

DISCLAIMER AND LIABILITY WAIVER

Name: _____ DOB: _____ Phone: _____
Email: _____ Referred by if applicable: _____

CHILD'S NAME _____

The Vitality Booth Wellness Center (VBWC) reserves the right to alter or modify the below terms and conditions from time to time. Your acknowledgement below constitutes your agreement to any and all terms changed, modified or altered. It is in your best interest in viewing our website periodically for the latest terms and conditions. The information contained both herein and on our website is designed to disseminate general information. It is not intended to give medical or pharmacological advice as such should not be relied upon as a substitute for professional medical advice. I understand and acknowledge that by entering the premises and employing any of the services offered by Vitality Booth Wellness Center.

1. I assume all known, latent or anticipated risks;
2. My participation at Vitality Booth Wellness Center is purely voluntarily and no warranties or representations were made to me by its management to induce me to participate;
3. I shall assume full responsibility for myself and any of my guests and/or invitees;
4. I understand that Vitality Booth Wellness Center does not evaluate or diagnose my health and I agree that I have received medical clearance prior to engaging in Vitality Booth Wellness Center session;
5. I have been advised of the following possible side effects: Dry or itchy throat, nasal drip, and increased coughing at the beginning. This is a natural part of the cleaning process of the respiratory system, during which the pollution, accumulated through a long time, and now loosened up by the salt, are expelled from even the deepest regions of the lungs. Such side effects should cease with the removal of pollution and pathogens. Skin irritation and dermal sensitivity may occur. In such a case, decrease the frequency of sessions. Eye protection must be worn when using a Vitality Booth;
6. Vitality Booth Wellness Center has neither applied for or received approval by the Food and Drug Administration or any other consumer protection group;
7. The use of the rooms at Vitality Booth Wellness Center has not been evaluated by the Food and Drug Administration or any other agency;
8. The use of Vitality Booth Wellness Center is not intended to treat, cure or prevent any illness or condition. All medical conditions should be treated by a physician competent in treating that condition. The Vitality Booth Wellness Center assumes no responsibility for customers choosing to treat themselves.
9. All products and services provided by Vitality Booth Wellness Center, including written information, labels, brochures and flyers as well as information provided orally or in any other medium of communication, have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. For all your health concerns, please consult an appropriately licensed healthcare provider.
10. Halotherapy is not recommended in the following cases: Tuberculosis, Fever, Contagious conditions, severe heart disorders, Existence of cancer, advanced pregnancy, Acute state of respiratory attack. The use of Vitality Booth Wellness Center is not intended to substitute for medical care or treatment. Do not stop your medication without first consulting with your doctor. The halotherapy does NOT substitute for any conventional medication. The information contained herein is not intended to cover all possible uses, directions, precautions, warning, drug interactions, allergic reactions, or adverse effects. If you have any questions about Halotherapy check with your doctor before proceeding.
11. I realize the risks of cardiovascular exercise and I am fully aware of the possibility of mechanical and/or other malfunctions of cardiovascular equipment, ("equipment") due to the negligence of Vitality Booth Wellness Center or

otherwise, as well as the possibility of injury to me as a result of the use of such cardiovascular equipment apparatus. I therefore fully understand the serious consequences which might result due to my involvement in cardiovascular equipment premises of Vitality Booth Wellness Center and based on that understanding, as set forth in this paragraph, I voluntarily assume any and all risk of loss, damage or injury of any kind whatsoever for my use of any and all of the equipment and facilities of The Vitality Booth Wellness Center, and further with full knowledge of the consequences (i.e. that I am waiving my right to sue) expressly waive any and all liability on the part of Vitality Booth Wellness Center, or their respective trustees, beneficiaries, staff, officers, directors, shareholders, and agents from my use of Vitality Booth Wellness Center and its equipment and facilities.

12. I am physically sound and have medical approval to proceed with a normal routine of exercise, and all exercise shall be undertaken by me at my sole risk. I am in good health and have no physical conditions that would be aggravated by involvement in cardiovascular exercise, weightlifting, weight training, and/or bodybuilding, nor do I have any physical limitations that would preclude said involvement.

13. HaloTherapy Center, LLC provides Vitality Booth Wellness Center. Salt Athletics involves the intake of ionized water and environments that deliver halo therapy (dry salt therapy), red light therapy, oxygen rich environments, ozone generators and physical exertion. Be sure to check with your physician or medical advisor before engaging in any of these activities to ensure you are healthy and physically cleared to do so.

14. I am forewarned that Vitality Booth Wellness Center will not in any event provide medical and/or hospitalization insurance for my benefit, in the event of any injury to my person occurring either as a result of my being on any portion of the premises of Vitality Booth Wellness Center. I will save harmless and keep indemnified Vitality Booth Wellness Center and their respective trustees, beneficiaries, staff, officers, directors, shareholders, and agents from and against any and all actions, claims, costs, expenses, or demands, in respect of such injury or injuries, including death, howsoever caused, arising out of or in connection with my use of Vitality Booth Wellness Center facilities or my being on and portion of said premises and notwithstanding that the same may have contributed to or may be caused by the negligence or Vitality Booth Wellness Center, and its respective trustees, beneficiaries, staff, officers, directors, shareholders, and agents.

15. Eye protection is recommended and must be worn in all Vitality Booth sessions where red light therapy is in use, unless you have written authorization from your eye doctor. If you do not have your own eye protection suitable for use with near and far infrared red light exposure, we can provide loaner eye protection upon request. You agree not to use a Vitality Booth without eye protection or written permission from your physician.

16. You agree to not use a Vitality Booth more than 1x per day / 24-hour period and to not use a Vitality Booth for more than 20 minutes per session.

Contraindications for Red Light Therapy

Red light therapy uses red and near infrared light (NIR) to stimulate mitochondria, a small structure found in each cell of your body. Mitochondria play an essential role in producing energy for the cell and are important for reducing inflammation.

Red light therapy, applied through the skin, penetrates deep into the body and is thought to have many beneficial effects. People use red light therapy to improve skin quality, manage chronic pain, enhance workout performance, improve sleep quality, and many other reasons. Red light therapy may also be referred to as photo biomodulation or low-level laser therapy (LLLT). Like anything else however, red light therapy should not necessarily be used by everyone. Those wanting to use red light therapy should be aware of any *potential* contraindications so that they can obtain RLT benefits as safely as possible.

Possible Hazards of Red-Light Therapy

Before exploring conditions that may be contraindications to red light therapy, it is important to understand the potential hazards that red light therapy can create. Red light is a much lower energy form of light than other forms of

light, like ultraviolet (UV) light, meaning that the energy it contains is less likely to cause harm than the more dangerous UV light. There are, however, still some potential hazards that should be considered.

Heat- Red light therapy must be absorbed by the body to create its effect. As light is absorbed by the body, this additional energy entering the body generates heat. While the minimal heating that red and near infrared light therapy may cause is generally safe and unlikely to cause any harm, there may be existing medical conditions in which additional heat may not be desired.

Light- It may seem obvious, but red-light therapy provides light. The energy that the light from red light therapy contains is quite low when compared to blue or UV light but it still may have a negative effect on parts of the body that are sensitive to light.

Tissue Stimulation-The whole point of red-light therapy is to stimulate tissues in the body to bring about a desired effect. Some body tissues, however, may not benefit from the stimulation that red light therapy provides, especially when certain diseases are present. The stimulation that red light therapy provides may not be desired under some conditions.

Absolute Contraindications for Red Light Therapy- In medical terminology, absolute contraindications are factors under which a treatment should never be used. While some absolute contraindications for red light therapy may exist, it is important to note that red light therapy is a newer form of therapy that is still under research. Additionally, the FDA and other regulatory agencies have not outlined absolute contraindications for red light therapy. Ultimately, contraindications for red light therapy are not set in stone; however, clinical knowledge combined with a growing body of research does provide several potential absolute contraindications.

Recent Burns- Any recent burn may retain the thermal energy that caused the damage for a period of time afterwards. Depending on the severity of the burn, red light therapy may add heat to the overheated tissues, causing further thermal damage. Red light therapy should not be used on burns that occurred within the last 24-48 hours unless it has been cleared by the doctor providing treatment for the burn.

Malignant Cancers- Cancers that are actively growing, especially carcinomas, should not be exposed to red light therapy. Carcinomas are cancers that begin in epithelial tissues, commonly the skin, making them maximally exposed to the impact of red light therapy.

Red light therapy is used to improve the proliferation (replication) of cells in a wound. Encouraging cell proliferation could, theoretically, speed the growth or spread of cancerous cells. There is some research that suggests that red light therapy may be safely used in tissues that contain cancer, but this research is not conclusive. This 2018 review article by Hamblin et al, discusses the many complexities of this topic. No one should use red light therapy on cancerous tissues without the permission of their oncologist.

Hyperthyroidism (Neck and Upper Chest Only)- When red light therapy is used over the neck and upper chest, it is likely that light will reach the thyroid. Increased stimulation of the thyroid may cause a worsening of symptoms caused by an already overactive thyroid. Those with hyperthyroidism should not use red light that may reach the thyroid without the permission of their endocrinologist.

Epilepsy-People with epilepsy may be at risk for having a seizure when using red light therapy, especially when poor-quality red-light panels are used. Inherent to almost any light source is a phenomenon called flicker. Flicker can be invisible to the eye but causes rapid fluctuation in the intensity of light. People with epilepsy may be susceptible to flicker in red light panels and could experience a seizure if the flicker is severe or if they are particularly sensitive. At Mito Red, we use flicker free drives to remove the flicker from our panels. You can read our article on flicker for more information.

Pregnancy (Abdomen Only)-While research shows that it is very unlikely that red light therapy negatively affects pregnancy, many sources consider it to be a contraindication to red light therapy. Red light therapy artificially alters the function of mitochondria in a way that is intended to improve their function. While this could be beneficial to a developing child, the effects are not fully understood. Development during pregnancy involves a delicate balance of many complicated biological processes. Anything that could potentially affect this process should be approached

with great care. For this reason, red light therapy during pregnancy should generally be avoided if it could reach the developing fetus.

Eye Disease (Eyes Only)-The effects of red light therapy on the eyes is still under research, with some research showing that it provides health benefits to the eyes. Its effect on the eyes, however, are still largely unknown. The eyes are obviously quite sensitive to light, and most red light panel manufacturers err on the side of safety, recommending that users shield their eyes from the red light panels while using them. While the effect of red light therapy on healthy eyes is still being debated, it should never be used on those who have an eye disease unless they are explicitly given permission to do so by their ophthalmologist. The unknown effects of red light therapy on the eyes, combined with underlying eye disease, may result in damage to eyes.

Light Sensitivity-There are very rare conditions in which someone may have a sensitivity to light. Conditions like solar urticaria can cause allergic reactions when the skin is exposed to sunlight or intense light within a particular wavelength, regardless of the source. Those who have previously experienced sensitivity to light or have any kind of reaction when using red light therapy should not use this form of treatment until they have been cleared to do so by their doctor.

Relative Contraindications for Red Light Therapy-Unlike absolute contraindication, the medical term “relative contraindication” means that a treatment should generally be avoided because the benefits are unlikely to outweigh the risks. These contraindications are relative, and there may be times where the benefits to using the treatment will outweigh the potential downsides. It is always wise to check with one’s doctor prior to using red light therapy if a relative contraindication exists and to use lower levels of intensity until the effects of red-light therapy become apparent.

Fever or Infection-During fever and infection the body temperature is elevated. There is a risk that the increased heat created by red light therapy may contribute to temperature elevation throughout the body. However, this risk is relatively benign, as it is unlikely that the heat created by red light therapy will significantly raise body temperature during a fever. Someone who has a severely elevated body temperature should discuss the risks and benefits of red-light therapy before using it.

Systemic Lupus Erythematosus (SLE)-Systemic lupus erythematosus (SLE) is an autoimmune condition in which the body’s immune system attacks connective tissue through the body. People with SLE may be more susceptible to damage from light, with a skin rash caused by sunlight being common with this condition. While SLE may increase the likelihood of skin sensitivity to light, red light therapy may not cause this problem and may help with symptoms of SLE. Those with SLE should discuss the risks and benefits of red-light therapy with a doctor prior to using it and should start with low intensity treatments until they know how they will respond to it.

Severe Bleeding or Blood Loss-There is some research to suggest that red light therapy may slow the body’s ability to stop bleeding. This effect is quite small but may be important when severe bleeding or blood loss has occurred. While research in this area is still ongoing and the extent of the effect of red light on bleeding is not fully understood, red light therapy should not be used when serious bleeding is occurring unless it has been cleared by a doctor who is helping to treat the bleeding or blood loss.

Use of Photosensitizing Medications-Many medications may increase sensitivity to light. This could cause red light therapy to irritate the skin or lead to a rash when using red light therapy. While it is unlikely that red light therapy will meaningfully affect those using photosensitizing medications, it is best to check if medicines you are taking can increase your sensitivity to light and to consult with a doctor before using red light therapy if you are using one of these medicines.

Additional Considerations for Red Light Therapy-While not contraindications, there are also some additional considerations for people using red light therapy. These considerations are not reasons not to use red light therapy but are factors that are likely to impact it or be impacted by it. Additional considerations for red light therapy include:

- **Tattoos** - Tattoos, especially ones that use red ink, may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform
- **Dark skin pigmentation** - The effect of skin pigmentation on red light therapy is still being studied. Those with darker skin tones may find that their skin absorbs more light, making it warmer than those with lighter

skin tones would experience. A smaller amount of red light may actually reach deeper tissues; however, this effect is not likely to be large.

- **Dark hair** - Darker colors of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.

LIMITATION OF LIABILITY. YOU AGREE THAT HALOTHERAPY SOLUTIONS, LLC, THE VITALITY BOOTH WELLNESS CENTER, NOR ANY PERSON ASSOCIATED WITH YOUR USE OF THE FACILITY, ITS PRODUCTS OR VITALITY BOOTH SESSIONS SHALL BE LIABLE FOR ANY DAMAGE RESULTING FROM YOUR USE OF VITALITY BOOTH WELLNESS CENTER, INCLUDING ANY USE OF THE EQUIPMENT OR FACILITIES LOCATED AT THE VITALITY BOOTH WELLNESS CENTER. THIS LIMIT OF LIABILITY COVERS CLAIMS BASED ON WARRANTY, CONTRACT, TORT, STRICT LIABILITY, AND ANY OTHER LEGAL THEORY. THIS PROTECTION COVERS VITALITY BOOTH WELLNESS CENTER, ITS MEMBERS, EMPLOYEES, AGENTS, AND SUPPLIERS. THIS PROTECTION COVERS ALL LOSSES INCLUDING, WITHOUT LIMITATION, DIRECT OR INDIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL, EXEMPLARY, AND PUNITIVE DAMAGES, PERSONAL INJURY/WRONGFUL DEATH, LOST PROFITS, OR DAMAGES RESULTING FROM THE USE OF VITALITY BOOTH WELLNESS CENTER AND ITS FACILITIES.

COVID RELEASE:

I agree to comply with all BUSINESS policies and rules, including but not limited to all BUSINESS policies, guidelines, signage, and instructions. Because the BUSINESS is open for use by other individuals, I recognize that I am at higher risk of contracting COVID-19. With full awareness and appreciation of the risks involved, I, for myself and on behalf of my family, spouse, estate, heirs, executors, administrators, assigns, and personal representatives, hereby forever release, waive, discharge, and covenant not to sue the BUSINESS, its board members, officers, agents, servants, independent contractors, affiliates, employees, successors, and assigns (collectively the "Released Parties") from any and all liability, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, or injury, including death, that may be sustained by me related to COVID-19 whether caused by the negligence of the Released Parties, any third-party using the BUSINESS, or otherwise, while participating in any activity while in, on, or around the BUSINESS and/or while using any BUSINESS facilities, tools, equipment, or materials.

Dated this _____ day of _____, 20__

Client Signature: _____

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