



1810 Crest View Dr. Suite 4A Hudson, WI 54016

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**PERMISSION & AUTHORIZATION FORM
REGARDING THE USE OF "RED LIGHT SAUNA THERAPY"**

PLEASE READ BEFORE SIGNING:

Sauna Cautions and Steps to reduce risk of overheating

- 1) Exit immediately if you become uncomfortable, dizzy or sleepy while inside the sauna. Staying too long in a heated area is capable of causing overheating. Open the sauna window regularly to allow fresh cooler air inside.
- 2) Do not use sauna if you are pregnant. Overheating the core body temperature at any time during the first trimester of pregnancy can severely harm an unborn child.
- 3) Do not use sauna if you are breast-feeding an infant. Detoxification during this period can increase the infants' toxic load.
- 4) Check with a doctor if you are in poor health, or under medical care.
- 5) Do not drink alcohol or take recreational drugs with your sauna session. Breathing heated air in conjunction with consumption of alcohol, drugs or medication is capable of causing unconsciousness.
- 6) Re-hydrate during and after each session using water mixed with a potent electrolyte restoration. *(Available for purchase of \$1.25 each serving in our office.)* Profuse sweating may cause dizziness due to mineral loss. Re-hydration is critical for short-term and long-term mineral balance.
- 7) Bodily implants should be covered with a double-thick towel to avoid overheating the prosthetic device.

I have read and understand the foregoing.

This permission form applies to subsequent sauna visits.

Print Name: _____

Address: _____

City _____ State ____ Zip _____

Phone: (____) _____ - _____

Signed: _____ Date: _____