

Sauna instructions for use

Therapeutic benefit and your safety are our priority.

Please adhere to the following guidelines for Sauna use at all times.

- *Do not eat 1 hour before you Sauna*
- *HYDRATE, HYDRATE, HYDRATE – Drink plenty of water before and during your session*
- *Please shower before use – HOT SHOWER PREFERABLE*
- *DO NOT adjust the heat setting above 50 deg*
- *DO NOT eat in the Sauna room*
- *Drink – water only in the Sauna room please*
- *DO NOT stay in the Sauna past your allocated time frame – Maximum of 45min within the Sauna.*
- *Ensure there is a clean towel for you to sit on. If not, please grab one from the sauna area outside the sauna room.*
- *Please leave the Sauna as you find it.*
- *Maximum of 2 people at a time to be inside the Sauna room.*
- *NO CHILDREN allowed in the Sauna room.*
- *Shower is available at the end of your session – COOL SHOWER. Please ensure you have vacated the Sauna cubicle with all of your possessions by the end of your allocated hour session.*

I agree to the conditions of use stated above

Signature

***IF YOU FEEL UNWELL, DIZZY OR LIGHT HEADED PLEASE
LEAVE THE SAUNA IMMEDIATELY***

Contraindications for Infrared Sauna Use

Using Far infrared saunas may put yourself at risk if you do not fully understand how to use the sauna. Far infrared saunas creating a cure for or treating any disease is neither implied nor should be inferred.

It is not recommended to attempt to self treat any disease with a far infrared sauna without direct supervision of a certified physician. If any of the items listed below apply to you, be certain to consult with your physician before using a far infrared sauna.

In all situations, hydration is a requirement for sauna use. Drinking filtered water or even advanced electrolyte replacement water is recommended before and after sauna use. (Caffeinated beverages are not recommended as they dehydrate the body)

Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to Far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers 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.

Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Alcohol / Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increases by heat stress.

Chronic Conditions / Diseases Associated with a Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Hemophiliacs / Individuals Prone to Bleeding

The use of Infrared should be avoided by anyone who is predisposed to bleeding.

Fever

An individual that has a fever should not use the sauna.

Insensitivity to Heat

An individual that has insensitivity to heat should not use the sauna.

Pregnancy

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

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 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.

Implants

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.

Pacemaker / Defibrillator

The magnets used to assemble our units can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

***In the rare event, you experience pain and/or discomfort,
immediately discontinue sauna use.***

Release of Liability: As a participant of infrared sauna sessions at MOVE, I understand that which there may be a risk involved that may be physical, emotional and/or mental. I agree to assume the risk and responsibility for any injuries or damages suffered by me arising out of my participation.

***** I have read and understand these statements dated. Initials***

If your session is not pre-paid the visit will be debted to your stored credit card

Name _____

Address _____

Date of Birth _____ / _____ / _____

Emergency Contact & Phone _____

Your Contact Number _____

Signature _____

Please discuss any injuries, health conditions and/or concerns with a MOVE representative prior to the use of the infrared sauna.