

Sauna Dry Heat Treatment & Hydration Station Contraindications

Contraindications; The Sauna or Hydration Station is NOT RECOMMENDED for individuals with the following conditions:

- Epilepsy
- Dizziness, fainting spells, heat sensitivity
- Active cancer
- Broken bones or slipped disc
- Infectious/ contagious skin conditions; skin lesions, abrasions and/ or areas of inflammation/ persistent erythema/ cysts
- Intoxication
- Outfitted with pacemaker or defibrillators
- Individuals running a fever or insensitive to heat (i.e. erythema ab igne)
- Pregnant or nursing

Individuals with the following conditions are advised to obtain physician consent before using the Sauna Dry Heat or Hydration Station:

- Heart disease and/ or other cardiovascular conditions
- Diabetes
- High blood pressure
- Using medication such as diuretics, barbiturates, anticholinergics, and/ or beta blockers
- Hemophiliacs/ individuals prone to bleeding
- In poor health
- Shellfish allergies
- Kidney Disorders

Sauna sessions should be limited to no more than 30 minutes. Hydration Station sessions should be limited to no more than 20 minutes. Drink plenty of water before and after your session. If you experience pain and/or discomfort, immediately discontinue and exit the machine. If you are on any medications, consult with your doctor before using the dry heat sauna or hydration station. Do not use drugs, tobacco, or alcohol prior to or during the sauna or hydration station session. No one under the age of 15 is permitted in the dry heat sauna and hydration station. Persons ages 15-17 years needs a parent consent form signed on file. If you have a medical condition or are on any prescription medications, consult with your physician before using the dry heat sauna and hydration station. Discontinue the use of the sauna or hydration station if you feel light-headed, dizzy, heat exhausted, or unwell.