



## AT YOUR OWN RISK AGREEMENT

Welcome to A Valley of Vitality! We are a self-serve FIR (Far infrared sauna) and massage wellness center. Amanda Barnett, owner of A Valley of Vitality, does not prescribe medicines/products, treat or diagnose any disease. No one can say that our products can or will help you with any disease or complication such as pain. However, we have several published medical studies, books and health articles supporting our FIR saunas help with a multitude of problems. You can experience our products and make your own determination. Most clients notice more benefits the more they use our facility. Relax and please enjoy the moment! Some authorities suggest seeking the advice of their physician when using an infrared sauna.

Please fill out all information as accurately and thoroughly as possible.

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Referred by \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Contact Name \_\_\_\_\_

Cell Phone \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

**IMPORTANT:** Please list the five primary physical complaints you are presently experiencing in order of importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## HEALTH INFORMATION

*Do you have any of the following? Please check Yes or No. If yes, please explain as clearly as possible.*

- Yes  No Do you have a pacemaker or implantable defibrillator and metal hardware (screws, plates), silicone implants?
- Yes  No Do you have a heat or sun contra-indicated disease? (i.e. Lupus, MS)
- Yes  No Are you on heat or sun contra-indicated medications?
- Yes  No Do you have high/low blood pressure or a heart condition? (FIR is used for passive cardiovascular conditioning. Individuals with high blood pressure should not use a sauna unless there is a medical clearance.)
- Yes  No Are you currently or possibility pregnant? (Let us know immediately. If so, consult with your physician first.)
- Yes  No Are you presently in pain? Circle: Lowest 1 2 3 4 5 6 7 8 9 10 Highest.
- Yes  No Did a physician refer you to use our Far Infrared Saunas (FIR)?
- Yes  No Do you suffer from headaches/migraines?
- Yes  No Do you have a desire for weight loss? (Our FIR saunas will burn calories, can aid in weight control and eliminates cellular toxins)
- Yes  No Do you have a family history of cancer?
- Yes  No Do you have arthritis or a joint disorder/swelling?
- Yes  No Do you have spinal deformities or injuries?
- Yes  No Do you have problems with hypertension, sleeping or unwinding?

- Yes  No Do you have circulatory problems?
- Yes  No Do you suffer from allergies?
- Yes  No Do you have an immune system problem or disease? *(Have you ever asked your physician what is causing it?)*
- Yes  No Do you have any medical conditions or injuries?
- Yes  No Have you ever used Far Infrared products? If yes, please list.

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Yes  No Do you have acne, skin problems, allergies, constipation or frequent colds, etc.? If yes, please explain.

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Yes  No If you notice benefits after one session, do you think it would make sense to come in a few days in a row?

List all current medications including supplements. \_\_\_\_\_

List area of pain, tension or complaints: \_\_\_\_\_

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What are your expectations for today's visit? \_\_\_\_\_

How many ounces of water did you drink prior to today's sauna session? \_\_\_\_\_

What are you doing for detoxification, prevention or immune system support? \_\_\_\_\_

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Medical studies confirm FIR saunas are the best, most efficient, and naturally effective manner to detoxify the body via sweating toxins through the skin. Primarily, first sessions should be 30 minutes or less. Please use caution. You can get out of our sauna at any time and open the sauna door to vent the heat every five minutes if you desire. Western medicine suggests people with medical conditions or who have diseases or are on prescription drugs should consult with their physician prior to beginning this sauna program. MassagePrescott, LLC supports this statement. All use of Massage Prescott's products are at YOUR OWN RISK!

Studies confirm that minerals can be depleted from the body when sweating. We recommend that you hydrate properly prior to using the FIR saunas. It is your responsibility to choose and consume hydration products to supplement minerals and electrolytes to maintain a healthy balance of essential fluids prior before and after your FIR sauna session(s).

By signing this agreement, you are stating that you have read, agree and understand all the information provided and you further understand that the use of any products, machines, saunas, massage equipment are totally AT YOUR OWN RISK. You agree to hold no one responsible for any event that occurs on our premises or as a result of your visits, except yourself. I understand that I am responsible for my own health and liability and do not hold Amanda Barnett, Massage Prescott or staff members liable or responsible for any injury or complication sustained here on the premises or thereafter as a result of using our facility. Massage Prescott and its products are not intended to cure, treat or help any disease.

**MEDICAL HAZARDS:**

Using FAR Infrared Sauna may be medically dangerous. Heat can exacerbate certain medical conditions. Members who are pregnant and those with chronic health problems such as: heart, respiratory conditions or skin conditions, diabetes, obesity and extremity weakness should consult their healthcare provider before using the sauna facilities at Massage Prescott, LLC.

Be well, enjoy and be careful. It is advised to maintain a sauna regime in moderation.

I have read the guidelines for safe use of the infrared sauna. I verify that I have been medically evaluated and have received clearance to begin a sauna program.

I agree to report any adverse reactions to Amanda Barnett.

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Signature	Date	Attending staff member	Date
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**Property Theft or Damage - Massage Prescott, LLC assumes no responsibility for damage or theft of personal property while on the premises and assumes no responsibility of criminal acts of third parties.**