

Contraindications and prior use medical advice

If you have any questions regarding your current medical condition and the use of a Clearlight® sauna please consult your medical doctor before use. Infrared saunas are contraindicated for the following conditions or you should consult your medical doctor prior to use. Infrared Saunas creating a cure for or treating any disease is neither implied nor should be inferred. In the rare event that you experience pain and/or discomfort while in the sauna immediately discontinue use. In the case you suspect you cannot exit the sauna unaided or experience a medical event, please ring the silver bell beside the sauna door several times and there will be a prompt response by staff to come to your aid.

Seek permission from your doctor prior to use for the following conditions:

- Taking Medications
- Under 12 years old
- The Elderly
- Cardiovascular Conditions
- Chronic Conditions

Infrared sauna use is contraindicated for people with following conditions:

- Pregnancy
- Haemophilia
- Fever
- Insensitivity to Heat
- Alcohol / Alcohol Abuse