

Steam room usage

When steam room safety is properly observed, steam rooms can be extremely relaxing, and provide a myriad of health benefits. Spending time in a steam room can reduce stress, help with breathing problems, relieve the pain of sore muscles, and help you sleep. Whether you use a steam room at our Club, in your own home or in a gym, it is important to understand basic steam room safety.

It may seem obvious, but steam rooms use heat as well as humidity. If you have any health problems, consult a doctor before you use a steam room. High blood pressure, heart disease, and various other cardiovascular problems can be exacerbated by high temperatures. In addition, pregnant women and small children should not use steam rooms.

For maximum steam room safety, drink plenty of water both before and after the steam room, since dehydration can be a very serious problem even in a humid environment, so stay hydrated. Also, make sure that you wait at least an hour after eating a big meal before you enter a steam room.

Steam rooms should never be used by people who have a fever of any type, or open wounds. Both of these conditions can get much worse in a steam room. Additionally, open wounds should not touch surfaces that will come into contact with other people's skin, as they can spread infection

When you first start using a steam room, pay attention to steam room safety and limit your time in the room. Start with a session of around 15 to 20 minutes, leaving the steam room when you begin to feel uncomfortable. You can always build up to a longer steam room session, but begin by a short relaxing steam.

Although it may seem natural to go into a steam room right after exercising, it is best to actually let your body cool down before you go into the steam room. One aspect of steam room safety is making sure that you are not subjecting your body to hyperthermia, which can happen when you are extremely overheated