

## MOMENTUM CHIROPRACTIC HALOTHERAPY WAIVER

The information contained both herein and on our website is designed to disseminate general information. It is not intended to give medical or pharmacological advice, and as such, should not be relied upon as a substitute for professional medical advice.

I understand and acknowledge that by entering the premises and employing any of the services offered by Momentum Chiropractic.

1. I assume all known, latent or anticipated risks;
2. My participation at Momentum Chiropractic is purely voluntarily and no warranties or representations were made to me by its management to induce me to participate;
3. I shall assume full responsibility for myself and any of my guests and/or invitees;
4. I understand that Momentum Chiropractic does not evaluate or diagnose my health and I have received medical clearance prior to engaging in Halotherapy activities;
5. I have been advised of the following possible side effects: Dry or itchy throat, nasal drip, and increased coughing at the beginning. This is a natural part of the cleaning process of the respiratory system, during which the pollution, accumulated over time, and now loosened up by the salt, is expelled from even the deepest regions of the lungs. Such side effects should cease with the removal of pollution and pathogens. Skin irritation and dermal sensitivity may occur. In such cases, decrease the frequency of sessions.
6. The use of the Halotherapy booth at Momentum Chiropractic has not been evaluated by the Food and Drug Administration or any other agency;
7. The use of Halotherapy is not intended to treat, cure or prevent any illness or condition. All medical conditions should be treated by a physician competent in treating that particular condition. Momentum Chiropractic assumes no responsibility for customers choosing to treat themselves;
8. All Halotherapy products and services provided by Momentum Chiropractic, including written information, labels, brochures and flyers, as well as information provided orally or in any other medium of communication, have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. For all your health concerns, please consult an appropriately licensed healthcare practitioner.

The use of halotherapy is not intended to substitute for medical care or treatment. Do not stop your medication without first consulting with your doctor or medical professional. Halotherapy is NOT a substitute for any conventional medication. The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. If you have any questions about Halotherapy or possible contraindications, please consult with your physician or health professional.

LIMITATION OF LIABILITY. YOU AGREE THAT NEITHER SALT THERAPY, NOR ANY PERSON ASSOCIATED WITH SALT THERAPY, SHALL BE LIABLE FOR ANY DAMAGE RESULTING FROM YOUR USE OF HALOTHERAPY. THIS LIMIT OF LIABILITY COVERS CLAIMS BASED ON WARRANTY, CONTRACT, TORT, STRICT LIABILITY, AND ANY OTHER LEGAL THEORY. THIS PROTECTION COVERS MOMENTUM CHIROPRACTIC, ITS MEMBERS, EMPLOYEES, AGENTS, AND SUPPLIERS. THIS PROTECTION COVERS ALL LOSSES INCLUDING, WITHOUT LIMITATION, DIRECT OR INDIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL, EXEMPLARY, AND PUNITIVE DAMAGES, PERSONAL INJURY/WRONGFUL DEATH, LOST PROFITS, OR DAMAGES RESULTING FROM USE OF HALOTHERAPY AND ITS FACILITIES.

Client Signature: \_\_\_\_\_

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Momentum Chiropractic reserves the right to alter or modify the above terms and conditions from time to time. Your acknowledgment above constitutes your agreement to any and all terms changed, modified or altered. It is in your best interest to view our website periodically for the latest terms and conditions.



## Welcome to Halotherapy!

### How to Prepare for your Session:

- Arrive odor free - no perfumes, lotions, smoke, or fragrance producing products
- Wear comfortable, light colored clothing
- Remove all jewelry
- No food, drinks, or cell phone use is permitted in the salt booth
- Relax & Enjoy!

### What to Expect During/After your Session:

Keep in mind that possible side effects of Halotherapy (Dry Salt Therapy) may include:

- Dry or itchy throat
- Nasal drip
- Increased coughing at the beginning

This is a natural part of the cleaning process of the respiratory system, during which the pollution, accumulated over time, and now loosened up by the salt, is expelled from even the deepest regions of the lungs. Such side effects should cease with the removal of pollution and pathogens. Tissues are available in the Halotherapy room.

- Skin irritation and dermal sensitivity may occur
- In such cases, decrease the frequency of sessions

### Recommended Frequency of Sessions:

- For general respiratory hygiene: **1-2 sessions/week** can enhance the lung capacity, boost the immune system, reduce stress, and aid better sleep.
- More chronic and acute respiratory conditions require increased frequency and consistency of the sessions: **3-7 sessions/week for 2-3 weeks** can help to manage the symptoms and provide relief over time.

### Contraindications:

Halotherapy is not recommended for people with contagious diseases, fever, open wounds, cancer, severe hypertension, mental disorders, and active tuberculosis.

Pregnant women should consult with their doctor before using halotherapy. Anyone with serious health concerns needs to seek proper medical advice and care. Halotherapy is not a medical treatment and does not offer a diagnosis or cure for any medical condition.