

# Lighten Up! Spa

## Contraindications for LED Light Therapy

If any of the Contraindications listed below apply to you, we urge you to consult with your doctor about the safety of LED Red Light therapy before scheduling a Lighten Up! session.

### Contraindications:

- Retina issues due to Diabetes
- Younger than 12 years old
- Epilepsy or other seizure disorders.
- Currently taking steroidal medications via injection, cream or pill. (We recommend no LED light therapy for 7 days after your last dose of steroids.)
- Recent injections of Botox or cosmetic fillers. (Wait five days after such injections before infrared sauna or LED Red light therapy use.)
- Currently taking medications that make you photosensitive or light sensitive. (A partial list of contraindicated medications includes: melatonin, lithium, certain anti-biotics, and phenothiazine anti-psychotics. Consult your doctor (or do research on legitimate medical websites before combining LED Red Light Therapy with your current medications.)
- Cancer. Do not perform LED therapy over known metastasis.
- Active fever or infection (especially dental)

# Lighten Up! Spa

## Contraindications for Infrared Sauna Use

If any of the Contraindications listed below apply to you, we urge you to consult with your doctor about the safety of Infrared Sauna use before scheduling a Lighten Up! session.

### Contraindications:

- Currently pregnant, lactating, or menstruating
- Cardiovascular disease
- High or low blood pressure
- Pacemaker
- Abnormally sensitive to heat Hemophilia and other bleeding disorders
- Some thyroid conditions
- Systemic Lupus Erythematosus
- You've had more than one glass of alcohol in the last 12 hours. (Alcohol increases the risk of overheating and dehydration.)
- Currently taking antihistamines, barbiturates, beta-blockers or diuretics. (These drugs impair perspiration and can cause dehydration.)
- Adrenal suppression, diabetic neuropathy, multiple sclerosis, or Parkinson's disease. (If you have any of these conditions, you may not be able to safely handle the heat of an infrared sauna.)

**I have read and understand the contraindications relating to Infrared Sauna and LED Light therapy use.**

And I have been informed that Lighten Up's! Clearlight Infrared Sauna and JOOVV LED Light Therapy are safe methods of treatment for those *without* the above contraindications.

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

## **Lighten Up! Infrared Sauna and Light Therapy Spa**

### **Waiver**

I, the undersigned, having read and understood the Contraindications, hereby request and consent to using the Infrared Sauna and Light Therapy in the *Lighten Up!* spa.

By signing below, I agree to indemnify and hold *Lighten Up! Infrared Sauna and Light Therapy Spa*, and *Marin Optimal Health*, harmless in regard to any occurrence, during or as a result of my Lighten Up! session.

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

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