

THE CAVE, SAUNA DAY SPA MEDICAL QUESTIONNAIRE

NAME

DOB

ADDRESS

CITY

EMAIL

PHONE #

EMERGENCY CONTACT #

In all situations, the hydrations is a requirement for the sauna use.

Drink plenty of water before, during and after sauna session.

Saunas are generally safe for most users, however the following listed conditions are considered contraindications for the sauna use:

Please indicate if any of the following apply to you:

1. Do you have uncontrolled high/low blood pressure?	no	yes
2. Do you have a circulatory system problems?	no	yes
3. Do you suffer from Congestive Heart Failure?	no	yes
4. Do you have a Pacemaker or defibrillator?	no	yes
5. Are you presently intoxicated with increased consumption of alcohol/drugs?	no	yes
6. Do you suffer from Parkinson's; Multiple Sclerosis?	no	yes
7. Do you suffer from a Central Nervous System Tumor or Diabetic Neuropathy?	no	yes
8. Are you pregnant?	no	yes
9. Do you have a fever?	no	yes
10. Have you had a recent joint/ tissue injury or inflammation (past 48 hours) that is still hot/swollen?	no	yes
11. Do you have recent wounds from an operation or surgery or/and are you prone to bleeding?	no	yes

If you answered yes to any of the above questions, be certain to consult with your physician before using any sauna session.

Please indicate if any of the following apply to you:

1. Are you currently taking diuretics, barbiturates, beta-blockers or anti-histamines?	no	yes
2. Are you under the age 16 or over the age of 65?	no	yes
3. Do you have a metal pin, rod, artificial joint or other surgical implants?	no	yes
4. Do you have a hard time breaking sweat?	no	yes
5. Other (please list)	no	yes

If you answered yes to any of the above questions, please use all our saunas with the extreme caution. We strongly recommend to consult with your doctor if your condition could be negatively affected by sauna use.

In the rare event that you experience pain and/or discomfort, immediately discontinue sauna use and inform our staff about your condition.

Information on contraindications and cautions

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.

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 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 and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty beats per minute for each degree increase in core body temperature.

Saunas & Alcohol/Alcohol Abuse

Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize 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 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 saunas should be avoided by anyone who is predisposed to bleeding.

Saunas & Fever

An individual who has a fever should not use a sauna until the fever subsides.

Saunas & Insensitivity to Heat

An individual with insensitivity to heat should not use a sauna.

Saunas & Pregnancy

Pregnant women should consult a physician before using a sauna.

Saunas & Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

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 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.

Saunas & Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using a sauna.

Certainly the usage of a sauna must be discontinued if you experience pain near any such implants.

DISCLAIMER/WAIVER

I understand that the procedures offered by The Cave, Sauna Day Spa are for the purpose of detoxification and are not intended to take place of medical care or medications.

By signing, I acknowledge this treatment does not claim to cure or treat any condition or disease.

I have read the above disclaimer, I have had the opportunity to ask any questions about its content, and by signing I agree, that I am currently not suffering from any of the contraindications in *The Cave, Sauna Day Spa* Medical Questionnaire.

I agree to disclose to *The Cave, Sauna Day Spa*, if my medical history should happen to change during the time period of receiving sauna sessions.

It is solely my responsibility to monitor my body/reactions and determine if it is appropriate to use sauna.

I alone am responsible for my safety and well being. If I experience pain, dizziness or any discomfort during my sauna session, I am responsible for immediately stopping my sauna session.

I have read the above statements and I understand the use of sauna may involve a physical and/or mental risk. By signing below, I assume the risk and responsibility for any and all injuries and damages arised from using sauna and heriby to waive and release *The Saune Day Spa* and its staff from any and all liability in connection with the use of the sauna.

Client Name

Signature

Date

