

UNION STEAM BATHS

285 W. MARINE DRIVE
503-325-0651



IF YOU ARE NEW TO THE STEAM BATH, YOU MIGHT WANT TO FOLLOW THESE STEPS TO ATTAIN MAXIMUM ENJOYMENT.

1. ALLOW YOURSELF PLENTY OF TIME. UNLESS IN THE AREA PROVIDED, TAKE OFF WATCHES AND LOOSE JEWELRY.

2. ENTER STEAM ROOM. YOU MAY WANT TO STRETCH OUT IN A RECLINING POSITION TO COMPLETELY RELAX.

3. AFTER REPEATING THE CYCLE 2 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND FINISH WITH COOL WATER TO CLOSE PORES. DON'T GO OUT INTO COLD OR WET WEATHER UNTIL YOU ARE DRY AND HAVE FINISHED REWARMING. IF YOU MAY GET CHILLED.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING! CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH. WARNING! ESPECIALLY PERSONS WHO SUFFER FROM HEART DISEASE, HIGH OR LOW BLOOD PRESSURE OR OTHER PHYSICAL DISORDERS SHOULD CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT LEAVE YOUR SEAT IN THE STEAM ROOM. DO NOT USE THE STEAM ROOM AS AN OCCUPANCY SEAT.

BUSINESS HOURS THURSDAY-SUNDAY 4:30-10:30 FRIDAY-SATURDAY 3:30-10:30

CANNON BEACH MASSAGE

LICENSED MASSAGE THERAPY
ROSALIND CUSACK, LMT
OREGON & WASHINGTON
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CANNON BEACH, OR 97110
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THERAPY

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- Mother Teresa
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Founder

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WHERE TO GET AN EDGE

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MANZANITA: Manzanita News & Espresso, Cassandra's, & The Video Store
TILLAMOOK: Muddy Waters Tea & Coffee Co., & Rainy Day Books
NEKOWIN: The Hawk Creek Cafe
PACIFIC CITY: The River House
LINCOLN CITY: Trillium Natural Foods, Lincoln City Library
NEWPORT: Don Patre's Italian Food Co., & Oceana
EUGENE: The WOW Hall, KLCC, & Oasis
SALEM: Heliotrope
ASTORIA: KMUN, Columbia Cafe, the Community Store, & Cafe Uniontown
SEASIDE: Turnaround Books, Earthside, Buck's Book Barn, Universal Video & Cafe Espresso
PORTLAND: The Goose Hollow Inn, Powell's Books (Two Locations), Music Millennium (Two Locations), The Laurelthirst, Key Largo, East Ave. Tavern, and many many more.....

Acupuncture — Chinese Herbs — Massage

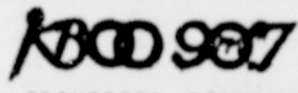


Bob Rice L.Ac.

P.O. Box 193
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(503)436-0161

These mountain spruces
Radiate ancient secrets
That we soon forget.

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10 UPPER LEFT EDGE MAY 1997