



## Far Infrared Sauna Intake Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Occupation and/or Place of Employment: \_\_\_\_\_  
How did you hear about us? \_\_\_\_\_

**To prepare for your initial appointment please read the enclosed paperwork and bring the following items:**

- Completed Paperwork**
- Bathing Suit or shorts and tank top to wear in the sauna**
- Bottled water (8-16 ounces)**
- Several Towels (see below)**
- Book / Magazine (optional)**
- A change of clothing to wear after the sauna (optional)**

### Guidelines for Safe Use of the Far Infrared Sauna

**Attire:** Wear a bathing suit, or loose-fitting cotton shorts with optional tank top. You may wish to bring flip flops to wear.

**Food:** It is best to use the sauna when between meals: not overly hungry with low blood sugar or overly full. If it has been more than 3 hours since your last meal, it is advisable to eat a small snack 45 minutes to one hour before using the sauna.

**Water:** On days you will be using the sauna, be sure to drink plenty of clean, filtered water. Drink 8 oz. before entering the sauna and 8 – 16 ozs. while in the sauna. Continue to drink plenty of water several hours after your sauna session.

**Towels:**

You will need to bring the following towels with you:

A hand towel or folded bath towel to sit on.

A hand towel or folded bath towel to place on the floor of the sauna or use flip flops.

A hand towel to wipe off with during the session, if desired.

A bath or beach towel to dry off with when you are finished.

Towel service may be provided @ \$2 per towel if required.

**Please be aware that we all want a clean and hygienic sauna so please be conscientious about bringing and using the necessary towels.**

## Contraindications

Saunas are not for everyone. If you have the following conditions, we recommend that you do not use the infrared sauna. Do not attempt to self treat any disease with infrared sauna without direct supervision by a licensed physician.

If you have a disease, be sure to verify with your primary care physician if infrared sauna is appropriate for you.

### Fever

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

### Insensitivity to Heat

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

### Medications

Individuals who are using prescription drugs should seek the advice of their prescribing physician or a pharmacist for possible changes in the drugs' effects when the body is exposed to 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. Medications delivered through a dermal patch may be affected by infrared.

### Cardiovascular Conditions

Individuals with cardiovascular conditions (high or low blood pressure, irregular heartbeat, congestive heart failure, or 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 and blood flow due to the body's 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 30 beats per minute for each degree of increase in core body temperature.

### Joint Injury

Recent acute joint injuries should not be heated for the first 48 hours 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.

### Enclosed Infections and Open Wounds

Vigorous heating is strictly contraindicated in cases of enclosed infections, be they dental, in joints, or in any other tissues. Individuals with open wounds should not use the sauna.

### Implants

Metal pins, rods, artificial joints, or any other surgical implants generally reflect 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 infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared waves. Because 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 in the construction of our sauna unit may interfere with the output of pacemakers. Please discuss the possible risks this may cause with your physician.

### 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 this person may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

### Chronic Conditions / Diseases Associated with a Reduced Ability to Perspire

Parkinson's Disease, 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.

**Pregnancy**

Pregnant women should not use the sauna because fetal damage can occur with elevated body temperature.

**Menstruation**

Heating of the lower back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle, whereas others simply choose to avoid sauna use during that time of the month.

**Children**

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating. Advanced Health & Wellness does not permit children to use the sauna.

**The Elderly**

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

**PLEASE READ AND SIGN BELOW**

I, the undersigned, understand that Clarksville Colonics Infrared Therapy Sauna is not a replacement for medical care and that no diagnosis will be made. I understand that if I have any question as to the appropriateness of the Infrared Therapy Sauna for myself it is up to me to consult my physician. I am not pregnant now and do not intend to conceive until after full sauna use is complete.

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date

**PRESCRIPTION MEDICATIONS: Please list all prescriptions you are currently taking**


**OVER THE COUNTER MEDICATIONS: Please list other medicines you take on a regular basis**


What is the primary reason for your interest in Infrared Sauna therapy?

- Detoxification       Pain Relief       Cardiovascular Benefits
- Weight Loss       Relaxation       Skin Health       Other \_\_\_\_\_

**CANCELLATION POLICY:**

I understand that Clarksville Colonics has a cancellation policy that requires a 24 hour notice. Failure to provide this notice will result in the loss of a prepaid session or the full amount will be charged for the missed session. I accept this policy and understand that there will be No acceptions made for any reason.

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date