

Waiver of Liability and Hold Harmless Agreement for Contrast Therapy at Revive Wellness Club

The participant hereby acknowledges and agrees that they are participating in contrast therapy, which involves alternating between the use of ice baths and saunas, at Revive Wellness Club. The participant understands that this type of therapy can have potential risks, including but not limited to, hypothermia, heat exhaustion, dehydration, dizziness, and fainting.

The participant further acknowledges and agrees that they are participating in this therapy voluntarily and at their own risk. It is the participant's responsibility to consult with their GP prior to engaging in this therapy and to follow all instructions and guidelines provided by the staff at Revive. The participant confirms that they are not pregnant and do not have any heart diseases or issues.

The participant hereby releases and discharges Revive, its employees, agents, and representatives from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by the participant or any property belonging to the participant, while participating in contrast therapy at Revive.

The participant agrees to indemnify and hold Revive Wellness Club, its employees, agents, and representatives harmless from any and all claims, demands, actions, and causes of action that may be brought against them by any third party as a result of the participant's participation in contrast therapy at Revive.

The participant understands that this waiver and release of liability is binding upon themselves, their heirs, executors, administrators, and assigns, and that it shall be governed by and construed in accordance with the laws of the United Kingdom. The participant acknowledges that they have read this document, fully understand its contents, and voluntarily agree to its terms.