

# 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. LADIES 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 CONDUITS DESIRED TEMPERATURE IS ACQUIRED. IF BREATHING IS DIFFICULT, RELAXE 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, REPEATING THE PROCESS. USE ENOUGH STEAM FOR YOUR OWN LIKING.

AFTER REPEATING THE CYCLE 2 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND RINSE WITH COOL WATER TO CLOSE PORES. DONT GO OUT INTO COOL AIR WET WEATHER. UNLESS YOU ARE DRY AND HAVE FINISHED PERSONAL HYGIENE, YOU MAY GET CALLED.

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 CONDITIONS SHOULD CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT USE YOUR OWN OIL IN THE STEAM ROOM. DO NOT USE THE STEAM ROOM AS A BATHING PLACE.

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

I suppose it is much more comfortable to be mad and not know it, than to be sane and have one's doubts.  
G.B. Burgin

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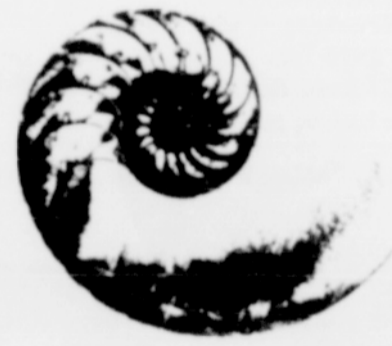
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Pre-registration is required for the Beach Retreats

### WHERE TO GET AN EDGE

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**TILLAMOOK:** Muddy Waters Tea & Coffee Co., & Rainy Day Books  
**RESKOVILLE:** 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  
**EUREKA:** The WOW Hall, KLCC, & Oasts  
**SALEM:** Heliotrope  
**ASTORIA:** KIMUN, Columbia Cafe, the Community Store, & Cafe Uniontown  
**SEASIDE:** Buck's Book Barn, Universal Video & Cafe Espresso  
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