

Welcome to the Infrared Sauna!

**How to Prepare for your Session:**

* Arrive odor free - no perfumes, lotions, smoke, or fragrance producing products
* Wear loose fitting, comfortable clothing like a tank top and shorts
* Remove shoes, all jewelry, and ALL objects from pockets
* Drink plenty of water before and during your sauna session
* No food/drinks or electronic use permitted in the infrared sauna
* Place a towel on the seat for the entire session and bring a towel in the sauna for face
* Relax & Enjoy!

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

Keep in mind that possible effects of Infrared Sauna may include:

* Detoxification
* Sweating
* Stimulates blood flow/increases circulation
* Reduces stress levels
* Pain relief/decreases muscle soreness
* Better sleep patterns

***Be sure to drink plenty of water during and after your sauna session!!***

If you feel lightheaded, dizzy, nauseous, uncomfortable, or your heart is beating rapidly at any point in the sauna, please exit the booth and end your session.

**Recommended Frequency of Sessions:**

* For general relaxation: **2-4 (30 min.) sessions/month** can enhance detoxification, increase circulation, reduce stress, and aid better sleep.
* More chronic and acute conditions require increased frequency and consistency of the sessions: **2-4 (30 min.) sessions/week for 2-3 weeks**, as the benefits are cumulative when using the infrared sauna consistently over time.

**Contraindications:**

Dry Flotation is not recommended for people with contagious diseases, silicone implants, open wounds, severe hypo/hypertension, uncontrolled seizures, and sensitivity to being surrounded by warm temperature.

Pregnant women should consult with their doctor before using the infrared sauna. Anyone with chronic heart disease, kidney disease, or serious health concerns should seek proper medical advice and authorization to utilize the infrared sauna.  Infrared Sauna therapy is not a medical treatment and does not offer a diagnosis or cure for any medical condition.

**MOMENTUM CHIROPRACTIC WELLNESS SUITE INFRARED SAUNA 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 Wellness Suite does not evaluate or diagnose my health and I have received medical clearance prior to engaging in Infrared Sauna activities;

5. I have been advised of the following possible side effects: detoxification, stimulation of blood flow, & relaxation;

6. The use of the Infrared Sauna at Momentum Chiropractic has not been evaluated by the Food and Drug Administration or any other agency;

7. The use of Infrared Sauna 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 Wellness Suite assumes no responsibility for customers choosing to treat themselves;

8. All Infrared Sauna 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 Infrared Sauna is not intended to substitute for medical care or treatment. Do not stop your medication without first consulting with your doctor or medical professional. Infrared Sauna 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 Dry Flotation or possible contraindications, please consult with your physician or health professional.

LIMITATION OF LIABILITY. YOU AGREE THAT NEITHER INFRARED SAUNA, NOR ANY PERSON ASSOCIATED WITH INFRARED SAUNA, SHALL BE LIABLE FOR ANY DAMAGE RESULTING FROM YOUR USE OF INFRARED SAUNA. 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 INFRARED SAUNA AND ITS FACILITIES.

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

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

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