

**ATHENA FITNESS AND WELLNESS**  
**3-in-1 INFRARED SAUNA AGREEMENT/WAIVER**

- No clients under the age of 18 are permitted in the Sauna
- Pregnant women should not use the sauna
- Please check with your healthcare provider to see if sauna use is contraindicated for you.
- It is advisable to drink plenty of water before and after sauna session
- **Water bottles are permitted in the sauna.**
- It is advised not to eat at least one to two hours prior to your sauna session
- Clients using any medications must consult a physician/pharmacist prior to the use of the sauna
- Do not use any chemicals or lotions prior to your sauna session.
- These items may block pores and affect perspiration.
- Please discontinue the use of the sauna if you feel lightheaded, dizzy or heat exhausted.
- Athena Fitness and Wellness does not provide medical advice or treatment.
- Far-infrared Sauna use may or may not be appropriate for you.
- Please consult your health care provider for medical advice.
- The information provided is for general information purposes only and does not address individual circumstances or medical conditions.

I have read and understand the contraindications for use of infrared sauna and acknowledge that none apply to me.

I voluntarily assume the risk inherent in my participation in infrared sauna sessions offered by Athena Fitness & Wellness including the risk of injury, accident, death, loss, cost or damage to my person or property, I release and indemnify by Athena Fitness & Wellness from and against any and all such claims and liabilities, including attorneys' fees.

I further attest that I am in sufficient physical health, and/or that I have consulted with a physician and I am able to participate in far infrared sauna sessions.

I assume responsibility to update Athena Fitness & Wellness of any changes in my medical conditions that might affect my safety or participation in infrared sauna sessions offered by Athena Fitness & Wellness.

I understand it is my responsibility to exit the sauna if I feel dizzy, lightheaded or nauseous.

I understand it is my responsibility to make sure I drink enough water before and after my session.

I have carefully read the above safety instructions for using an Infrared Sunlighten sauna.

I fully understand them and fully agree to comply with instructions.

This agreement is in effect for all future Sunlighten sauna sessions/treatments and will not expire unless requested by either party.

Client Name (print)

\_\_\_\_\_

Signature

\_\_\_\_\_

Date \_\_\_\_\_