsibility to monitor your body/reactions and determine if it is appropriate to use the infrared sauna. You alone are responsible for your safety and well-being.

I acknowledge and accept the risks inherent in the use of the Far-infrared Sauna. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the Far-infrared Sauna. I and any of my heirs, executors, representatives or assigns hereby 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 far-infrared Sauna and

from any advice provided by an employee, independent contractor or any representative of Kume Spa.

I agree that this Application and Waiver is in effect for all Far-infrared Sauna sessions and will not expire unless requested by either party and understand it is my personal responsibility to consult with my Doctor regarding my participation.

Signature: _____

Printed Name: _____

Today's Date: _____

Sauna Terms and Conditions:

- All appointments must be scheduled ahead of time, drop-ins are not allowed.
- For last-minute appointments, you must call/text at least 30 minutes prior to your desired appointment time to check availability.
- Add a companion to an existing appointment for **\$30/session** (Introductory pricing) - you may purchase a companion package or add a companion to an existing appointment as desired.
- A separate signed Sauna Questionnaire and Waiver is required before using the sauna for the first time.
- No smoking/vaping of any kind is permitted inside the sauna or studio spaces.
- A bathing suit must be worn in the sauna at all times.
- You must use a towel on the sauna seat and wipe down the seat and backrests with the provided cleaner when finished with your session.
- All used studio towels must be placed in the laundry hamper when finished.
- For any missed sessions (to include no-shows and late cancellations), the client will be charged a fee of 50-100% of the cost of the service and/or forfeiting the missed session in a prepaid package. See Studio Cancellation Policy for more information.

• A 30-day termination notice is required for all unlimited packages.

• Expiration dates:

I have read and agree to the terms and conditions of Kume Spa Infrared Sauna.

Initial here _____

Today's Date:_____