

THE WELLNESS  
OF PINE HILL FARM



The Wellness Spa of Pine Hill Farm Wellness LLC reserves the right to alter or modify the below terms and conditions from time to time. The information contained herein and on our website is not intended to give medical or pharmacological advice and as such should not be relied upon as a substitute for professional medical advice.

Halotherapy (“salt therapy”) is not recommended in the following cases: tuberculosis, fever, contagious conditions, severe heart disorders, existence of certain cancers, advanced pregnancy, or acute state of respiratory attack. The use of salt therapy is not intended to substitute medical care or treatment. Do not stop your medication without first consulting your doctor. The following side effects are possible following treatment: dry or itchy throat, nasal drop, and increased coughing at the beginning. This is a natural part of the cleaning process of the respiratory system during which the accumulated pollution loosens up and is expelled from regions of the lungs. Such side effects should cease with the removal of pollution and pathogens. Skin irritation and dermal sensitivity may occur; in such cases, decrease the frequency of sessions.

Infrared Sauna is not recommended if you are pregnant, have hemophilia, fever, or heat sensitivity. The use of infrared saunas may have health benefits; however, it is important that you fully understand how to use the sauna and gradually introduce your body to the infrared sauna therapy to produce the best results. In all situations, hydration is a requirement for sauna use. Drinking filtered water or advanced electrolyte replacement water is recommended before and after sauna use. Self-treatment of any disease with an infrared sauna is not recommended without supervision of a certified physician.

*I acknowledge and understand that my participation in the activities is purely voluntary and no promises or warranties were made to me by The Wellness Spa to induce me to participate. I am fully responsible for myself and my children. The Wellness Spa assumes no responsibility for customers choosing to treat themselves with halotherapy or infrared sauna. The use of these therapies is not intended to treat, cure, or prevent any illness or condition.*

Client Name: \_\_\_\_\_

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

*\*If acknowledging waiver online, online acceptance suffices as replacement for client signature and date.*