

SALT ROOM INTAKE FORM

Today's Date: ____ / ____ / ____

Client Name: _____ Date of Birth: ____ / ____ / ____ Age: _____

Parent / Guardian's Name & Phone: _____
(for clients who are under age 18): First Last Cell Phone

Address: _____ Home phone: _____

_____ Cell Phone: _____

Email: _____ Cell phone provider (for texts): _____

Please PRINT CLEARLY

How did you hear about us? Please check one:

Magazine/Newspaper Online Ad Online Search Current Client (Name): _____

Other: _____

Are you a current member at LaVida Massage & Skincare? Yes ___ No ___

Were you referred by a Doctor? Yes ___ No ___ Name of Doctor: _____

List specific doctor recommendations for salt therapy treatment: _____

<p>Reason for Salt Spa use (check all that apply):</p> <p><input type="checkbox"/> Allergies (seasonal, environmental)</p> <p><input type="checkbox"/> Asthma</p> <p><input type="checkbox"/> COPD (Chronic Obstructive Pulmonary Disease)</p> <p><input type="checkbox"/> Emphysema</p> <p><input type="checkbox"/> Cold, flu, bronchitis, pneumonia prevention or recovery</p> <p><input type="checkbox"/> Sinus Issues</p> <p><input type="checkbox"/> Immune System Support</p>	<p><input type="checkbox"/> Optimize breathing for athletic or musical activity</p> <p><input type="checkbox"/> Snoring</p> <p><input type="checkbox"/> Offset influence of air or electronic pollution</p> <p><input type="checkbox"/> General Respiratory Hygiene</p> <p><input type="checkbox"/> Relaxation and Stress Relief</p> <p><input type="checkbox"/> Skin Issues</p> <p><input type="checkbox"/> Other: _____</p>
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Contraindications for Salt Therapy

Please note the following list are considered contraindications for the use of Salt Room. You need to consult with your doctor before using a Salt Room if any of the following applies to you.

Contagious diseases

Lung cancer

Mental disorders

Fever

Severe hypertension

Active Tuberculosis

Open wounds

Pregnant women

Have you had a fever in the last 24 hours? YES NO

Consent and Release for Salt Therapy

Check any symptoms you are currently experiencing.

Active cold or virus

Acute stage of respiratory diseases

Cardiac Insufficiency

Spitting of blood

COPD in 3rd stage

Bleeding

Uncontrolled Hypertension

Any internal diseases in acute stage

Intoxication

By initialing here, I confirm that I **DO NOT** have any of the above conditions:

Initial Here: _____

Salt Therapy (also known as Halotherapy) is a passive respiratory therapy wherein the client inhales dry salt air, emitted by a machine known as a halogenerator. The aerosolized salt is drawn into the sinus cavities and bronchial passages through normal breathing, potentially relieving inflammation and other respiratory symptoms associated with conditions such as allergies, asthma, etc. There are no harmful side effects of dry salt therapy. The treatment is completely natural.

- If you feel uncomfortable in any way, please exit the salt room session.
- Note that a slight cough or a runny nose is normal after treatment, but this is simply the salt working to remove mucus and toxins from the lungs and airways.

Salt Therapy is neither a medical treatment nor a replacement for medical care. If you have a medical condition that requires treatment, you should consult your primary care physician. Always consult your primary care physician before making any adjustments to your medication schedule. The staff at LaVida Massage of Smithtown make no medical recommendations or medical advice regarding any illness or condition.

The halogenerators are not approved by the federal Food and Drug Administration ("FDA") as medical devices for diagnosis or treatment of any disease or condition. They are approved for sale in the United States as air filtration devices.

Severe Allergy, Asthma and COPD Clients

If you suffer from severe allergies, asthma or COPD you may need a gradual introduction to Salt Therapy. It is important to set your own pace in this therapy. If at any time during your salt therapy sessions you feel especially uncomfortable, and are having difficulty breathing, you are advised to step out of the salt room and seek out a staff member for assistance. We will work with you to schedule your salt therapy sessions considering your condition and reaction.

Release: Assumption of Risk: Consent to Participation

Salt therapy is not intended to diagnose, treat, cure, mitigate, or prevent any disease. I understand that it is my responsibility to consult my primary care physician or appropriate, licensed health care practitioner for all my health concerns. I understand that no representations, claims or guarantees are being made as to any medical or therapeutic benefit.

For good and valuable consideration, the receipt of which is hereby acknowledged, I hereby release, indemnify, defend, protect, and hold harmless LaVida Massage of Smithtown, LaVida Massage Franchise, and all its employees, independent contractors, officers, members, agents, and affiliates (collectively, the "Released Parties") from any and all claims I may have against them relating to my participation in the use of the salt therapy room. I knowingly, voluntarily, and expressly assume all risk of participation in salt therapy and agree not to bring any legal claim against any of the Released Parties based on such participation. I agree that this Application and Waiver is in effect for all salt therapy sessions at this location and will not expire unless requested by either part, and I acknowledge that LaVida Massage of Smithtown, and its representatives, does not provide medical advice or treatment.

NOTE: DO NOT SIGN THIS FORM UNLESS YOU HAVE READ AND FEEL YOU UNDERSTAND IT. PLEASE ASK ANY QUESTIONS YOU HAVE BEFORE SIGNING THIS FORM. DO NOT SIGN THIS FORM IF YOU HAVE TAKEN MEDICATIONS WHICH MAY IMPAIR YOUR MENTAL ABILITIES OR IF YOU FEEL RUSHED OR UNDER PRESSURE.

I have carefully read the above safety instructions and precautions for the salt room session. I fully understand them and fully agree to comply with instructions. I have stated all conditions that I am aware of and this information is true and accurate to the best of my knowledge. I acknowledge that this information is confidential and intended for review by LaVida Massage, that a medical referral may be requested of me, and that LaVida Massage is not liable for any injury or the management of any condition.

I certify that I have read the foregoing, discussed the issues noted above, had opportunities to ask questions, and agree to and accept all the terms above.

Client Name: _____ Date: _____
Please PRINT CLEARLY

Signature: _____

If signing as a guardian for a minor, please indicate your name and relationship to the client:

Name: _____ Relationship: _____

Salt Room Etiquette

- All LaVida Salt Room clients must fill out an intake form and receive an orientation prior to attending their first salt therapy session.
- Please do NOT smoke before your salt session. Those in the room with you could be very sensitive to third hand smoke (hair, clothing, etc) – especially in this environment.
- You are responsible for your personal items. We do have lockers for your use, however we suggest that you leave all personal items in your car as we will not be responsible for any lost, damaged, or stolen items.
- Dress in comfortable clothing - salt dust is harmless and can be brushed off and/or washed out of clothing.
- Please check in when you arrive for your sessions. If you have other services scheduled prior, you may check in at the same time.
- Please arrive 5-10 minutes prior to your session start time to prepare (use restroom, store belongings, adjust clothing and footwear, find reading materials, secure your spa seat, etc.).
- Sessions begin promptly on the hour. Once a session has begun, we discourage clients from entering the salt rooms so as not to disturb seated clients. Late comers will be booked in the next available session.
- Use of the Salt Room must be avoided during the acute or contagious phase of any illness, including colds, flu, infections with a fever, acute active tuberculosis, cardiac insufficiency, COPD in 3rd stage, spitting of blood, alcohol or drug intoxication, unstable or uncontrolled hypertension and acute stages of respiratory diseases. We will happily rebook you at no charge!
- Clean socks are required in the salt rooms at all times. No bare feet are allowed. (Foot covers may be available upon request.)
- In order to maintain a spa environment, we suggest that you use your time in the room to read, sleep or meditate. You may bring the following items: book, magazine (no perfumed ads), tissues, ear plugs, small head pillow, light blanket, or a small towel to cough into if needed. No other items are allowed in the spa. If you have a personal need that is not on this list please ask.
- The salt rooms are electronic free zones. Kindly turn off your devices and leave in your car or locker.
- No food or drinks are allowed in the salt room.
- Thank you for understanding that you may hear sounds (coughing etc) coming from other clients during salt therapy sessions. Please do your best to accept and associate these sounds as signs of healing! Feel free to bring earplugs if you would prefer.

In Consideration of Others

- Unless there is an emergency, please do not leave the salt room while a session is in progress.
- Please keep voices low in the entrance hallway and please refrain from talking inside the salt room.
- Do not use any perfumes, lotions, or any kinds of fragrances when you attend a session.
- If you experience excessive coughing, kindly cough into a towel to help muffle the sound.
- If you are prone to excessive snoring, we encourage you to sit more upright, try to stay awake, and take deeper breaths during your treatments. This will help to reduce snoring.
- Please refrain from smoking prior to a session so that third hand smoke is not an issue.
- Please let us know as soon as possible if you are unable to make it to a scheduled salt therapy session.

I have read and I understand the Salt Room Etiquette.

Name (print): _____

Initial Here: _____