

## Seasons Studio, PLLC

### Sauna Packages

#### Monthly Sauna Subscription Option:

##### One Person Monthly Unlimited – \$50/month

- Unlimited minutes each month
- One person in the sauna at a time with this package
- MUST be 18 or older to use the sauna
- No kids are to be present in the sauna room
- Book either a 10, 20, or 30 minute session through the online booking link to reserve your time in the sauna
  - o You will need to allow extra time when booking your session to account for time spent changing clothes, wiping the sauna down after use, etc. For example, 20 minutes in the sauna + 10 minutes to change clothes, clean the sauna after use, etc. = 30 minute appointment
- Total amount due will be billed monthly

For Month One, you will be billed the day you get your access code. You will then be billed monthly for desired renewals. You are able to cancel your monthly subscription at any time but refunds will not be given once you have paid for the month. For example, if you decide not to continue sauna use after two weeks of your paid month have passed, you will not be refunded that month's payment. Invoice will be sent to the email you have on file with Seasons Studio.

##### Couples Monthly Unlimited - \$75/month

- Unlimited minutes each month for couples
- The sauna is a 2 person size; you can book one session & both you & your spouse use it at the same time with the couples package
- You & your spouse can also use it individually with this package
- MUST be 18 or older to use the sauna
- No kids are to be present in the sauna room
- Book either a 10, 20, or 30 minute session through the online booking link to reserve your time in the sauna
  - o You will need to allow extra time when booking your session to account for time spent changing clothes, wiping the sauna down after use, etc. For example, 20 minutes in the sauna + 10 minutes to change clothes, clean the sauna after use, etc. = 30 minute appointment
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#### Individual Sauna Use Options:

##### 30 Minute Single Session - \$20.00

- 30 minutes in the sauna + 10 minutes to change clothes, clean the sauna after use, etc.
- MUST be 18 or older
- Paid at time of booking

##### 20 Minute Single Session - \$15.00

- 20 minutes in the sauna + 10 spare minutes to change clothes, clean sauna after use, etc.
- MUST be 18 or older
- Paid at time of booking

**Seasons Studio, PLLC**  
**451 Main Street**  
**Scotland, SD 57059**  
**Infrared Sauna Release Form**

Name \_\_\_\_\_ DOB \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_ Email \_\_\_\_\_  
Emergency Contact (Name/Phone) \_\_\_\_\_  
Primary Care Provider \_\_\_\_\_

- YES NO Do you have a heart pacemaker, or any other battery operated or electrical implant?
- YES NO Are you pregnant or breastfeeding?
- YES NO Do you currently have a fever, infection, or injury?
- YES NO Have you recently had high blood pressure, a heart attack or cardiovascular problem?
- YES NO Do you have a history of dizziness, fainting spells, heat sensitivity, narcolepsy, or seizures?
- YES No Do you suffer from any bleeding disorders?

**\*\*\*If you answered YES to any of these questions it is not recommended that you use the infrared sauna at this time. We request that you consult your Primary Health Care Provider to obtain a release form before proceeding with infrared sauna therapy.\*\*\***

Please list any allergies you may have:

\_\_\_\_\_

Is there anything else you feel Seasons Studio, PLLC should know?

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- **Drink plenty of water before, during and after your session.**
- **If you experience pain and/or discomfort, immediately discontinue and exit the sauna.**
- **If you are on any medications, consult with your provider before using the infrared sauna.**
- **Do not use drugs, tobacco, or alcohol prior to or during the sauna session.**
- **No one under the age of 18 is permitted in the infrared sauna or sauna room.**
- **If you have a medical condition or are on any prescription medications, consult with your provider before using the infrared sauna.**
- **Discontinue the use of the sauna if you feel light-headed, dizzy, heat exhausted, or unwell.**
- **If you experience health status changes that might affect your ability to use the infrared sauna, it is your responsibility to notify Seasons Studio, PLLC.**

*None of the information provided is intended to act as a substitute for medical advice, nor does it involve the diagnosis, prognosis, or prescription of remedies for the treatment or prevention of any disease or ailment.*

*I certify that everything on this form is true and correct to the best of my knowledge. I also understand that the infrared sauna is not intended to diagnose, treat, cure, or prevent any disease or ailment.*

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