

Luxury Service, Yoga, and Wellness Training LLC Medical Disclaimer for Infrared Sauna, Chi Machine, Yoga and Energy Healing

Please read the following disclaimer carefully before scheduling your appointment and participating in any activities related to the infrared sauna, chi machine, yoga, or energy healing.

1. Not a Substitute for Medical Advice:

The information provided herein, including but not limited to any text, graphics, images, and other materials on www.whitefishwellnesswakeup.com, is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The wellness treatments are intended to promote relaxation. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

2. Consultation Prior to Participation:

It is strongly recommended that individuals consult with a qualified healthcare professional before participating in activities related to the infrared sauna, chi machine, yoga or energy healing, particularly if they have any pre-existing medical conditions or concerns.

3. Contraindications:

The following medical conditions and some age groups may be contraindicated for participation in activities related to the infrared sauna, chi machine, yoga or energy healing.

Medical Conditions If any of the below apply to you, **you agree to consult your physician prior to booking any sauna, yoga, or energy healing sessions:**

Cardiovascular Issues, Obesity or Diabetes – Individuals suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory problems, or diabetes should consult a physician prior to use. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Medications – Individuals who are using prescription drugs should seek the advice of their personal physician since some medications may induce drowsiness, while others may affect heart rate, blood pressure and circulation. Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics, such as amitriptyline, may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

Alcohol & Drug Abuse – Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The use of alcohol, drugs, or medications prior to a sauna session may lead to unconsciousness.

Elderly – The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. If your healthcare provider recommends this, we can operate an infrared sauna at a lower temperature and limit your session to 15 minutes at a time.

Children – not recommended

Chronic Conditions / Diseases Associated with Reduced Ability to Sweat or Perspire – Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Consult a physician.

Hemophiliacs / Individuals Prone to Bleeding – The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

Fever & Insensitivity to Heat – Individuals with insensitivity to heat or who have a fever should not use the sauna until the fever subsides.

Pregnancy – Pregnant women should consult a physician before using an infrared sauna as it is not advised unless your physician recommends it.

Menstruation – Heating of the low back area of women during the menstrual period may temporarily increase menstrual flow.

Joint Injury – Recent (acute) joint injury should not be heated for the first 48 hours or until the swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.

Implants – Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using.

Pacemakers / Defibrillators – The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

Acute injuries - such as sprains or strains

History of stroke or transient ischemic attack (TIA)

Glaucoma or retinal detachment

Severe osteoporosis or bone fractures

Recent surgeries - particularly on the spine or joints

Spinal cord injuries - or conditions affecting spinal stability

Uncontrolled high blood pressure

Herniated discs - or spinal instability

Recent joint replacements

Acute or chronic neck or back pain

Epilepsy or history of seizures

Inflammatory conditions - such as rheumatoid arthritis or inflammatory bowel disease

Sensory impairment

Severe dehydration

4. Adverse Effects:

Participating in activities related to the infrared sauna, chi machine, yoga, or energy healing may result in adverse effects for certain individuals, including but not limited to dehydration, dizziness, fainting, overheating, muscle strains, joint pain, and exacerbation of pre-existing medical conditions. If you experience any adverse effects, discontinue participation immediately and seek medical attention.

5. Individual Responsibility:

Individuals participating in activities related to the infrared sauna, chi machine, yoga, or energy healing do so at their own risk. It is the responsibility of the participant to monitor their own health status and discontinue participation if any adverse effects occur.

6. Supervision and Limitations:

Participants will always engage in activities related to the infrared sauna, chi machine, yoga, or energy healing under appropriate supervision and adhere to recommended guidelines, limitations, and safety precautions provided by qualified instructors or practitioners.

7. Medical Conditions: I hereby declare that I am in good physical condition and have no medical conditions that would prevent me from participating in energy healing, and using the infrared sauna, and chi machine. **If I have any pre-existing medical conditions, I have confirmed I have consulted with a medical professional before engaging in these activities to get their approval.**

I read the medical disclaimer above, and by scheduling an appointment, I hereby acknowledge and agree to the following terms and conditions before using or participating in any of the following services: infrared sauna, chi machine, yoga, and energy healing provided by Luxury Service, Yoga, and Wellness Training LLC.