



 **Salt + Soul Wellness**

Infrared Sauna Consent & Liability Waiver

Treatment Overview

Infrared sauna therapy uses gentle infrared heat to promote detoxification, circulation, relaxation, and overall wellness. Unlike traditional saunas, infrared heat penetrates the skin more deeply, supporting cellular repair and stress relief.

Potential Benefits

- Detoxification and lymphatic support
 - Muscle and joint relief
 - Improved circulation and skin clarity
 - Stress reduction and mood enhancement
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Risks & Precautions

While generally safe, potential risks may include:

- Dehydration or overheating
- Light-headedness or dizziness
- Skin sensitivity or temporary redness

You should not use the infrared sauna if you:

- Are pregnant or nursing
- Have cardiovascular conditions or unmanaged blood pressure
- Are under the influence of alcohol or drugs
- Are taking medications that impair heat regulation

Please consult your physician before use if you have any medical conditions or concerns.

💛 Client Acknowledgment

By signing below, I acknowledge and agree to the following:

- I have disclosed all relevant health conditions and medications.
- I understand that infrared sauna therapy is not a substitute for medical care.
- I release Salt + Soul Wellness, its staff, and affiliates from any liability related to my participation in this therapy.
- I understand that results may vary and no specific outcomes are guaranteed.
- I have had the opportunity to ask questions and all have been answered to my satisfaction.

Red Light Therapy Consent & Liability Waiver

✨ Treatment Overview

Red Light Therapy (Photobiomodulation) uses low-level red and near-infrared light to stimulate cellular function, support skin health, reduce inflammation, and promote overall wellness. It is non-invasive and generally considered safe.

🔬 Potential Benefits

- Improved skin tone and texture
- Reduced joint and muscle discomfort
- Enhanced circulation and cellular repair
- Mood and energy support

⚠️ Risks & Precautions

While rare, potential side effects may include:

- Temporary redness or warmth
- Light sensitivity or mild headache

- Skin irritation in sensitive individuals

Protective eyewear is provided and must be worn during sessions.

Client Acknowledgment

By signing below, I acknowledge and agree to the following:

- I have disclosed any relevant health conditions, medications, or sensitivities.
- I understand that Red Light Therapy is not a substitute for medical care.
- I acknowledge that I am responsible for ensuring that I am using the RLT Equipment properly and in accordance with the instructions provided to me by the Company.
- I acknowledge that I will abide by the safety guidelines provided to me such as distance, duration of use, eye protection, and any similar or related safety guidelines.
- I hereby release the Company and Device Company from all liability and damages resulting from my use, misuse, overuse, negligence, or from not using any of the RLT Equipment per guidelines or instructions provided to me.
- I release Salt + Soul Wellness, its staff, and affiliates from any liability related to my participation in this therapy.
- I understand results may vary and no specific outcomes are guaranteed.
- I have had the opportunity to ask questions and all have been answered to my satisfaction.

Salt Therapy Waiver & Consent Form

Salt + Soul Wellness

Salt Therapy Overview

Salt therapy (halotherapy) involves relaxing in a room infused with microscopic dry salt particles. While many clients report respiratory and skin benefits, this is a complementary wellness service—not a substitute for medical care.

Respiratory Benefits

- Improve breathing by thinning mucus and clearing airways
- Reduce inflammation in the lungs and sinuses
- Relief for asthma, bronchitis, COPD, allergies, and chronic cough

Skin & Stress Relief

- Soothe skin conditions like eczema and psoriasis (via passive exposure)
- Promotes relaxation through meditative, mineral-rich environments
- Often paired with yoga, meditation, or sound therapy for deeper nervous system reset

Acknowledgment of Risks

I understand that:

- Salt therapy may cause temporary coughing, throat irritation, or increased mucus
- It is not recommended for individuals with severe hypertension, active infections, or advanced respiratory conditions
- I should consult my healthcare provider before participating, especially if I have chronic health concerns
- Salt + Soul Wellness does not diagnose, treat, or cure any medical condition

Consent & Release

By signing below, I voluntarily:

- Consent to participate in salt therapy sessions
- Release Salt + Soul Wellness, its owners, staff, and affiliates from any liability related to my participation
- Agree to follow all posted guidelines and staff instructions
- Confirm that I am not under the influence of drugs or alcohol during my session