

UNION STEAM BATHS

285 W. MARKET DRIVE
ASTORIA
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. LINGER 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.

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

AFTER TAKING A FEW STEAM BATHS, YOU WILL WANT TO ADJUST THE PROCEDURE TO YOUR OWN SATISFACTION. PERSPIRING, OR YOU MAY GET CHILLED.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING! CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH.

WARNING! ELDERLY PERSONS OR THOSE SUFFERING FROM HEART DISEASE, HIGH OR LOW BLOOD PRESSURE, OR OTHER PHYSICAL DISORDERS SHOULD CONSULT A PHYSICIAN BEFORE HAVING A STEAM BATH. IF YOU ARE UNFAMILIAR WITH THE STEAM BATH, PLEASE CALL FOR A DETAILED EXPLANATION. DO NOT USE THE STEAM ROOM AS AN ALTERNATIVE THERAPY.

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

With soap baptism is a good thing
Robert G. Ingerson

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97110
436-1911

WHERE TO GET AN EDGE

CANNON BEACH: Jupiter's Rare and Used Books, The Cookie Co., Coffee Cabana, Bill's Tavern, Osburn's, Cannon Beach Book Co., The Bistro, Midtown Cafe, & Once Upon a Breeze
MANZANITA: Manzanita News & Espresso, Cassandra's, & The Video Store
TILLAMOOK: Muddy Waters Tea & Coffee Co., & Rainy Day Books
NESKOWIN: The Hawk Creek Cafe
PACIFIC CITY: The River House
LINCOLN CITY: Trillium Natural Foods, Lincoln City Library
NEWPORT: Don Petrie's Italian Food Co., & Oceana
EUGENE: The WOW Hall, KLCC, & Oasis
SALEM: Heliotrope
ASTORIA: KMUN, Columbia Cafe, the Community Store, & Cafe Uniontown
SEASIDE: Buck's Book Barn, Universal Video & Cafe Espresso
PORTLAND: The Goose Hollow Inn, Powell's Books (Two Locations), Music Millennium (Two Locations), The Laurelhurst, Key Largo, East Ave. Tavern, and many many more.....

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My atheism, like that of Spinoza, is true piety towards the universe and denies only gods fashioned by men in their own image to be servants of their human interests.
George Santayana



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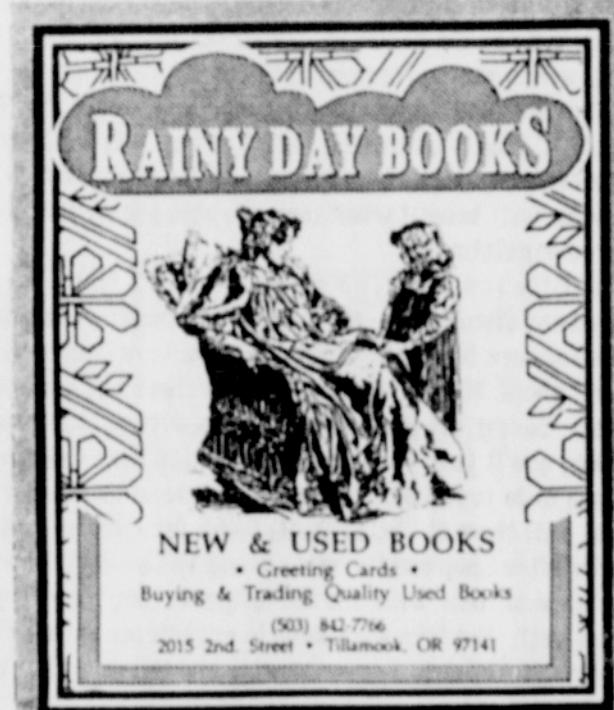
DANGER: Government censorship is toxic to democracy. If swallowed, it's deadly.
ANTIDOTE: KBOO 90.7FM Community radio. Our poison control center is standing by.

KBOO 90.7

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