



## Rejuvenating Room Agreement

### Rejuvenating Room Standards

- Please wear a bathing suit or shorts and T-shirt.
- Please wear sandals or slippers.
- Please do not wear perfumes and lotions that will clog pores.
- Cell phones, pagers, and other electronic devices must be turned off.
- Please sit on the towels provided for you on the sauna bench and massage chair.
- Drink water before, during, and after your session.
- Maximum time spent in the sauna should not exceed 45 minutes.
- After treatment, we recommend resting outside sauna for at least 10 minutes.
- Please discard used towels in the designated towel bin.
- Only one person is allowed in the room unless under age eight (must be with parent).
- Missed appointments are \$15 for a single session; count as one if 3/10 session package.

### Consult with your physician before using the far infrared sauna if:

You are hyperthyroid, have multiple sclerosis, lupus, hemophilia, hypertension, a serious heart condition, are pregnant or nursing, under 5 years old, if you have silicon implants, artificial joints or metal pins, are heat intolerant, do not sweat with vigorous exercise, or if fir tree allergic.

### You should leave the sauna immediately if:

You feel unwell. For example, if symptoms such as weakness, lightheadedness, dizziness, or nausea occur, this would give cause to end your session.

### You may experience "healing reactions":

Temporary symptoms that may occur as toxic substances leave the body: odors, mild rashes, taste changes, mild headaches, or digestive changes. **These are only temporary.**

**Disclaimer:** All the information herein is provided for informational and educational purposes only. Nutritional Concepts Inc. does not provide medical advice or treatment. This information is not meant to substitute for the advice provided by your personal physician or any other medical professional. If you have certain health conditions, consult with your physician for clearance before you use this service. You should not use the information contained herein to diagnose, cure, mitigate, or treat any disease.

I have read, understood, and will abide by the standards set forth in this agreement for the purpose of using Nutritional Concepts' Rejuvenating Room.

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Signed

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Date