Initial Client Consent for Full Spectrum Infrared Sauna:

I understand the following:

- The use of drugs or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness and is prohibited.
- No clients under the age of 18 are permitted in the sauna unless accompanied by a supervising adult.
- I will discontinue the use of the sauna if I feel light-headed, dizzy or heat exhausted.
- First time sauna users should begin with 30 minute sessions. 45 minute sessions are reserved for experienced users only.
- It is advised to drink plenty of water before and after my sauna session.
- If any of the following items listed apply to me, I must consult with my physician before using the sauna: Medications, Fever, Alcohol, Cardiovascular conditions, Chronic conditions, Implants/Artificial Joints, Recent Joint Injury, Topical Medications, Circulatory conditions, Pacemaker
- Pregnant women are not permitted to use the sauna.
- I will not use chemicals or lotions prior to my session. These items may block pores and affect perspiration.

I clearly understand the above information. I acknowledge that no guarantee has been made by anyone regarding the results of this treatment that I have requested and authorized. I have carefully read the above precautions for using the Full Spectrum Infrared Sauna. I fully understand and assume the risks associated with these sessions and fully agree to comply with these instructions. I further agree to not hold Zanya Spa Salon or any spa employee responsible from personal or property injury which may result from these sessions.

Patient Name (print)____

Patient Signature____________________________________Date___________

Continued Consent

Date	Initials