

SAUNAS AND CONTRAINDICATIONS

As with all professional equipment, you may put yourself at risk if you do not fully understand how to use the **sauna**. Far infrared **saunas** creating a cure for or treating any disease is neither implied nor should be inferred.

DO NOT attempt to self treat any disease with a far infrared **sauna** without direct supervision of a certified physician. If any of the items listed below apply to you, be certain to consult with your physician before using a far infrared **sauna**.

In all situations, hydration is a requirement for **sauna** use. Drinking advanced electrolyte replacement water is also recommended before and after sauna use.

Saunas & Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to **Far 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.

Saunas & 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. Consult with the child's Pediatrician before using the **sauna**.

Saunas & 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.

Saunas & Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, 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, blood flow, in an 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 thirty (30) beats per minute for each degree increase in core body temperature.

Saunas & 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 they 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.

Saunas & Chronic Conditions / Diseases Associated With A Reduced Ability To Sweat Or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas & Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared **saunas** should be avoided by anyone who is predisposed to bleeding.

Saunas & Fever

An individual that has a fever should not use the Solo® or any other type of **sauna**.

Saunas & Insensitivity to Heat

An individual that has insensitivity to heat should not use the Solo® or any other type of **sauna**.

Saunas & Pregnancy

Pregnant women should consult a physician before using the Solo® or any other type of **sauna** because fetal damage can occur with a certain elevated body temperature.

Saunas & Menstruation

Heating of the low 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 **saunas** use during that time of the month.

Saunas & Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury 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. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas & 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 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 silicone or silicone prostheses for nose or ear replacement may be warmed by the Far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of Infrared **saunas**. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

Saunas & Pacemaker / Defibrillator

The magnets used to assemble our **saunas** can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

*In the rare event, you experience pain and/or discomfort, immediately discontinue **sauna** use.*

I have read and understand the above information regarding the use of Far infrared saunas and understand that no medical diagnosis can be made. I also understand that this session is not a substitute for normal medical care, and I should continue any present medical treatment and consult my regular medical doctor for treatment of any new or old illnesses. I further take responsibility for my own health and well-being.

Signature: _____ **Date:** _____