



RAVENPORT  
RESORT

# Swimming Pool & Thermal Suites Guidelines

Remove metals that can become hot in the steam room/sauna.

During the steam room or sauna session, drink plenty of fluids to replace those lost due to sweat.

It is advisable to remove contact lenses as they can become uncomfortable.

Take a thorough shower to cleanse the skin before using the steam room/sauna.

Enter the steam room/sauna and sit down.

Relax for 5 - 10 minutes; this will raise the body temperature and the perspiration will cleanse the pores of the skin.

Leave the steam room/sauna and cool down immediately by taking a cold shower or gradually sit poolside or on the bench.

Return to the steam room/sauna for 5 – 10 minutes.

The hot/cold cycle can be repeated as often as comfort allows.

When ready to leave, cool down and relax after the steam room/sauna session.

You should not use the steam room/sauna if you:

- Are pregnant.
- Are you suffering from heart disease, circulatory problems, high/low blood pressure, diabetes, kidney disease or an illness causing an inability to sweat.
- Have any infectious skin diseases/sores/wounds.
- Have consumed a meal or alcohol within one and a half hours.
- Have recently exercised, allow your body temperature to return to normal.