

# LÍR SPA

& HEALTH CLUB

## How to use: Steam Room

Prepare for the steam room experience by showering beforehand, just as you would for a sauna. This will ensure you enter the steam room feeling fresh and clean.

Sitting on a towel is necessary not only for etiquette reasons but also to avoid the germs and bacteria that breed in moist heat. It's also a good idea to wear shower shoes.

Be mindful of your time in the steam room and limit it to 10 or 15 minutes. This will help you avoid any potential discomfort or health risks.

Remember, even though your skin will remain wet, staying hydrated in the steam room is essential.

Be sure to drink water before and after your session to keep your body healthy and functioning correctly.