

# CONTRAINDICATIONS ASSOCIATED WITH INFRARED SAUNA USE

Please review the contraindications listed below before using the Infrared Sauna at Blue Sage Day Spa.  
**If in doubt, do not use the sauna.**

## Medications

Individuals who are using WarFarin or other blood thinning drugs should not use the sauna. 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 energy. 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. **Please bring a doctor's note upon arrival.**

## Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension/hypotension), 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. **Please check with your doctor if you are able to use this sauna and provide a doctor's note upon arrival.**

## Pacemaker / Defibrillator

The magnets used to assemble the units of the sauna can interrupt the pacing and inhibit the output of pacemakers. **If you have a pacemaker or defibrillator, you should not use this sauna.**

## Joint Injury

If you have a recent joint injury, it should not be heated for the first 48 hours 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 such as dental, in joints or in any other tissues. **Please check with your doctor if you are able to use this sauna and provide a doctor's note upon arrival.**

## Fever

**An individual that has a fever should not use this sauna.**

## Alcohol / Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgement, 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.

## Chronic Conditions / Diseases Associated with a Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are conditions that are associated with impaired sweating. **Consult your healthcare practitioner before using this sauna and bring a doctor's note to your appointment.**

## Haemophiliacs / Individuals Prone to Bleeding

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

### **Insensitivity to Heat**

An individual that has insensitivity to heat should **consult their health care professional before using this sauna, please bring a doctor's note to your appointment.** The temperature of the sauna can be set at lower temperatures.

### **Pregnancy**

Pregnant women should consult a physician before using this sauna. **Please consult with your doctor and bring a note to your appointment.**

### **Implants**

Metal pins, rods, artificial joints, or other surgical implants generally reflect far infrared waves and thus are not heated by this system. The usage of the sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prosthesis for nose or ear replacement may be warmed by the infrared waves. Since the silicone melts at over 392°F (200°C), it should not be adversely affected by the usage of the sauna. **You must check with your surgeon before your appointment and please bring a doctor's note.**

### **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. The ability to regulate body temperature by sweating is said to occur only after a child has reached puberty.

### **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. **Please check with your doctor and produce a note upon arrival to your appointment.**

Upon reading the information stated above I, \_\_\_\_\_  
understand that there are certain contraindications for infrared sauna use.

I, \_\_\_\_\_ also understand that without producing a doctor's  
note when necessary for the contraindications listed above, I cannot receive this  
treatment at Blue Sage Day Spa.

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