



Sweat Therapy LLC Waiver - Intake

Client Information and Consent

2290 Sunset Drive Los Osos, CA 93402

Name

DOB

Occupation

Address

City

Zip

Phone

Email

CONTRAINDICTIONS.

Yes

No

1. Have you used a Sauna before?
2. Do you currently have a fever, infection or injury?
3. Have you recently had high blood pressure, a heart attack or other cardiovascular problem?
4. Do you have a history of dizziness, fainting spells, heat sensitivity, narcolepsy or seizures?
5. Do you suffer from any bleeding disorders?
6. Are you currently on any medications?
7. Are you pregnant?

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If you answered Yes to any of these questions it is not recommended that you use the sauna at this time. We suggest that you consult your Primary Health Care Physician to obtain a release form in order to utilize the Sauna.

I acknowledge and accept the risks inherent to sauna and ice bath use. I voluntarily assume the risk of injury, accident, or death which may arise from the use of the sauna and/or ice bath. I and any of my heirs, executors, 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 sauna and ice bath 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 Sweat Therapy Sauna and Ice Bath sessions and will not expire unless requested by either party. Sweat Therapy, and its representatives, including but not limited to Sweat Therapy LLC, does not provide medical advice or treatment. Sauna and/or Ice Bath use may or may not be appropriate for you. Please consult your health care provider for medical advice. The information provided is for general information purposes only and does not address individual circumstances or medical conditions. Do not attempt to self-treat any disease with Sweat Therapy Sauna and/or Ice Bath.

Signature

Date



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Recommendations for Using Our Facility

2290 Sunset Drive Los Osos, CA 93402

- Use of drugs, medications, or alcohol prior to or while using the Sauna or Cold Plunge are PROHIBITED.
- No one under the age of 18 is permitted in the Sauna unless accompanied by a supervising adult.
- Sauna use should be limited to 30 minutes maximum, and Cold Plunge use to 15 minutes maximum. Your appointment slot allows buffer time for you to enjoy the maximum amount of time in either the Sauna or Cold Plunge, as well as extra time for adjusting to the barrels for comfort during your session.
- We ask that you please discontinue using the Sauna / Cold Plunge if you feel light-headed, dizzy, or heat exhausted during your session.
- Hydration is VERY important at our facility. Please bring along a non-plastic water bottle. We highly recommend drinking a minimum of 4 oz. of water prior to entering the Sauna, and a minimum of 8 oz. of water after exiting the Sauna.
- Please consult your physician if you are in doubt regarding your ability to use the sauna for health reasons.
- Appointments must be cancelled within 24 hours or you will be charged for your session. Please respect your trainer's time by prioritizing your session as you would any other appointment. Remember this is your health. Thank you!

I have read the guidelines & recommendations for use of the facility.

Signature

Date



Sweat Therapy LLC Sauna + Ice Bath Rules

For Planning Your Visit

2290 Sunset Drive Los Osos, CA 93402

- Sauna sessions are limited to 30 minutes max, 15 minutes max for Ice Bath sessions.
- You may wear your work-out clothes (including yoga pants) into the Sauna and Ice Bath, or change into a swimsuit beforehand. A restroom / changing area is provided.
- Do not use drugs or alcohol before entering the Sauna or Ice Bath. The use of drugs, medications, or alcohol beforehand may lead to dizziness or unconsciousness.
- Prior to entering Sauna, please remove shoes and clean your feet in the bucket provided.
- Remove jewelry before entering as it will get very hot and can cause injury. There is a dish located outside of the Sauna to keep it in during your session.
- Please keep cell phones outside, or on the floor by the Sauna door, where they cannot overheat. We are not responsible for any damage to devices.
- Non-plastic water bottles are permitted inside the Sauna, but must be kept on the floor near the door where they cannot overheat. A water refilling station is provided outside of the Sauna. We encourage you to drink plenty of water and to use an electrolyte supplement during or after your session.
- Only one pour from the water bucket allowed per session. For pouring, please use ONLY the water provided in the Sauna bucket. Do not pour directly onto the heater coils.
- Do NOT pour water from your water bottle onto the heater.
- Lotions, oils, or fragrances of any kind are PROHIBITED. The western red cedar is meant to have aromatherapeutic properties and we do not want to interfere with the permanent smell of the interior. Please be sure to wash off any perfume or cologne before entering the Sauna.
- Please do not adjust the Sauna temperature.
- Clean towels are provided and also allowed into the Sauna. Please keep them away from the heater as it can cause fire. Placing a towel over your head can help prevent overheating.
- Please do not touch or place anything on the Sauna heater as it will cause serious injury and/or fire.
- Please be aware that the glass on the Sauna hourglass timer gets very hot to the touch. To avoid injury, please do not touch the glass.
- Beginners typically cannot stay in the Sauna for the entire 30 minutes. If you are feeling overheated, dizzy, or lightheaded, please exit the Sauna and cease your session. Your tolerance will increase over time, but let's start where you're at.
- Please place used towels in the laundry basket provided outside.
- Please be sure to (gently) close the Sauna door when you are finished.
- Please close the gate as you're leaving the property.
- Please note that, if not following proper protocol for using the Sauna, you will be asked to leave, and denied future sessions.

Thank you so much for following our rules for a safe and clean Sauna session!

We appreciate your participation and adherence.