

Breathesuite Health Disclosure

Contraindications and Safety Information

This document is part of your Holistique membership package and is included as part of your membership agreement.

The Holistique Breathesuite combines four therapeutic modalities: Far-Infrared Sauna, Halotherapy (salt therapy), Red Light Therapy, and Chromotherapy. Each modality is safe for most healthy adults when used as directed. However, certain health conditions, medications, and circumstances require you to consult a physician before use, or to avoid use entirely.

Please read this document carefully and in full before your first session. If any of the conditions or circumstances listed here apply to you, do not use the Breathesuite without first consulting your healthcare provider. If you are unsure whether a condition applies to you, contact our team and we will assist you in determining the right course of action before your first session.

This document does not replace your membership agreement or any other document in your membership package. It supplements those documents with specific health and safety information related to Breathesuite use.

Conditions Affecting All Breathesuite Modalities

The following conditions require physician clearance or exclusion from Breathesuite use regardless of which modality or combination you intend to use.

Consult Your Physician Before Use

- **Pregnancy:** Pregnant women must consult a physician before any Breathesuite use. Elevated body temperature may pose risk to fetal development, and certain light and salt exposures during pregnancy have not been fully studied.
- **Children under 18:** Core body temperature in children rises significantly faster than in adults due to higher metabolic rate and limited capacity to regulate heat through sweating. A licensed pediatric physician must provide clearance before a minor uses the Breathesuite under any circumstances.
- **Elderly individuals:** The ability to maintain core body temperature decreases with age due to circulatory changes and reduced sweat gland function. Elderly individuals, particularly those with cardiovascular conditions, should consult a physician before use.
- **Active fever:** Do not use the Breathesuite if you currently have a fever. The additional thermal load of the infrared sauna may worsen the condition.
- **Insensitivity to heat:** If you have reduced or absent ability to sense heat, you cannot reliably assess your body's response to the thermal environment and should not use the sauna without physician guidance.

Do Not Use Under Any Circumstances

- **Alcohol or stimulant substance use:** Do not use the Breathesuite if you have consumed alcohol or stimulant substances (including amphetamines or cocaine) within the preceding hours. Alcohol and stimulants increase heart rate, impair judgment, and reduce the body's ability to detect and respond to heat stress. This is an absolute contraindication.

Far-Infrared Sauna Contraindications

Consult Your Physician Before Use

- **Cardiovascular conditions:** Including but not limited to high or low blood pressure, congestive heart failure, history of stroke, angina, atherosclerosis, aneurysm, impaired coronary circulation, and congenital heart disease. Heat stress increases cardiac output and heart rate significantly, which may be contraindicated in these populations.
- **History of heat-related illness:** Including prior heat stroke, heat exhaustion, or heat stress. These individuals may have impaired thermoregulatory capacity.
- **History of fainting, dizziness, narcolepsy, or seizure disorders:** The thermal environment may trigger or worsen these conditions.
- **Conditions that impair sweating:** Including Multiple Sclerosis, diabetic neuropathy, and Central Nervous System tumors. The ability to sweat is essential for safe thermoregulation during infrared sauna use.
- **Surgical implants:** Metal pins, rods, or artificial joints generally reflect far-infrared energy and are not heated by the system; however, consult your surgeon before use. Silicone implants and prostheses absorb far-infrared energy; consult your surgeon and, if applicable, the implant manufacturer before use. Discontinue use immediately if you experience pain near any implant.
- **Prescription and over-the-counter medications:** The following medication classes may impair the body's heat loss mechanisms or increase susceptibility to heat illness. Consult your prescribing physician or pharmacist before use if you take any of the following: diuretics, beta-blockers, cardiac drugs, antihistamines, anticholinergic or antimuscarinic medications (including those prescribed for Parkinson's disease or antipsychotic side effects), and barbiturates.
- **Hemophilia or predisposition to bleeding:** Infrared sauna use should be avoided by individuals with hemophilia or any condition associated with increased bleeding risk.

Additional Notes

- **Acute joint injury:** Do not apply heat to a recently injured joint within 48 hours of the injury, or until heat and swelling have fully resolved. Joints that are chronically hot and swollen may respond poorly to vigorous heating.
- **Menstruation:** Heat applied to the lower back area may temporarily increase menstrual flow. This is not a contraindication but is noted so clients can make an informed decision about timing their sessions.

Halotherapy (Salt Therapy) Contraindications

Consult Your Physician Before Use

- **Active respiratory infection or contagious illness:** Do not use the Breathesuite if you have an active respiratory infection, including cold, flu, bronchitis, or any contagious respiratory condition. This protects both you and the shared equipment environment.
- **Severe hypertension:** Individuals with severe high blood pressure should not use halotherapy without specific medical guidance.
- **Active tuberculosis:** Halotherapy is contraindicated in active tuberculosis without physician clearance and guidance.
- **Open wounds or active skin infections on exposed areas:** Salt aerosol contact with open wounds or active skin infections may cause irritation or worsen the condition.
- **Known sensitivity or allergy to sodium chloride (salt):** Individuals with a known sensitivity or allergic response to sodium chloride should not use the halotherapy environment.

Halotherapy is a complementary therapy and is not a replacement for prescribed treatment of any respiratory or skin condition. Always continue prescribed medications and treatments as directed by your physician.

Red Light Therapy Contraindications

Consult Your Physician Before Use

- **Active cancer or history of photosensitive cancer:** Consult your oncologist before using the Red Light Therapy tower. Light therapy is contraindicated in certain cancer types and treatment protocols.
- **Photosensitive skin conditions:** Conditions that cause heightened sensitivity to light require physician guidance before red light therapy use.
- **Photosensitizing medications:** The following medication and supplement types may cause photosensitivity reactions when combined with red or near-infrared light exposure. Consult your prescribing physician before use if you take any of the following: certain antibiotics (including tetracyclines and fluoroquinolones), retinoids, non-steroidal anti-inflammatory drugs (NSAIDs), certain antifungals, St. John's Wort, and other photosensitizing supplements or topical products. Discontinue photosensitizing topical products at least 24 hours before a session.
- **Epilepsy or seizure disorders sensitive to light stimulation:** Individuals with photosensitive epilepsy or light-triggered seizure disorders should not use the Red Light Therapy tower without physician clearance.
- **Active bleeding wounds or hemorrhagic conditions:** Do not use red light therapy over active bleeding wounds or in the presence of hemorrhagic conditions.

Usage Notes

- **Thyroid exposure:** Direct exposure of the Red Light Therapy tower over the thyroid gland is not recommended. Position yourself to avoid direct panel exposure to the throat and thyroid area during sessions.
- **Eye safety:** Do not look directly into the light panels at any time during a session. The tower is a fixed panel and is not directed at the face; however, if you have pre-existing light sensitivity or a diagnosed eye condition, you may wish to use protective eyewear. Holistique does not provide eyewear.

Chromotherapy Contraindications

Consult Your Physician Before Use

- **Photosensitive epilepsy or light-triggered seizure disorders:** The chromotherapy unit cycles through multiple colors and frequencies. Individuals with photosensitive epilepsy should consult a neurologist before use.
- **Severe light sensitivity conditions:** Individuals with diagnosed conditions causing severe sensitivity to visible light should consult their physician before use.

Usage Notes

Chromotherapy operates independently of the other modalities and can be turned off at any time using the touch panel or remote control inside the suite. If you experience any discomfort with the lighting during a session, turn the unit off and let our team know.

Stop Your Session Immediately

Exit the Breathesuite immediately and move to a cool area if you experience any of the following during or after a session. Seek medical attention if symptoms persist.

- Sudden or severe fatigue

- Nausea, dizziness, or lightheadedness
 - Fainting or near-fainting
 - Shortness of breath
 - Cessation of sweating accompanied by dry, hot skin
 - Chest pain, pressure, tightness, or a racing heart
 - Skin burning, unusual redness, or persistent irritation
 - Unexplained irritability, malaise, or flu-like symptoms during or after a session
 - Pain near any surgical implant
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Physician Clearance Requirement

If any condition listed in this document applies to you and you wish to use the Breathesuite, Holistique requires a signed physician clearance letter on official letterhead prior to your first session. The letter must confirm that your physician is aware of the nature of far-infrared sauna, halotherapy, and red light therapy use and supports your participation.

Please contact our team to discuss this requirement before your first session. We are happy to provide your physician with our modality education materials to assist in their assessment.

General Disclaimer

Holistique LLC does not diagnose, treat, cure, or prevent any medical condition. Breathesuite sessions are wellness support services and are not a substitute for medical care. The information in this document is provided for safety and informed consent purposes and does not constitute medical advice.

The contraindications listed in this document are based on manufacturer guidelines from Halotherapy Solutions and peer-reviewed medical literature. This list is comprehensive to the best of our knowledge at the time of publication but may not include every possible contraindication for every individual. When in doubt, consult your healthcare provider before use.

By proceeding with your Holistique membership, you confirm that you have read and understood this document, that the contraindications listed do not apply to you or that you have obtained appropriate physician clearance, and that you will notify Holistique of any change in your health status that may affect your ability to safely use the Breathesuite.

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This document is part of the Holistique membership package. Questions? Contact our team before your first session.