

INFRARED SAUNA INTAKE FORM

Name- _____ Address- _____ _____ <i>Postal Code</i> _____ Email - _____ How did you hear about the clinic? _____	Phone (h)- (____) _____ (cell)- (____) _____ (work)- (____) _____ DOB (mm/dd/yy) - _____ _____
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Emergency Contact- _____ Phone # -(____) _____

Indicate your main health concerns in order of importance to you:

1.- _____	Since when: _____
2.- _____	Since when: _____
3.- _____	Since when: _____
4.- _____	Since when: _____

List any Medication and/ or Supplements that you are taking:

Medication	Supplements
1.- _____	1.- _____
2.- _____	2.- _____
3.- _____	3.- _____
4.- _____	4.- _____

Water Consumption: How much per day? _____	How easily do you sweat? Very Easily Average Rarely
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Please note the following list are considered contraindication for the use of Far Infrared Saunas. Please indicate if any of the following apply to you:

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 a Pacemaker or defibrillator?	Yes	No

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS- PLEASE CONSULT WITH YOUR DOCTOR BEFORE USING INFRARED SAUNA.

Please indicate if any of the following apply to you:

1.- Are you currently taking diuretics, barbiturates, beta-blockers or anti-histamines?	Yes	No
2.- Are you under the age of 16 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 DURING YOUR SESSION. PLEASE SLIGHTLY 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.