



Health Suite

at Parkside Pools

open from 10am Monday - Sunday

Our Health Suite is an ideal place to get away from the pressures of modern living. Treat yourself to a session in our sauna, sanarium, steam room or spa pool, the perfect way to relax and unwind in the city.

Use of the Health Suite will help to; stimulate your circulatory system, increase your metabolic rate, stimulate perspiration, thoroughly cleanse your body and increase feelings of wellbeing.

Alternatively just relax in the lounge, where there are magazines available for you to read or simply sit in the roof top garden and take in the views of Parker's Piece and watch the world go by.

Our sauna cabin is easy to use and incredibly effective. It uses dry heat to cleanse your skin, allowing it to really breathe, leaving your whole body to feel ultra-fresh. The sauna's temperature is self-regulating so all you need to do is sit back and relax. It normally operates at 90-95°C and the hottest area is the uppermost bench. The cabin will seat eight to ten people.

Like the sauna, the steam room is incredibly effective in helping you to unwind and relax. It offers many of the same benefits but without the dryness. The steam room seats up to six people and offers constant heat environment with humidity level nearing 100%. The temperature is self-regulating and normally operates at 48°C.

The spa pool is an ideal place to let your worries and stresses wash away. The 37°C water is perfect bathing temperature. Simply relax for 15-20 minutes in the water then 20 minutes out of water and feel the benefits.

The sanarium is a cross between the sauna and the steam room. It is neither a wet or dry heat and often feels the most comfortable of the three cabins. The Sanarium's normal self-regulating temperature is 60°C with a relative humidity of 40-55%. The room seats eight to ten people with the uppermost benches being the warmest.

Parkside Pools 01223 446100

Gonville Place, Cambridge, CB1 1LY



SLM manages these facilities in
partnership with Cambridge City Council.

This activity is brought to you by SLM Community Leisure Charitable Trust.

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