

Informed Consent To Infrared Sauna Treatment

According to research, infrared sauna provides a passive cardiovascular conditioning effect. As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate. **Please Note:** effectiveness of the sauna varies from user to user. If you have a heart condition or are in poor health, it is important that you consult your doctor prior to using the sauna.

Because saunas are designed to increase your body temperature and promote sweating in order to eliminate toxins, it is important that you drink plenty of water and reduce caffeine intake prior to your session. It is equally important that you re-hydrate after a session.

You may lose needed nutrients and vitamins through sweating. If you feel tired or depleted after a session, you may require supplementation to replenish trace minerals. This can be accomplished by drinking sports drinks, adding lemon or lime and sea salt to your water, or by taking vitamins.

1. Exit sauna immediately if you feel uncomfortable or sleepy. Staying too long in a heated sauna can cause overheating.
2. Supervise children at all times.
3. Consult your doctor before use if you are pregnant, in poor health, or under medical care.
4. Breathing heated air in conjunction with alcohol, drugs, or medication may cause unconsciousness.

CAUTION: excessive sauna exposure can be harmful to health. Persons with medical conditions or in poor health, please consult your physician before using the sauna.

I acknowledge I have read and understand the above information and cautions regarding infrared sauna use or have had the opportunity to discuss with my health care practitioner the nature and purpose of infrared sauna treatment.

I consent to the infrared treatments offered or recommended to me. I intend this consent to apply to all my present and future infrared saunas.



Dated this _____ day of _____, 20____.

Patient Signature

Witness Signature

Name: _____

(Please print)

Name: _____

(Please print)