

# What Should I Know About Steam Room Safety?

The following notes are set out as a guideline to using your steam shower/bath and in all cases if you are in doubt you should consult your doctor before using this feature.

When steam room safety is properly observed, steam baths & steam showers 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 home or at the 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 shower/bath. High blood pressure or 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 bath/shower, since dehydration can be a problem even in a humid environment. Dehydration can be a very serious problem and should be avoided, so make sure you 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 or any type, or open wounds. Both of these conditions can get much worse in a steam bath. 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 bath.

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 bath/shower. 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.

In all cases it is the responsibility of the owner to ensure the user of the steam function understands the implications of the steam and how it operates.

