



CALM HealthWorks

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Far Infrared Sauna Intake Form

Name _____
Address _____
City _____ State _____ Zip _____
Home Phone: _____ Work Phone: _____ Cell: _____
Email Address: _____
Emergency Contact: _____
Occupation and/or Place of Employment: _____
How did you hear about us? _____

Guidelines for Safe Use of the Far Infrared Sauna

Attire: Wear a bathing suit, or loose-fitting cotton shorts with optional tank top. You may wish to bring flip flops to wear.

Food: It is best to use the sauna when between meals: not overly hungry with low blood sugar or overly full. If it has been more than 3 hours since your last meal, it is advisable to eat a small snack 45 minutes to one hour before using the sauna.

Water: On days you will be using the sauna, be sure to drink plenty of clean, filtered water. Drink 8 oz. before entering the sauna and 8 – 16 ozs. while in the sauna. Continue to drink plenty of water several hours after your sauna session. You will be given a packet of Emergen-C at the end of your session to replace electrolytes. It is advisable to also include Reduced Glutathione in your diet. It is composed of the amino acids l-cysteine, l-glutamic acid, and glycine. It is a potent antioxidant that works in the liver to protect the body from harmful substances. It also binds and conjugates toxins, promoting their excretion which helps the body detox.

Towels:

- You will need to bring the following towels with you:
- A hand towel or folded bath towel to sit on.
- A hand towel or folded bath towel to place on the floor of the sauna or use flip flops.
- A hand towel to wipe off with during the session, if desired.
- A washcloth or bath sponge if you desire to sponge off when you are finished.
- A bath or beach towel to dry off with when you are finished.

Please be aware that we all want a clean and hygienic sauna so please be conscientious about bringing and using the necessary towels.

What to expect:

Most individuals do not feel any effects during the first few sessions since the time is brief and the temperature is low. You may not necessarily perspire in your first few sessions. You will be gradually increasing the time and temperature so that you will not remove the body's burden too rapidly. If you feel ANY symptoms or side effects, REPORT them immediately. There is a buzzer within reach you can ring. Negative symptoms are not limited to but may include feeling weak, dizzy, nauseated, exhausted, muscle cramps, spasms, cardiac arrhythmia, and headache.

Do not put any lotions or oils on the body or face when using the sauna as this may block pores and hinder perspiration. To help relieve sore and tense muscles, feel free to massage the affected areas while in the sauna.

Contraindications:

Do you have: (please check all that apply)

- sensitivity to high heat?
- hemophilia?
- congestive heart failure?
- hypertension or hypotension?
- impaired circulation?
- Multiple Sclerosis?
- Diabetes with neuropathy?
- Parkinsons?
- Lupus?
- Acute and recent joint injuries (within 48 hours)?
- Do you take any drugs that impair sweating?
- Do you take any drugs that can change when your body is exposed to far infrared radiation?
- Are you pregnant?
- Is it acceptable for you to raise your core temperature? Yes or No?**

Individuals with obesity, a history of heart disease, high or low blood pressure, circulatory system problems, and diabetes should consult a physician prior to using the sauna.

Temperature: Far infrared saunas are not as hot as conventional saunas. Generally, you will start at 100 degrees and gradually work up to 120-130 degrees.

Time: Most individuals will start with 10-15 minutes per session. The time will increase by increments of 5 minutes per session if no ill effects are felt. Report ANY symptoms you experience.

Frequency: While far infrared saunas can be used daily, it is acceptable for most people to use them three times/week. This can be discussed with Andi Locke Mears and an established schedule agreed upon.

Far Infrared Agreement

I, _____, understand that C. Andi Locke Mears is not a physician and that she does not dispense medical advice nor prescribe treatment. Rather, she provides information to enhance my knowledge of how nutritious foods, herbs, supplements, and lifestyle affect health.

I verify that the following have been completed:

- I have read and understand the guidelines for safe use of the far infrared sauna.
- I agree to follow the exact recommendations regarding time, temperature, and frequency of the sauna.
- I agree to report any adverse reactions to Andi Locke Mears.
- I understand that I need to let Andi Locke Mears know prior to starting sauna use if I am a "non-sweator." I understand that using a sauna if my sweating process is not working properly can lead to adverse reactions.
- I know that is unsafe to use a sauna when pregnant. I am not pregnant now and do not intend to conceive until after full sauna use is complete.
- I understand that in addition to promoting detoxification, saunas deplete good nutrients. I agree to replenish nutrients as recommended. I have reviewed this nutrient list with my physician, nutrition consultant, or other healthcare practitioner to confirm these are the correct nutrients for my needs and do not interfere with any medications or supplements I may be taking.

I certify that I am here solely on my own behalf. I am not representing any other person, company, association, and/or on the behalf of any governmental agency.

I agree to hold Andi Locke Mears, CALM HealthWorks, LLC, and all staff harmless for claims or damages in connection with use of the sauna.

Signature: _____

Print name: _____

Date: _____