



Sauna vs. Steam Room

Steam rooms are small, airtight, and designed from materials (such as tile, acrylic, or glass) which can withstand wet heat. They're heated by generators which turn boiling water into steam.

Steam rooms are kept at around 110°F (43 °C). (43°C.)

Because their humidity hovers around 100 percent, they may feel much hotter than saunas, which are kept between 150°F and 195°F (65°C to 90°C), with a humidity rate of 5 to 10 percent.

Saunas and steam rooms often have several seat levels.

Since heat rises, the higher the seat, the higher the temperature.

It's not unusual to see a sauna and steam room located next to each other in a health club. Since saunas use dry heat and steam rooms use wet heat, they look and feel differently.

Both provide relaxation and varying types of health benefits.

Your personal preference and needs may determine which you enjoy most.

Many people alternate using saunas and steam rooms or both during the same visit to the thermal area.

While there's no hard and fast rule for the best use first, some people prefer to start with the sauna and end with the steam room.

Either way, it's proper etiquette, and safest, to take a quick shower and drink a glass of water between sessions.