

THERAPY

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.

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

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

PULL STEAM COORD UNTIL DESIRED TEMPERATURE IS REACHED. IF BREATHING IS DIFFICULT, BREATHE THROUGH A COLD WET WASH CLOTH. AFTER 10-15 MINUTES, TAKE A REST IN THE DRESSING ROOM.

REENTER THE STEAM ROOM FOR ANOTHER 10 MINUTES. KEEPATING THE PROCESS. USE ENOUGH STEAM FOR YOUR OWN ENJOYMENT.

AFTER REPEATING THE CYCLE 2 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND RINSE WITH COOL WATER TO CLOSE PORES. DRESS IN DRY CLOTH OR WET WEATHER. UNTIL YOU ARE DRY AND HAVE FINISHED REWARMING, OR YOU MAY GET CHILLED.

AFTER TAKING A FEW STEAM BATHS YOU WILL WANT TO ADJUST THE PROCEDURE TO YOUR OWN SATISFACTION.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING!

CAUTION: CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH.

WARNING: IF YOU ARE SUFFERING FROM HEART DISEASE, HIGH OR LOW BLOOD PRESSURE, OR OTHER PHYSICAL CONDITIONS, CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT SURE OF YOUR CONDITION, DO NOT USE THE STEAM BATH.

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

CANNON BEACH MASSAGE

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Time is nature's way of keeping
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Anon

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