



Sauna vs. Steam Room

Steam rooms are compact, airtight spaces made from materials like tile, acrylic, or glass to withstand wet heat. They are heated by generators that convert boiling water into steam, maintaining a temperature of approximately 43°C (110°F) with near 100% humidity.

In contrast, saunas provide dry heat, operating between 65°C and 90°C (150°F to 195°F) with a humidity level of just 5-10%. The difference in humidity makes steam rooms feel much hotter than saunas, even at lower temperatures.

Both saunas and steam rooms feature tiered seating, with higher seats offering greater heat as warm air rises. At Lír Spa & Health Club, you'll find these facilities side by side, offering unique experiences and health benefits.

Your choice between the two may depend on personal preference or your wellness goals. Many guests enjoy alternating between the sauna and steam room during a visit. While there's no fixed order, some prefer starting with dry heat in the sauna and finishing with the soothing wet heat of the steam room.

For your safety and comfort, it's essential to take a quick shower and stay hydrated with a glass of water between sessions.

Relax, unwind, and discover the benefits of both at Lír Spa & Health Club, where your well-being comes first.