

Risks

While there are lots of benefits associated with a steam room, people using them should do so with caution and be aware of the risks.

Due to the heat, there is a risk of dehydrating the body and it is advisable not to spend longer than [15 to 20 minutes](#) inside. It is important to drink plenty of water beforehand, as well.

A steam room also provides the ideal environment for certain types of bacteria and germs to grow and spread.

Examples of this risk are athlete's foot and other fungal infections that can thrive in warm, humid conditions. So it is advisable to wear a towel and flip-flops or shower shoes when inside a steam room.

Due to the extreme heat in steam rooms, there are [certain people](#) who are advised to avoid them:

- pregnant women
- anyone with [heart disease](#)
- those with very low or [high blood pressure](#)
- anyone with [epilepsy](#)
- those taking [antibiotics](#)
- users of mind-altering drugs, such as stimulants, tranquilizers, or alcohol

If someone has any concerns about using a steam room, they should check with a doctor first.