



Highlands End  
Leisure Club

Swim ~ Sauna ~ Steam

# STEAM ROOM GUIDE

## Guidance

40 to 50°C  
80% to 100% humidity

- ✓ After exercising, wait 10 minutes before entering the steam room.
- ✓ Please shower before entering the steam room.
- ✓ Remove watches and jewellery.
- ✓ Contact lenses may become uncomfortable.
- ✓ Drink plenty of water.
- ✓ Do not use any oils (scented or body) in the steam room.
- ✓ Use the steam room for 6 to 12 minutes, or less if it is uncomfortable. After this a break of at least 10 minutes should be taken.
- ✓ After using the steam room, use the cold shower to cool your body down. Always shower before re-entering the pool, sauna or steam room.
- ✓ Bathing for too long may result in nausea, dizziness or fainting. If at any time you have feeling of illness, leave the steam room and consult with a member of the team. An emergency button is outside the steam room, should it be required.

## When not to use the steam room

If you have a serious illness, heart condition, high or low blood pressure, respiratory condition, contagious disease, infectious skin condition, open sores or wounds, an illness causing an inability to perspire, if you're susceptible to migranes, are pregnant (seek medical advice), or have any other medical condition which may affect your reaction to heat. Diabetics may need to check with their doctor before using the steam room.

Also if you have had a heavy meal within one and a half hours, are under the influence of alcohol or drugs, have recently exercised (allow 10 minutes for your body temperature to return to normal). As the body becomes older it becomes less effective at dealing with cardiovascular stress, so elderly people should please bear this in mind.