

The Spa LAKEHOUSE INN R E T R E A T

Steam and Sauna Release Form

GENERAL & MEDICAL INFORMATION

Check with a doctor before using our facility if pregnant, diabetic, have health issues / concerns or under medical care. This includes history of dizziness or fainting. This also includes any metal pins, rods, artificial joints or any surgical implants including silicon. By signing our waiver you understand the risks and have consulted with a medical professional. You understand and take full responsibility for your own health and well-being. The Lakehouse Inn requires any guest who has any health, mobility or any other condition which requires the assistance of another person, regardless of age, to be accompanied by another adult guest at all times.

Anyone entering the sauna and steam rooms assumes full responsibility of their medical / health condition, to include but not limited to, any medications the guest may be taking which could result in a medical emergency or unsafe condition. All guests must know their own limitations and assumes all risks associated with any activities in which they may engage in at The Lakehouse Inn. It is advised to drink plenty of water before and after your sauna and steam sessions, it is advised not to eat at least one to two hours prior to your sauna and steam sessions to avoid any ill feelings.

REDUCE THE RISK OF OVERHEATING AND SCALDING

Our saunas range in temperature. Our infrared sauna is 60 Celsius. Our steam room is 40-60 Celsius and has 100% humidity. Prolonged exposure to the sauna and steam room may cause your body to overheat. Limit yourself to a maximum of ten (20) minutes. Everyone is different and you need to know what your body can handle for temperature. Overexposure to high temperatures and humidity can be dangerous to your health. Exit immediately if nauseous, uncomfortable, dizzy or sleepy.

Do not use the facility if you have recently consumed alcohol, drugs or medications. Use at your own risk. Be aware that direct contact with steam head / unit in our steam room, sauna rocks or sauna heaters may cause serious injury. Any metal in the sauna or steam room will retain heat and therefore is not suggested to bring into the heated rooms or use during your sauna or steam sessions.

REDUCE THE RISK OF SLIPPING AND FALLING

Use care when entering or exiting the sauna, steam room, showers, locker or hallway areas. Floors may be slippery and dangerous due to moisture. Use of proper footwear is recommended at all times. There is no running in our facility. Please watch where you are going. Benches in the facility are there for your convenience. Please use caution when climbing or walking on the benches. Do so at your own risk. ALLERGIES The steam room and saunas use various essential oils and salts. Please use at your own risk. Leave the room immediately if you have any adverse or allergic reaction, including difficulty breathing or eye, nasal or throat irritation

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UNDERSTANDING THE RISKS

I understand that the sauna and steam rooms are provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during the session, I will immediately exit the sauna or steam room. I acknowledge and accept the risks inherent in the use of the saunas and steam room. I voluntarily assume the risk of injury, accident or death, which may arise from the use of our facility. I hereby waive and release The Lakehouse Inn from any and all liability, past, present and future relating to sauna and steam sessions. I agree that this waiver is in effect for all sauna and steam sessions and will not expire unless requested in writing by either party (the guest or The Lakehouse Inn.). I further understand that staff working at The Lakehouse Inn should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that the staff working at The Lakehouse Inn are not diagnosing, prescribing, or treating any physical or mental illness, and that nothing said in the course of the session given should be construed as such. This is an adult only facility. You must be over the age of 18 to use our facility. By signing this form you consent that you are over the age of 18. Phones or electronics don't like heat. If you choose to use any electronics or technology during your sauna and steam sessions do so at your own risk. The Lakehouse Inn is not liable for these.

I grant The Lakehouse Inn., its representatives and employees the right to take photographs of me and my property. I authorize The Lakehouse Inn, its assigns and transferees to copyright, use and publish the same in print and or electronically for such purposes as publicity, illustration, advertising, and web content. I understand that The Lakehouse Inn. has provided an area for personal belongings to be stored between sauna and steam sessions, however, I agree that The Lakehouse Inn is in no way responsible for the loss or damage of my belongings while i partake in sauna, steam or massage.

Smoking and e-cigarettes of any kind are not permitted in our facility. No glass containers or bottles are permitted at any time in our saunas or steam room.

Our facility is unisex. That means clothing must be worn at all times. Nudity is not permitted. We recommend a bathing suit. This is your experience and you should be as comfortable as possible. If you prefer to wear a t-shirt, wrap or robe that is up to you.

Towels are required to be used in the saunas and steam room. We require that you use them during your sessions for cleanliness. Please place a towel down on the benches prior to sitting down. Please sit on the towel so that it can absorb any sweat or perspiration during your session.

There is a maximum of 30 Minutes per sauna and steam session. We ask that you respect this policy and make sure that you stay within this time frame. It is up to you to keep track of your time limit and make sure that you do not exceed this. Not doing so or exceeding this time frame can result in further charges or dismissal from the facility.

I freely accept and fully assume all risks, damages and hazards and the possibility of personal injury, death, **PROPERTY DAMAGE AND LOSS**. I acknowledge this waiver of liability form. I fully understand its terms and conditions, and I understand that I am waiving and giving up my right to sue The Lakehouse Inn or its massage therapists, relaxation specialists, contractors and employees. I acknowledge that I am signing this agreement voluntarily and intend by my signature for this to be a complete and unconditional release of liability to the greatest extend allowable by law. This waiver of liability and any rights, duties and obligations hereunder shall be governed by the laws of the state of Ohio and any litigation involving the parties shall be brought solely in the courts in the state of Ohio

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INFORMATION & SUGGESTIONS

We suggest removing any jewelry containing metals. Metal will retain heat and therefore, it is recommended to be removed prior to your sauna and steam sessions.

Feel free to ask our staff, your relaxation specialists, any questions before, during, or after the sessions.

We suggest complimenting your sauna and steam experience with a massage. See your relaxation specialist for more information.

Client Signature_____

Date_____

Client Printed Name_____