

SAUNA STEAM SPA TENT CONSENT FORM AND LIABILITY WAIVER

GENERAL & MEDICAL INFORMATION

ALL GUESTS SHOULD CONSULT WITH A DOCTOR BEFORE USING OUR STEAM SPA IF PREGNANT, DIABETIC, HAVE HEALTH ISSUES/CONCERNS OR UNDER MEDICAL CARE. THIS INCLUDES HISTORY OF DIZZINESS OR FAINTING. THIS ALSO INCLUDES ANY METAL PINS, RODS, ARTIFICIAL JOINTS OR ANY SURGICAL IMPLANTS INCLUDING SILICON. BY SIGNING OUR WAIVER, YOU UNDERSTAND THE RISKS AND HAVE CONSULTED WITH A MEDICAL PROFESSIONAL. YOU UNDERSTAND AND TAKE FULL RESPONSIBILITY FOR YOUR OWN HEALTH AND WELL-BEING. ANYONE ENTERING THE STEAM SPA ASSUMES FULL RESPONSIBILITY OF THEIR MEDICAL / HEALTH CONDITION, TO INCLUDE BUT NOT LIMITED TO, ANY MEDICATIONS THE GUEST MAY BE TAKING WHICH COULD RESULT IN A MEDICAL EMERGENCY OR UNSAFE CONDITION. ALL GUESTS MUST KNOW THEIR OWN LIMITATIONS AND ASSUMES ALL RISKS ASSOCIATED WITH ANY ACTIVITIES IN WHICH THEY MAY ENGAGE IN AT **4EVERFIT365**. IT IS ADVISED TO DRINK PLENTY OF WATER BEFORE AND AFTER YOUR STEAM SESSIONS. IT IS ADVISED NOT TO EAT AT LEAST ONE TO TWO HOURS PRIOR TO YOUR STEAM SESSIONS TO AVOID ANY ILL FEELINGS.

REDUCE THE RISK OF OVERHEATING AND SCALDING

OUR STEAM RANGES IN TEMPERATURES FROM 35 TO 65 DEGREES CELSIUS. PROLONGED EXPOSURE TO THE STEAM SPA MAY CAUSE YOUR BODY TO OVERHEAT. LIMIT YOURSELF TO A MAXIMUM OF TWENTY (20) MINUTES. EVERYONE IS DIFFERENT AND YOU NEED TO KNOW WHAT YOUR BODY CAN HANDLE FOR TEMPERATURE. OVEREXPOSURE TO HIGH TEMPERATURES AND HUMIDITY CAN BE DANGEROUS TO YOUR HEALTH. EXIT IMMEDIATELY IF NAUSEOUS, UNCOMFORTABLE, DIZZY OR SLEEPY. DO NOT USE THE FACILITY IF YOU HAVE RECENTLY CONSUMED ALCOHOL, DRUGS OR MEDICATIONS. USE AT YOUR OWN RISK. BE AWARE THAT DIRECT CONTACT WITH STEAM UNIT IN OUR STEAM SPA. ANY METAL IN THE STEAM SPA TENT WILL RETAIN HEAT AND THEREFORE IS NOT SUGGESTED TO BRING INTO THE HEATED TENT OR USE DURING YOUR SAUNA/STEAM SESSIONS.

UNDERSTANDING THE RISKS

I UNDERSTAND THAT THE SAUNA/STEAM SPA TENTS ARE PROVIDED FOR THE BASIC PURPOSE OF RELAXATION AND RELIEF OF MUSCULAR TENSION. IF I EXPERIENCE ANY PAIN OR DISCOMFORT DURING THE SESSION, I WILL IMMEDIATELY EXIT THE SAUNA/STEAM SPA TENT. I ACKNOWLEDGE AND ACCEPT THE RISKS INHERENT IN THE USE OF THE SAUNAS/STEAM SPA TENT. I VOLUNTARILY ASSUME THE RISK OF INJURY, ACCIDENT OR DEATH, WHICH MAY ARISE FROM THE USE OF OUR FACILITY. I HEREBY WAIVE AND RELEASE **4EVERFIT365**. FROM ANY AND ALL LIABILITY, PAST, PRESENT AND FUTURE RELATING TO SAUNA AND STEAM SESSIONS. I AGREE THAT THIS WAIVER IS IN EFFECT FOR ALL SAUNA/STEAM SESSIONS AND WILL NOT EXPIRE UNLESS REQUESTED IN WRITING BY EITHER PARTY (THE GUEST OR **4EVERFIT365 LLC.**). I FURTHER UNDERSTAND THAT STAFF WORKING AT **4EVERFIT365** SHOULD NOT BE CONSTRUED AS A SUBSTITUTE FOR MEDICAL EXAMINATION, DIAGNOSIS, OR TREATMENT. I UNDERSTAND THAT THE STAFF WORKING AT **4EVERFIT365** ARE NOT DIAGNOSING, PRESCRIBING, OR TREATING ANY PHYSICAL OR MENTAL ILLNESS, AND THAT NOTHING SAID IN THE COURSE OF THE SESSION GIVEN SHOULD BE CONSTRUED AS SUCH. THIS IS AN ADULT ONLY FACILITY. YOU MUST BE OVER THE AGE OF 18 TO USE OUR FACILITY.

BY SIGNING THIS FORM, YOU CONSENT THAT YOU ARE OVER THE AGE OF 18. I FREELY ACCEPT AND FULLY ASSUME ALL RISKS, DAMAGES AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE AND LOSS.

I ACKNOWLEDGE THIS WAIVER OF LIABILITY FORM. I FULLY UNDERSTAND ITS TERMS AND CONDITIONS, AND I UNDERSTAND THAT I AM WAIVING AND GIVING UP MY RIGHT TO SUE **4EVERFIT365 LLC.**, ITS MASSAGE THERAPISTS, RELAXATION SPECIALISTS, CONTRACTORS AND EMPLOYEES. I ACKNOWLEDGE THAT I AM SIGNING THIS AGREEMENT VOLUNTARILY AND INTEND BY MY SIGNATURE FOR THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE GREATEST EXTEND ALLOWABLE BY LAW.

_____(Client Signature)

____Date