

# Holistique *Care Partner* Access Program

## Therapeutic Sauna Session Membership Overview For Care Partners

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Holistique's Care Partner Access program is designed to give care-centered organizations structured, professional access to Therapeutic Sauna Sessions within the Breathesuites environment. This access model allows providers to integrate restorative sauna-based experiences into their existing client programming while maintaining clear boundaries around responsibility, scope, and use.

### What Are Therapeutic Sauna Sessions

Therapeutic Sauna Sessions take place inside Holistique's Breathesuites and combine three complementary modalities:

- Infrared sauna
- Dry salt therapy (halotherapy)
- Red light therapy (photobiomodulation)

Sessions are non-clinical and supportive in nature. They are intended to complement, not replace, medical care, therapy, or rehabilitation services provided by the Care Partner.

### Health and Wellness Benefits

- Infrared Sauna
  - Supports cardiovascular conditioning through passive heat exposure
  - Promotes circulation and endothelial function
  - Supports relaxation and reduced perceived stress following sessions
  - Wellness application
    - Encourages deep relaxation and nervous system downshifting
    - Supports muscular release and physical comfort
- Salt Therapy (Halotherapy)
  - Supports respiratory comfort through dry salt aerosol exposure
  - May support mucociliary clearance and airway hygiene
  - Wellness application:
    - Creates a calming, grounding environment
    - Supports ease of breathing during sessions
- Red Light Therapy (Photobiomodulation)
  - Evidence-based benefits:
    - Increases mitochondrial ATP production and cellular energy availability
    - Supports tissue recovery and reduction of inflammation markers
    - Improves skin health and collagen density
  - Wellness application:
    - Supports recovery, energy, and overall vitality

### Membership Structure

Care Partner Access operates under a shared organizational membership model:

- Monthly membership credits are allocated to the Care Partner organization
- Credits are used to book Therapeutic Sauna Sessions for clients

- Membership credits are issued monthly and do not roll over
- Sessions must be scheduled by the Care Partner, not individual clients
- Pricing, scheduling, and studio policies are outlined in a separate Care Partner Agreement

### **Provider Responsibilities and Scope**

Care Partner Access is designed for organizations actively providing care or structured wellness programming to clients. By participating in this program, the Care Partner agrees that:

- The provider retains full responsibility for their clients while onsite at Holistique
- A designated staff member must accompany or directly oversee the client during sessions, as appropriate
- The provider determines client suitability for sauna use based on their own intake, screening, and professional judgment
- Holistique does not supervise, assess, or monitor client readiness or response to sauna use
- Holistique provides the environment and access only

### **Liability and Use Acknowledgement**

- Holistique provides non-clinical wellness services and does not deliver medical, therapeutic, or rehabilitative care
- The Care Partner assumes all responsibility for clients they bring into the studio
- Holistique is not responsible for client injury, adverse reactions, or incidents occurring during Care Partner-hosted sessions
- Holistique may require acknowledgement of studio policies, but primary client waivers and consent remain the responsibility of the Care Partner
- Detailed liability terms are defined in the Care Partner Agreement and align with Holistique's standard client participation policies

### **What Holistique Does Not Provide**

- Holistique does not provide clinical oversight, treatment plans, or therapeutic direction
- Holistique does not supply additional tools, equipment, or materials beyond the Breathesuites environment
- Holistique does not offer individual client memberships under Care Partner Access

### **Eligibility Overview**

Care Partner Access is available to organizations that:

- Serve an identifiable client population
- Maintain appropriate insurance coverage
- Designate a primary staff liaison
- Commit to a minimum term agreement
- Agree to non-clinical positioning of sauna services

Final eligibility approval is at Holistique's discretion.

### **Summary**

Care Partner Access allows providers to integrate structured, restorative sauna experiences into their programming while maintaining professional boundaries, clarity of responsibility, and alignment with wellness best practices. Breathesuites offer a consistent environment where clients can pause, reset, and return to their care journey feeling supported and refreshed.

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