

USING THE OFURO HOT BATH TAB AND IR SAUNA

Before you start the Ofuro and Sauna:

- 1-Fill out the Registration Form
- 2-Always consult with your physician
- 3-Drink plenty of water, preferably mineral or spring water
- 4-Do not apply any lotions to your body
- 5-Arrive 10 minutes before your appointment to allow for the preparation of the Ofuro and Sauna
- 6-Bring a towel to sit on and to wipe your body dry while in the sauna
- 7-We preset the time and temperature for your personal settings
- 8-Wear shorts and a T-shirt during the introduction of the treatment
- 9-Do not bring metal objects (cell phones, iPods, etc.) into the Ofuro and Sauna room
- 10-You may drink water while in the Ofuro and Sauna room
- 11-It is better to sit, not lay down, on the bench
- 12-Relax, read a magazine, meditate or listen soft music
- 13-The Ofuro and IR Sauna will turn itself off automatically
- 14-If at any time you do not feel well (light-headed, dizzy), leave the Ofuro and Sauna immediately. If the symptoms do not resolve themselves, seek medical attention
- 15-After you finish out of the Ofuro and Sauna drink plenty of water, preferably mineral or spring water, shower with the preset temperature and water quantity Shower, then rest since your body burned calories by increasing your heart rate, cardiac output and metabolic rate.

INFORMATION ON CONTRAINDICATIONS AND CAUTIONS

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.

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. We discourage using the Ofuro bath and Sauna if you have congestive heart failure or **uncontrolled high blood pressure**.

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.

Chronic Conditions/ Diseases Associated with a Reduced Ability To Sweat or Perspire Parkinson’s, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy can impair sweating.

Insensitivity to Heat. An individual who has insensitivity to heat should not use the Ofuro and IR Sauna.

Pregnancy Pregnant women should not use the Ofuro bath and IR Sauna because fetal damage can occur with an elevated body temperature.

Fever. An individual that has a fever should not use the Ofuro bath and IR 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.

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 the Ofuro and Sauna treatment.

Medications 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.

During your session, **slightly open the door of the sauna or add cold water** if you are feeling too hot.

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 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. During your session, slightly open the door of the sauna or add cold water if you are feeling too hot.

Menstruation. Heating of the low back area of women during the menstruation may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief whereas others simply choose to avoid the Ofuro bath tab and Sauna use during that time of the month.

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 Ofuro bath and IR Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared waves. Since silicone melts at over 392°F, it should not be adversely affected by the usage of Ofuro bath and Sauna. It is still advised that you check with your surgeon to be certain.

DISCLAIMER / WAIVER

Please note the following listed conditions are considered contraindications for the use of Ofuro & IR Sauna. Please indicate if any of the following apply to you:

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| 1. Do you have uncontrolled high blood pressure? | Yes / No |
| 2. Do you suffer from Congestive Heart Failure? | Yes / No |
| 3. Are you presently intoxicated with increased consumption of alcohol | Yes / No |
| 4. Do you suffer from Parkinson's, Multiple Sclerosis? | Yes / No |
| 5. Do you suffer from a Central Nervous System Tumor or Diabetic Neuropathy? | Yes / No |
| 6. Are you pregnant? | Yes / No |
| 7. Do you have a fever? | Yes / No |
| 8. Have you had a recent joint injury (past 48 hours) that is still hot and swollen? | Yes / No |
| 9. Do you have recent wounds from an operation or surgery? | Yes / No |
| 10. Do you have a Pacemaker or defibrillator? | Yes / No |

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, YOU MUST GET A RELEASE FROM YOUR GP / PHYSICIAN BEFORE USING OFURO & IR SAUNA.

Please indicate if any of the following apply to you:

- | | |
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| 1. Are you currently taking diuretics, barbiturates, beta-blockers or antihistamines? | Yes / No |
| 2. Are you under the age of 18 or over the age of 65? | Yes / No |
| 3. Are you currently having a heavy menstrual period? | Yes / No |



4. Do you have a metal pin, rod, artificial joint or any other surgical implants? Yes / No

5. Do you have a hard time breaking a sweat? Yes / No

IF YOU ANSWERED YES TO ANY OF THE ABOVE, YOU NEED TO BE CAUTIOUS. PLEASE ASK FOR ASSISTANCE ON COOLING OFURO'S WATER AND OPEN THE DOOR OF THE SAUNA TO ALLOW COOL AIR TO COME IN IF YOU ARE TOO HOT. WE WILL SET YOUR FIRST SESSION AT A LOWER TEMPERATURE.

I, the undersigned, consent to the Ofuro and Infrared Sauna Treatment. I understand that these procedures are for the purpose of detoxification and are not intended to take place of medical care or medications.

I clearly confirm that I do not have any contraindications to the Ofuro and Infrared Sauna Treatments. I understand that I can discontinue my treatments anytime.

I understand that I take full responsibility for my own health and well-being.

I have read the above disclaimer (including cautions and contraindications for the use of Ofuro and IR Sauna) and I agree that I am not currently suffering with any of the above-mentioned contraindications. I have read the recommendation sheet, I have been informed about the fees, I have had the opportunity to ask any questions about its content, and by signing below I agree to release VILLA SOLE and IT'S MANAGEMENT from any liability in connection with the use of the Ofuro bath & IR Sauna.

We do not release your name or email to any third party.

Step out of the infrared sauna immediately if you experience dizziness or are sleepy. In the rare event, you experience pain and / or discomfort, immediately discontinue Ofuro and Sauna use.

Client Name _____

Date _____ **Signature** _____