

Steam Rooms

A user guide

Follow this guidance for a safe and enjoyable steam room experience



Be aware that:

- A steam room operates at a temperature of up to 50°C at 80-100% humidity. Ensure this is comfortable for you.
- The steam room controls should only be adjusted by an authorised person.
- Contact lenses may become uncomfortable and should be removed before using the steam room.
- Breakable containers must not be taken into the steam room.

The potential hazards are:

- Scalding from direct contact with the steam from the steam pipe.
- Slipping injuries caused by wet flooring or benches.
- Adverse reaction to heat or rapid temperature change, resulting in dizziness, fainting or unconsciousness.
- Dehydration from excessive heat and body fluid loss.

You should not use the steam room if you:

- Have a serious illness, or have a heart condition, high or low blood pressure, or respiratory condition or any other medical condition which may affect your reaction to heat.
- Are taking medication for any of the above conditions, or if you are unsure as to the advisability of using steam rooms.
- Are a diabetic with damaged feet or peripheral neuropathy who experiences reduced sensation in your feet.
- Have a contagious disease, infectious skin condition, open sores or wounds.
- Have an illness causing an inability to perspire.
- Have had a heavy meal within one and a half hours.
- Are under the influence of alcohol or drugs.
- Have recently exercised. Time should be allowed to enable body temperature to return to normal levels.

How to use the steam room safely:

- During steam room use, always drink plenty of water to replace the fluids lost during perspiration but avoid alcohol. If at any time in the steam room any feelings of illness are experienced, leave the steam room immediately and consult with staff or seek medical advice if necessary.
- Before use, remove any metal items such as watches or jewellery as they can become very hot.
- Ensure you shower before using the steam room to remove any perspiration, creams, oils or deodorants and to moisten the skin.
- For hygiene reasons, wear appropriate swimwear.
- Enter the steam room and sit or lie on a bench. Your body temperature will rise and you will start to perspire.
- When the heat becomes too uncomfortable leave the steam room and cool down, either gradually by sitting in a room outside the steam room or take a cool shower. Some users choose to cool down using icy water, but this should only be considered by those in very good health.
- When you have cooled down you may wish to return to the steam room to experience more heat and humidity.
- This hot to cold cycle can be repeated as often as is comfortable.
- However, be aware using the steam room for too long may result in nausea, dizziness or fainting.
- When finished, cool off for the final time, until your body temperature has returned to near normal.

Are you in one of these groups:

Older adults: May gain great benefits from the steam room but should exercise caution due to the stresses on the heart and circulatory system.

Pregnant: Those who are pregnant are advised not to use steam rooms or should seek medical advice before doing so.

Diabetic: People with diabetes should check with their doctor before using the steam room (see peripheral neuropathy section above). The use of steam rooms can directly affect insulin sensitivity and absorption.

No junior members permitted