

Core Value Fitness Centre asks that you read and adhere to the cautions of the Infrared Sauna.

Infrared Sauna Therapy Contraindication

Our infrared saunas operate with the same efficacy in a medical facility as in your home. As with all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared saunas creating a cure for or treating any disease is neither implied nor should be inferred.

DO NOT attempt to self treat any disease with an infrared sauna without direct supervision of a certified physician. If any of the items listed below apply to you, be certain to consult with your physician before using an infrared sauna.

In all situations, hydration is a requirement for sauna use. Drinking advanced electrolyte replacement water is also recommended before and after sauna use.

In the interest of your health and safety, if you are affected by any of the following you are required to obtain a referral letter from your primary health care practitioner.

Saunas & Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to Infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Saunas & Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increase cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

Saunas & The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decrease sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Saunas & Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension/hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effect 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

Saunas & Alcohol/Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the

body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Saunas & Chronic Condition / Diseases Associated With A Reduced Ability To Sweat or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas & Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.

Saunas & Fever

An individual that has a fever should not use the Solo® or any other type of sauna.

Saunas & Insensitivity To Heat

An individual that has insensitivity to heat should not use the Solo® or any other type of sauna.

Saunas & Pregnancy

Pregnant women should consult a physician before using the Solo® or any other type of sauna because fetal damage can occur with a certain elevated body temperature.

Saunas & Menstruation

Heating of the low back area of women during menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas during that time of the month.

Saunas & Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas & 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 surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb Infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the Infrared waves. Since silicone melts at over 200C (392F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

Saunas & Pacemaker / Defibrillator

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.

In the rare event, you experience pain and / or discomfort, immediately discontinue sauna use.

In the interest of your health and safety, if you are affected by any of the following you are required to obtain a referral letter from your primary health care practitioner before having an Infrared Sauna session.

Current Medical History:

Dehydration

Multiple Sclerosis

Pregnant or lactating

Recent (acute, within 48 hours) joint injury, chronically hot and swollen joints or any other tissue

Medication with a narrow therapeutic index, out of which is life threatening

Medication with a narrow therapeutic index, out of which is life threatening

Hemophilia and/or predisposition to hemorrhage

Heat Illness (heat cramp/exhaustion/stroke)

Unstable Hypertension

Severe Hypotension

Superficial metallic implants (ie: rods, metal pins, artificial joints)

If you Currently have:

Diabetes – use insulin subcutaneous injections

Acute or chronic edema (swelling of ankles or wrists etc)

Neuropathy

Attempting to conceive (female or male)

Systemic lupus erythematosus

Take recreational/street drugs

Take medications which may predispose you to heat illnesses.

Take medication that may reduce perspiration ability.