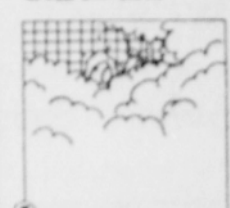


THERAPY

UNION STEAM BATHS 285 W. MARINE DRIVE
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ASTORIA, OREGON



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. ADDRESS 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 REPLEATING THE CYCLE 2 OR 3 TIMES, END WITH A SOAP AND WATER SHOWER AND RINSE WITH COOL WATER TO CLOSE PORES. DRESS IN DRY CLOTHES. WEATHER UNTIL YOU ARE DRY AND HAVE FINISHED PERSPIRING. OR YOU MAY GET CHILLED.

4. REENTER THE STEAM ROOM FOR ANOTHER 10 MINUTES. REPEATING THE PROCESS USE ENOUGH STEAM FOR YOUR OWN "LIKING".

5. 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! CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH. PREGNANT? ELEGANT? REMEMBER TO CHECK SUPPLYING FROM HEART DISEASE, HIGHER OR LOW BLOOD PRESSURE OR OTHER PHYSICAL DISORDERS. CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT OVER DO YOUR TIME IN THE STEAM ROOM. DO NOT USE THE STEAM ROOM AS AN OVEN. 1994

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MANZANITA: Manzanita News & Espresso, Cassandra's, & The Video Store
ROCKAWAY: Sharkey's
TILLAMOOK: Muddy Waters Tea & Coffee Co., & Rainy Day Books
NEKOVIM: 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
COVALLIS: Environmental Center, OSU
SALEM: Heliotrope
ASTORIA: K-MUN, 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 Laurelthirst, Key Largo, East Ave. Tavern, and many many more.....



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