



SAUNA INFORMATION & WAIVER

Name: 1) _____
2) _____
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INFORMATION ABOUT SAUNA

- 1. The use of drugs, medication or alcohol prior to or during use the sauna may lead to dizziness or unconsciousness.
- 2. Please, consult your physician if you are in doubt of your ability to use the Sauna for health reasons. You must read and understand list of health related questions (attached), before use of the sauna. You must consult specialist, before use of the sauna, if you have positive answer to any question from the list attached.
- 3. No clients under the age of 18 are permitted in the Sauna unless accompanied by a supervising adult.
- 4. Please, discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
- 5. Each sauna visit should be limited to a maximum of 15 minutes.
- 6. It is advisable to drink plenty of water before, during and after sauna ceremony.
- 7. During the treatments, provided by Hot Rock Spa staff (hot leaf massage, sauna ceremony), please advice to our staff immediately on any change of your conditions, on any discomfort that you are experiencing.
- 8. During the sauna treatments, you must clear indicate to our staff your opinion and preferences. Ask immediately, for the colder/hotter temperature, more intensive/gentle hot leaves application. Advice, if during massage you feel discomfort in any zones or, vice versa, if you want more attention to any areas.
- 9. Excessive body temperatures have a potential for causing fatal damage during the early days of pregnancy.
- 10. Do not use any chemicals or lotions prior use of the sauna. These items may block pores and affect perspiration as well as stain the wood of the sauna

Hot Rock Spa does not provide medical advice or treatment. Sauna 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 to self-treat any disease with a Sauna.

Questions for self-control.

If you have positive answers to any of the questions below, you must consult with experts (pharmacists, Physicians e.t.c.) before the use of the sauna. Hot Rock Spa will not charge you for the procedures which you ordered in advance but were forced to reject for health reasons. Your health, safety, and satisfaction are our first priorities..

- 1. Are you pregnant?
Pregnant women should consult a physician before using the sauna because fetal damage can occur with a certain elevated body temperature
- 2. Are you taking 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 high 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.
- 3. Do you have Diabetes with Neuropathy, Parkinson's, MS or Lupus?
Parkinson's, MS, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- 4. Cardiovascular Conditions:
 - a. Do you have unstable Angina?
 - b. Have you had a recent Heart Attack?

c. Do you have Severe Arterial Disease or any other cardiovascular conditions/problems? 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.

5. Do you sweat excessively? An individual that has insensitivity to heat should not use the sauna.

6. Do you have a recent 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 contraindicated in cases of enclosed infections be they dental, in joints or any other issues.

7. Do you have any allergies for any plants?

Please, note we use natural wigs and with leaves for leaf massage. We also use oil based liquids for aromatherapy.

8. 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 sauna use during that time of the month.

9. Alcohol. Did you use alcohol for the last 24 h.?

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.

10. Fever

An individual that has a fever should not use the sauna

11. Pacemaker/ Defibrillator

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

I have read and understood information above. I acknowledge and accept the risks inherent in the use of the Sauna. I voluntarily assume the risk of injury, accident or death, which , may arise from the use of Sauna. 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 from any advice provided by an employee, independent contractor or any representative.

I agree that this Application and Waiver is in effect for all Sauna ceremonies and will not expire unless requested by either party.

Signatures:

1) _____ Date: _____

2) _____ Date: _____

3) _____ Date: _____

4) _____ Date: _____

5) _____ Date: _____

6) _____ Date: _____

7) _____ Date: _____

8) _____ Date: _____

Sauna Treatment authorization:

Name: _____

1. Appropriated procedures.

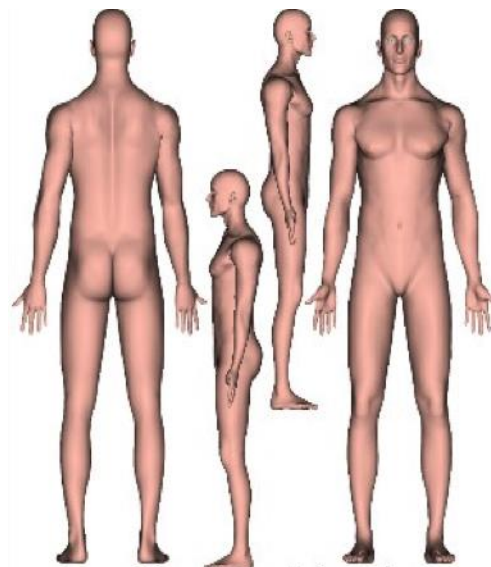
The techniques of hot leave treatment may include contactless and full contact methods.

Please, indicate, if any of above mentioned techniques are not appropriate for you.

- | | | |
|---|------------|------------------|
| 1) Heating (contactless) | I allow it | I do not want it |
| 2) Compress (leaves to body contact) | I allow it | I do not want it |
| 3) Clapping (leaves to body contact) | I allow it | I do not want it |
| 4) Scrabbing and washing (leaves and hands to body contact) | I allow it | I do not want it |
| 5) Skin moisturizing procedure (hands to body contact) | I allow it | I do not want it |

2. Appropriate zones.

The purpose of treatments is a deep and uniform heating of all the areas of your body, as well as intense massage of all muscle groups. Please circle any areas on the picture to the right what areas you do not want to be treated



3. Appropriate methods.

To enhance the therapeutic and relaxing effect traditionally used procedures such as contrast, application of ice, washing with ice, intense heating of the feet and palms, skin refreshment with cold water. These procedures may include the leaves contact or palm contact to the bare skin.

Please, indicate, what methods you approve:

- 1) Hot leaves to body contact: I allow it / I do not want it
- 2) Hands to bare skin contact: I allow it / I do not want it

4. Use of hot leaves.

As a private sauna, we assume all orders are placed by the families or by the close relatives. We use the new set of hot leaves for your whole session for all guests. We disinfect the leave bunches in the hot water and hot steam after each individual treatment. Any guest can request individual bunches of hot leaves for an additional cost.

4. Practitioner authorization.

The sauna operators clearly explained the goals of treatments and their techniques. Each sauna practitioner explains his personal qualification and service limitations.

I authorize _____ (name of practitioners) to carry out the procedures in the steam room.

I authorize _____ (name of practitioners) to carry out the after sauna procedures.

Signature: _____ Date: _____