

Precautions and Medical Warnings for Far Infrared Sauna Use

ALL CLIENTS USING THE SAUNA SPACE WILL BE REQUIRED TO FILL OUT THIS WAIVER:

<https://forms.wix.com/r/7240328696748311008>

While far infrared saunas offer numerous health benefits, there are important precautions and medical considerations that customers should be aware of to ensure safe and enjoyable use.

1. Consult a Healthcare Provider

Before using a far infrared sauna, it is essential to consult with a healthcare professional, especially if you have pre-existing medical conditions. Individuals with the following conditions should take extra caution:

- **Heart conditions:** Those with cardiovascular issues, including heart disease, hypertension, or recent heart attacks, should get approval from their doctor. Infrared sauna use can raise heart rate and blood pressure.
- **Respiratory issues:** Conditions like asthma, chronic obstructive pulmonary disease (COPD), or other respiratory problems may be aggravated by heat exposure.
- **Pregnancy:** Pregnant women should avoid using far infrared saunas, as excessive heat can affect fetal development, especially in the early stages of pregnancy.
- **Medications:** Certain medications may affect your body's response to heat. Diuretics, barbiturates, and beta-blockers are some examples. Consult your doctor if you are taking prescription drugs before sauna use.

2. Avoid Overheating

- **Hydration is Key:** Infrared saunas can lead to significant fluid loss through sweating. It is crucial to stay well-hydrated before, during, and after your session to prevent dehydration.
- **Session Length:** It is recommended to start with shorter sessions (10-15 minutes) and gradually increase the time as your body adjusts. Do not exceed 30-45 minutes per session, especially if you are a beginner.
- **Cooling Down:** Give your body time to cool down after a session. Jumping into a cold environment too quickly can cause a sudden drop in blood pressure, which may lead to dizziness or fainting.

3. Skin Sensitivity and Burns

- **Burn Risk:** While rare, the radiant heat can lead to superficial burns, especially if your skin is highly sensitive. It's important to listen to your body and reduce session times if you feel discomfort or excessive heat.
- **Skin Conditions:** If you have eczema, psoriasis, or other chronic skin conditions, the intense heat may exacerbate symptoms. Consult a dermatologist before using the sauna if you have concerns about how heat may affect your skin.

4. Blood Pressure Considerations

Far infrared saunas can cause both increased heart rate and lowered blood pressure as your body heats up. While this can be beneficial for circulation, it can pose risks to individuals with blood pressure issues, such as those prone to:

- **Low blood pressure (hypotension):** Heat exposure can cause blood pressure to drop further, leading to dizziness or fainting.
- **High blood pressure (hypertension):** People with uncontrolled high blood pressure should avoid using a sauna without consulting a healthcare provider.

5. Avoid Alcohol and Drugs

Do not use a far infrared sauna while under the influence of alcohol, recreational drugs, or sedating medications. These substances can impair your body's ability to regulate temperature, increasing the risk of fainting, dehydration, or heatstroke.

6. Supervise Use for Children and Elderly

- Children: Children's bodies are more sensitive to heat. If used by minors, far infrared sauna sessions should be shorter and closely supervised to prevent overheating.
- Elderly: Older individuals, especially those with weakened immune systems, cardiovascular problems, or temperature regulation issues, should consult their healthcare provider before use.

7. Discontinue Use if You Feel Unwell

If you experience any of the following symptoms while in the sauna, exit immediately and seek medical attention if necessary:

- Dizziness or lightheadedness
- Nausea
- Shortness of breath or chest pain
- Extreme thirst or dry mouth
- Headaches

8. Limit Use for Individuals with Implanted Medical Devices

Those with pacemakers, metal implants, or other implanted medical devices should consult with their doctor before using a far infrared sauna. The heat and electromagnetic energy may interfere with the functionality of certain devices.