



Resoul Day Spa is proud to serve the greater La Crosse area with a true Aveda experience. As an Aveda Concept Spa, Experience Center and Halotherapy Spa our primary focus is to create an opportunity for a relaxing experience unlike any other locally. We use naturally sourced ingredient based products in all of our services, focusing on caring for our environment and you, our guest. Whether you're seeking a positive retail experience or a day to unplug and recharge, Resoul has you covered to Reset. Resoul.

HALOTHERAPY TREATMENT DISCLOSURE

First and Last Name: _____ **D.O.B.** ___/___/___

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Email Address: _____

How did you hear about us? __ Word of Mouth __ Friend/Family __ Social Media __ Print/Ad

Reason and/or goal for your visit:

Enter below for children under the age of 12 receiving Halotherapy:

1. **Full Name:** _____ **D.O.B.** ___/___/___
2. **Full Name:** _____ **D.O.B.** ___/___/___
3. **Full Name:** _____ **D.O.B.** ___/___/___
4. **Full Name:** _____ **D.O.B.** ___/___/___

By signing this contract, you confirm that you understand and are in complete agreement with the guidelines we require finalizing your membership. Resoul Day Spa reserves the right to alter or modify the above terms and conditions from time to time. Your acknowledgment above constitutes your agreement to any and all terms changed, modified or altered. Any concerns or challenges you have must be addressed prior to signing and returning this contract to Resoul Day Spa. It is in your best interest to view our website www.resouldayspa.com periodically for the latest terms and conditions. We look forward to providing you with the ultimate in spa experience at Resoul Day Spa.

Electronic Client Signature: _____

Date: _____



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, and 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 Resoul Day Spa.

1. I assume all known, latent or anticipated risks;
2. My participation at Resoul Day Spa 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 Resoul Day Spa does not evaluate or diagnose my health and I have received medical clearance prior to engaging in Halotherapy activities;
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 over time, and now loosened up by the salt, is expelled from even the deepest regions of the lungs. Such side effects should cease with the removal of pollution and pathogens.
6. The use of the Halotherapy treatment at Resoul Day Spa has not been evaluated by the Food and Drug Administration or any other agency;
7. The use of Halotherapy 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 particular condition. Resoul Day Spa assumes no responsibility for customers choosing to treat themselves;
8. All Halotherapy products and services provided by Resoul Day Spa, 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 practitioner.

The use of halotherapy is not intended to substitute for medical care or treatment. Do not stop your medication without first consulting with your doctor or medical professional. Halotherapy is NOT a substitute for any conventional medication. The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. If you have any questions about Halotherapy or possible contraindications, please consult with your physician or health professional.

Electronic Client Signature: _____

Date: _____

Electronic Staff Signature: _____

Date: _____

SALT ROOM ETIQUETTE

- Please refrain from wearing perfume, cologne, or heavy scented lotions.
- Please wear comfortable clothing. We provide cozy robes and disposable socks.
- Once your treatment session begins, practice deep breathing, inhaling through your nose, to get the full benefit of the dry salt aerosol.
- We implement a strict silence in the salt room at all times policy, unless you are renting out the entire room.
- We will provide you with a locker for your purse, keys, phones and other valuables.
- Use of personal electronics is not permitted inside the salt room to include cell phones, computers, cameras.
- Please use restroom and wash hands prior to your session.
- Once a session begins, no one will be permitted to enter the treatment room, so as not to disturb clients who have started a treatment.
- Please do not exit the salt room once a session has started, unless it is an emergency.
- In order to maintain the sterile environment, food is not allowed inside the salt room.
- Bottled water/beverage is allowed and we will continue to offer Aveda Comforting tea.
- Please refrain from touching the walls and tiles.
- Children under the age of 12 must be accompanied by presence of a guardian.
- Drink plenty of water following your salt therapy.
- If you use an inhaler, please be sure to bring it with you.

Avoid Halotherapy during the acute or contagious phase of any illness, including the following:

Colds, Flu, Infections accompanied by fever, Active Tuberculosis, Acute Stage of Respiratory Diseases, Bleeding, Cardiac Insufficiency, Chemotherapy, Contagious Conditions, COPD in 3rd Stage, Current Smoker, Fever, Internal Diseases in Acute Stages, Intoxication, Requires Oxygen, Severe Kidney Disease, Severe/Unstable Heart Disorder, Spitting of Blood and/or Uncontrolled Hypertension.



SALT ROOM FAQ'S

IT'S MY FIRST TIME. WHAT DO I NEED TO KNOW? Arrive at least 15 minutes early to fill out our client intake form, receive a tour of the facility, put your belongings in our keyed lockers, and get settled in. Bring clean socks and a book if you'd like! Use of personal electronics is not permitted inside the salt room to include cell phones, laptops, cameras, etc.

HOW DOES IT WORK? We use what is called a Halogenerator in our salt room. The Halogenerator heats the salt prior to dispersing it into the room to ensure that all moisture is evaporated. When the microparticles are inhaled, the salt particles can penetrate deep into the lungs, bronchi, bronchioles and alveoli, which breaks down the toxins and clears the respiratory system. While inside the salt room, the salt particles that are not inhaled are absorbed by the body to combat skin conditions, which is greatly beneficial for skin conditions such as eczema, psoriasis, dermatitis and acne.

WHAT ARE THE SIDE EFFECTS? WHAT TO EXPECT AFTER SESSION? Most clients feel very relaxed after their session. Few people may experience dry throat and increased coughing, runny nose or watery eyes in the beginning. You may feel a slight tickle in your throat during the treatment as well as experience some coughing. This is just the process of the salt breaking down the mucus and ridding the body of it. You may also notice the draining of sinuses during and after sessions.

WHAT SHOULD I WEAR AND BRING TO MY SESSION? ARE ELECTRONICS ALLOWED?

You can wear whatever you would like. The salt will not harm your clothes in any way. Something comfortable is recommended. If you are visiting for skin condition, wear something that exposes more of the targeted area. Bring a book or just simply lay back and relax as you listen to the overhead music and/or meditation session. Electronics are not permitted inside the salt room.

IS THERE A PLACE TO STORE MY VALUABLES? Yes, we have complimentary key lockers available for you to store your things.

AM I ALONE IN THE SALT ROOM? Our salt room can seat up to 6 people in a session. Your session (to include Ayurvedic Foot Soaks) may start at the same time as another client to fully utilize the salt room and chairs available.

IS HALOTHERAPY SAFE FOR CHILDREN? Therapy is perfect for all ages and advise infants to limit the sessions to 20 to 30 minutes. Presence of a guardian is required for children under 12 years of age.

DO I NEED TO STOP TAKING MY MEDICATIONS? No, it is fine to continue your medications as needed and as directed by your doctor. You may even see less need for them; but always speak to your doctor before changing any of your medical routines. Since salt therapy is all-natural, it does not have any interactive effects with medications. Often, individuals who undergo salt therapy will find that they are less dependent on certain medication and their symptoms are less frequent and severe.