



## **Healthy Hub Infrared Sauna Terms of Use**

Please read the following prior to booking your Infrared sauna session. If you have any questions or concerns please do not hesitate to reach out to the Healthy Hub Team.

### **Start slow:**

The use of infrared saunas may have many health benefits; however, it is important that you fully understand how to use the sauna and gradually introduce your body to the infrared sauna therapy to produce the best results. Initially, your sauna session should be limited to 15-20 minutes and stay below 43-46C.

If you feel light-headed, dizzy or heat exhausted, please discontinue the use of the sauna.

### **Hydration:**

In all situations, hydration is a requirement for sauna use. Drinking filtered water and electrolyte replacement water before and after sauna use is recommended. You **MUST** have a drink bottle full of water for all sauna sessions otherwise your session can not go ahead.

### **Food:**

It is advised to not eat any large meals for at least one hour prior to your sauna session.

### **Topical Products:**

Do not use any topical lotions or oils prior to your sauna. These items may affect perspiration as well as stain the wood of the sauna.

### **Underwear and Towels:**

Underwear is to be kept on at all times whilst in the sauna. A towel **MUST** be used at all times whilst in the sauna. It is a requirement that you bring your own towel to sit on, and place under your feet for all sauna sessions otherwise your sauna session can not go ahead.

### **18 years old:**

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. Consult with the child's Paediatrician or other qualified health care providers before using the sauna. Anyone under 18 must be accompanied by an adult.



### **Medical Conditions:**

Consent to use the far infrared Sauna is conditional upon accurate assessment of your health from a qualified health care provider. If anything listed below applies to you, please consult your healthcare provider before using an infrared sauna.

### ***Medications***

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's effect when the body is exposed to infrared waves or elevated temperatures. Some medications including 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.

### ***Pregnancy***

It is not advised to use a sauna if you are pregnant.

### ***Cardiovascular Conditions:***

Individuals with cardiovascular conditions such as hypertension/hypotension, congestive heart failure, impaired coronary circulation, use a pacemaker or defibrillator, 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 in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory systems. Please discuss all risks involved with your physician prior to an infra-red sauna session.

### ***Other Medical Conditions and Impaired Sweating:***

Various conditions including Parkinson's, Multiple Sclerosis, Central Nervous System Tumours, Lupus and Diabetes with Neuropathy are associated with impaired sweating. Please consult a physician before use if you have any chronic condition.

If you are an individual that has insensitivity to heat, and finds it difficult to sweat, you should not use the sauna.

### ***Recent Joint Injury:***

If you have a recent joint injury, it is suggested to not heat the area for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to heating of any kind.

### ***Acute/ Chronic infections:***

Heating may be contraindicated in cases of infections.



***Implants:***

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon or health care professional 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 far infrared energy. Implanted silicon or silicone prosthesis may be warmed by the far infrared waves. Since silicone melts at over 200 C, it should not be adversely affected by the usage of an Infrared Sauna. Its is still advised that you check with your surgeon, a representative from the implant manufacturer, or your health care professional to be certain.

**Waiver and Release of Liability:**

By booking an Infra-red Sauna session at the Healthy Hub Wellness Centre I acknowledge and accept the risks inherent in the use of the infrared Sauna. I voluntarily assume the risk of any type of injury, which may arise from the use of the Infrared Sauna. I and any of my heirs, executor, representatives or assigns hereby release from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises, during the use of the Infrared Sauna and from any advice provided by an employee, independent contractor or any representative. I agree that this Application and waiver is in effect for all Infrared Sauna sessions and will not expire unless requested by either party.