



INFORMED CONSENT

SAUNA USE AND WELLNESS SERVICES

Lotus Masajes – Krista Boutique Hotel

1. Introduction

This document aims to provide clear and sufficient information regarding the characteristics, benefits, and potential risks associated with the use of the sauna and certain wellness services offered by Lotus Masajes.

The use of these services implies the free and informed acceptance of the terms outlined herein.

2. Service Description

The sauna (wet or dry) is a wellness practice that involves exposing the body to high temperatures for short periods, with the purpose of promoting muscle relaxation, improving circulation, and supporting toxin elimination through sweating.

Additionally, some complementary treatments may involve physical stimulation of the body and should be performed under appropriate health conditions.

3. Expected Benefits

Potential benefits of sauna use and related services include:

- Muscle relaxation and stress reduction
- Improved blood circulation
- Elimination of toxins through sweating
- Overall sense of physical and mental well-being

These effects may vary from person to person.

4. Risks and Possible Adverse Effects

The use of the sauna and certain treatments may involve some risks, including:



- Dehydration
- Dizziness or lightheadedness
- Blood pressure fluctuations
- Increased heart rate
- General discomfort if used for prolonged periods

If any adverse symptoms occur, it is recommended to immediately stop the activity and inform the staff.

5. Contraindications

The use of the sauna and certain services is not recommended in the following cases:

- Pregnancy
- Cardiovascular conditions (including uncontrolled hypertension)
- Severe respiratory conditions
- Fever or active infections
- Contagious skin conditions
- Epilepsy
- Recent consumption of alcohol or drugs
- Recent surgeries or open wounds

If in doubt, it is recommended to consult a healthcare professional beforehand.

6. User Responsibility

The user declares that:

- They are in adequate health condition to use the service
- They have been informed about the characteristics, benefits, and risks
- They will inform the staff of any relevant medical condition prior to the session



- They will follow the instructions provided by the Lotus Masajes team
 - They will respect the recommended duration of use
 - They will maintain proper hydration before and after the session
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7. Responsible Use

The use of the sauna and wellness services must be carried out in a conscious and moderate manner. Lotus Masajes promotes a safe experience, respectful of the body and focused on overall well-being.

Failure to follow the provided guidelines may result in the interruption of the service for safety reasons.

8. Limitation of Liability

The use of the services is voluntary and carried out at the user's own responsibility.

Lotus Masajes shall not be held liable for adverse effects resulting from:

- Omission of relevant health information
 - Improper use of the service
 - Failure to follow the provided recommendations
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9. Acceptance

The use of the services implies that the user has read, understood, and accepted this informed consent in its entirety.