



Terms and Conditions

All appointments must be scheduled ahead of time. Walk-ins may be accommodated depending on availability. We cannot guarantee the infrared sauna will be up to temperature without a scheduled appointment.

We ask that you arrive 10 minutes prior to your first appointment as this will allow time for paperwork, collect payment and use the facilities if needed.

Payment in full is collected and due before entering the infrared sauna.

A bathing suit or undergarments must be worn during your appointment time slot.

We ask that you also sit and lean on the towels provided while in the sauna and wipe the seat and backrest when leaving the infrared sauna to be considerate for the next guest.

All used towels must be placed in the laundry hamper when finished.

Your 30 minute session includes time before, during (the 20 minute timed infrared sauna session) and after to prep to leave. If you go over the allotted 30 appointment time, you will be charged \$5.00 for the first 5 minutes and the full session amount if longer than that.

We ask that you are respectful of others, staff of Align Chiropractic of Port, S.C., and the property while you are visiting. If at any time we feel that our space isn't being respected, we will ask you to leave the property. You will not be refunded the charged amount for your time.

For any missed appointments (no-show, late cancellation), clients will be charged a \$20 fee.

I have read and agree to the terms and conditions.

Initial here _____ **Date** _____

Infrared Sauna Waiver and Release of Liability

The use of infrared saunas may have many health benefits, however it is important that you fully understand how to use the sauna and gradually introduce your body to the infrared sauna therapy to produce the best results.

In all situations, hydration is a requirement for sauna use.

Drinking filtered water or even advanced electrolyte replacement water is recommended before and after sauna use.

Plastic water bottles are not permitted in the infrared sauna.

Pregnant women are not permitted to use the infrared sauna unless they have been cleared by their obstetrician (with a note, signed) to use the infrared sauna. Excessive body temperatures have the potential to cause fetal damage during pregnancy.

No jewelry (may burn skin), alcohol, smoking, drugs, food, metal, sharp objects, breakables allowed in the infrared sauna unit.

If you have an open wound, you will not be permitted to use the sauna.

If you are using any medications, consult your physician or pharmacist prior to the use of the infrared sauna.

Do not use any lotions, oils, make-up or chemicals prior to the infrared sauna use. These items may block pores and affect perspiration as well as stain the wood in the infrared sauna or cause irritation to other users.

It is advisable to not eat at least one hour prior to your sauna session to avoid any ill feelings and to detox more efficiently.

Please discontinue the use of the infrared sauna if you are feeling light-headed, dizzy or over heated.

Sauna interior is vented for natural air movement- if internal temperatures become uncomfortable, open the sauna door to release any excess heat.

It is solely your responsibility to monitor your body and its reactions and determine if it is appropriate to use the sauna. You alone are responsible for your safety and well being.

I understand that infrared sauna use is not an FDA approved treatment for any specific medical condition. Please consult your physician if you are in doubt of your ability to use the infrared sauna.

Please read this waiver carefully, as using the infrared sauna certain conditions may cause harm to you in use of the infrared sauna. By signing this waiver you are agreeing to comply with all the instructions on the use of the infrared sauna and you recognize the risks associated with using the infrared sauna.

I acknowledge and voluntarily assume the risk of injury, accident, or death that may arise from the use of an infrared sauna. I, on behalf of my heirs, executors, representatives, or assignees, hereby waive and release all claims or liabilities for personal injury or property damages of any kind sustained while on the premises, during the use of the infrared sauna and from any advice provided by an employee, or representative of Align Chiropractic of Port, SC.

I agree that the Infrared Sauna Consent Waiver is in effect for all infrared sessions that I personally choose to attend at Align Chiropractic of Port, SC., and will not expire unless specifically requested by either party.

I acknowledge that I am 18 years of age or older and legally competent to sign this release.

No minors are allowed to use our Infrared Sauna here at Align Chiropractic of Port, S.C.

Printed Name: _____

Date of Birth: _____

Signature: _____

Date: _____