



Sauna Etiquette and Waiver Form

When you arrive at Sisu Therapies, you can expect that the sauna will be ready for you. The temperature will be set to 160 degrees and a bucket of water with ladle will be inside on a bench for you to use. Here's what you can expect:

1. Arrive 15 minutes to scheduled time.
2. Check-in at front desk. If it is your first time, someone will escort you to our sauna area. Please do not bring valuables with you to your appointment.
3. Two bathrooms with showers are located in our sauna area. We recommend for your best sauna experience to rinse off before and after using the sauna. We will provide you with one towel to sit on while in the sauna, however we recommend that you bring at least one more towel and a "cover" to walk from bathroom to sauna and proper foot attire. A place will be provided to hang your towel/cover.
4. Enter into sauna and sit or lie on towel. You may ladle water onto the steam rocks for your desired amount of steam.
5. When appointment time is complete or sooner, please exit the sauna to one of the bathrooms to rinse off-starting with warm water and cooling gradually. Dress appropriately with shirt, pants/shorts, and footwear before exiting sauna area.
6. Please notify the front desk staff that your session is complete prior to leaving.

DO

- Wear clean sauna attire-bathing suit or workout shorts/top. No nudity allowed.
- Rinse prior/after sauna use.
- Cover yourself with towel or robe walking to/from sauna and wear proper footwear.
- Sit or lie on towel in sauna.
- Invite up to 2 guests to share sauna (no additional cost).
- Hydrate – before and after sauna use
- Request assist with increasing sauna temperature if you are a regular sauna-user and have adapted to higher temperatures.
- Be mindful of your time spent in the shower after your appointment as others may be waiting to use the shower. If you are waiting, please kindly knock to notify the person using the bathroom that you are waiting.

PRECAUTIONS

1. If you are in pregnant or suffer from a heart condition, high blood pressure, diabetes, respiratory condition, and/or under medical treatment, please do not use sauna without consulting a physician.
2. Food and alcohol are prohibited.

3. Do not use sauna if under the influence of alcohol.
4. Please exit the sauna if you feel dizzy, tired, or uncomfortable.
5. Exercise appropriate caution on wet surfaces, avoid direct contact with the sauna and steam equipment as it is very HOT.
6. Children under 16 are not permitted. Children between 16 and 18 are permitted if accompanied by an adult.

WAIVER

I acknowledge that I have read the above information, fully understand and will comply with the recommendations and etiquette for use of Sisu Therapies sauna.

Print Name _____ Date _____

Signature _____