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**THE BOUTIQUE WELLNESS SPA & FITNESS SUITE**

### *Our Spa Experience strives to achieve the ultimate harmony between the physical and the mental realms of the individual.*

**IN THE INTEREST OF YOUR PERSONAL HEALTH, SAFETY AND WELLBEING**

**CONTRA –INDICATIONS**;

Contraindications are measures preventing a Spa guests from receiving a treatment unless with written consent from your Medical, GP or Specialist Physician

There are contra-indications deemed inadvisable for Spa treatments that include, but not limited to, pregnancy, infectious skin & nail diseases, allergies, recent surgery, hypertension, hypotension, excessive or daily medication, serious cardiac conditions, cancer, fever and fractures or dislocations or inflamed joint conditions, epilepsy and asthma. If you have a medical condition, it is imperative that you inform the reservations desk when making your appointment and your therapists prior to treatment.

In circumstances where written medical permission cannot be obtained All Spa guests will be required to sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist.

# heat treatments & MEDICATIONS

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to  **heat** waves or elevated body temperature. Diuretics, barbiturates and beta-blockers/calcium-blockers may impair the body’s natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke. We recommend consulting your GP.

# & Children

**We do not allow children in The Spa or persons under the age of 18 into the heat treatments.**

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Therefore we do not allow children into the heat treatments.

# & The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

# & Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

# heat TREATMENTS & Alcohol / Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to “Sweat Out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

# & Chronic Conditions / Diseases Associated With A Reduced Ability To Sweat Or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

# heat TREATMENTS & Hemophiliacs / Individuals Prone To Bleeding

The use of our Thermal Heat treatments should be avoided by anyone who is predisposed to bleeding.

# Fever

An individual that has a fever should not use the any of our Heat treatments.

# Insensitivity to Heat

An individual that has insensitivity to heat should not use any of our Heat treatments.

# pregnancy

Pregnant women should consult a physician before using our Heat treatments because fetal damage can occur with a certain elevated body temperature.

# Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid heat treatments use during that time of the month.

# Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

# Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect heat waves and thus you should consult your surgeon prior to using our **sauna.** Certainly, the usage of our **sauna** must be discontinued if you experience pain near any such implants. Silicone does absorb heat energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the heat waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of **saunas.** It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

# Pacemaker / Defibrillator

The magnets used to assemble our **saunas** can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.