

## Supervision and Safety

The health suite is regularly cleaned and monitored to ensure the safety of all users.

All sessions are costumed. (Swimwear must be worn at all times)

Open for mixed use throughout, persons must be aged 16 years and above.

- Drink plenty of fluids to replace loss from perspiration
- Remove glasses as they become very hot
- Remove contact lenses in sauna as they will dry out
- Remove all jewellery and watches as they can become very hot
- Do not take hazardous objects such as glass containers or sharp items
- Read the instructions on how to use the sauna and the steam room safely (located in the health suite)

### You should not use the health suite if you:

- Are pregnant
- Have just finished exercising. Allow time for your body temperature to cool down first
- Have heart disease or circulatory problem, high or low blood pressure.
- Have epilepsy, a skin infection, or any other condition which may adversely be affected by heat
- Have had a heavy meal within the last 90 minutes or if you have consumed any alcohol

## Opening Times

Monday - Friday 7.00am - 9.00pm

Saturday & Sunday 9.00am - 7.30pm

**Please note:** Last admission is 45 minutes before closing.

**Cost** (90 mins) Includes FREE swim, subject to availability

<b>Adult</b>	£5.40	£3.80 (Concession)
10 Session Pass*	£43.20	£30.40 (Concession)
<b>Junior</b> (16 - 17 years)	£3.80	£2.60 (Concession)
10 Session Pass*	£27.20	£20.80 (Concession)

\*10 Sessions for the price of 8, please ask at Centre reception for further information.

**Please note:** Prices valid until 31st March 2012.

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Health  
Suites

Relax and Unwind

[www.fifeleisure.org.uk](http://www.fifeleisure.org.uk)

# Health Suite



## Welcome

Raising your body temperature produces perspiration that in turn cleanses the pores of the skin to leave you feeling invigorated.

Refreshment for the mind, a deep-cleansing treat for the body and an all round immune system booster. It's the ideal location for peace and relaxation. It's sure to be warm... soothing... relaxing... rejuvenating... invigorating... special and something not to be missed!

Relax sore and tired muscles, help fight the common cold or alleviate lower back pain and arthritis.

## Relaxation

Chill out within a social setting purposely designed to provide a calm and soothing ambience. Swimming pool access is permitted, subject to availability. Programming restrictions may apply.

### Sauna and Hot Room

*dry heat to cleanse the body*

The Sauna has been known throughout history to help relax and improve one's overall health, and promote well being. The curative and healing properties of heat have been highly valued since the Roman times. The ancient Romans, who were known for their ritual baths, used heat therapy to treat many ailments.

### Steam Room

*produces a wet and humid deep cleanse*

The benefits of steam bathing have become increasingly popular in today's society. Perspiration helps rid the body of wastes, regulates body temperature, and invigorates our largest organ, the skin. Benefit from the soothing effects of steam, ease the stress of your day whilst also providing a deep cleanse of your skin pores. The steam room is an excellent way to clear blockages or mild aches in the body, for example sinus pain or muscle pulls. You will come out feeling rested and refreshed.

### Spa Pool

After a busy day, the spa is the best place to relax and to soothe away those cares. A spa provides "whirlpool and massage jet action" within the water. This action helps relieve pain, stress and muscular aches, achieving a feeling of well-being and relaxation. It may also bring additional relief to those who suffer from joint related ailments such as rheumatism and arthritis. Avoid prolonged use. Rest periods are essential to avoid overtiring

**Please Note:** Feature/Communal Showering, for use - before, during or after your session.

