



## Salon Di Marco & Day Spa

I, \_\_\_\_\_ understand that in order to receive any service at Salon Di Marco and Day Spa that requires the use of a steam canopy the following conditions are true:

\_\_\_\_\_ I am not pregnant.

\_\_\_\_\_ I do not suffer from high blood pressure, heart disease or any cardiovascular problem.

\_\_\_\_\_ I do not have a fever and have not had one in the past 24 hours.

\_\_\_\_\_ I am not under the influence of alcohol or any non-prescription substance.

\_\_\_\_\_ I do not suffer from diabetes.

\_\_\_\_\_ I am not currently undergoing any type of chemotherapy treatments.

The aim of a steam treatment is to raise your body's core temperature, which facilitates detoxification through sweating, and enhances the absorption of therapeutic products through the pores. The time and temperature in the canopy will depend on your comfort and tolerance for heat. Please limit your sun exposure before and after the treatment so your body has time to rehydrate and recover properly. Our treatments cannot exceed 20 minutes of actual time under the steam canopy because of health reasons. Because of safety reasons, we may refrain from providing steam therapy to those who are extremely frail, sick, or elderly. If you suffer from heart or blood pressure issues but are not experiencing a hypertensive crisis, we may start the first treatment with a 10-minute session, and increase time on subsequent sessions if blood pressure doesn't increase during services. If you suffer from diabetes, but have it under control, we may start the first treatment with a 10-minute session, and increase time on subsequent sessions if blood pressure doesn't increase during services. We suggest you check your glucose levels before and after to make sure steam didn't cause an unexpected unbalance on your glucose levels.

If you have a question or concerns regarding your health history, we suggest that you obtain your doctor's permission prior to receiving any steam treatments.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_