

# Info page

## What to bring

- Shower shoes
- Extra towel
- Water (beverages available for sale)

## Tips

- Stay hydrated
- Take breaks
- Do not DRENCH radiator with water it will slow the steam

## Rules

- No Boom Boom in The Room Room
- No personal radios in changing room
- Silence all ringers if phones left in changing room
- Each one-hour session starts from when you enter changing room to when you leave
- Leave steam room as you found, empty buckets and turn upside down

## Available at steam club

- Essential Oils
  - Eucalyptus
  - Sweet Orange
  - Sage
  - Tea Tree
  - Cedarwood
- Beverages
- Pain relief stick
- Tiger oil
- Tiger balm
- EZGreen CBD balm