Can I Wear My Reebok Smartwatch in a Sauna or Hot Tub?

Inas B. - 2026-11-24 - Before You Buy

No. We recommend removing your Reebok smartwatch before entering a sauna, steam room, hot tub, or other high-temperature environment.

Although your watch is water-resistant, its water-resistance rating does not protect it against all forms of heat or moisture exposure.

These environments can expose your watch to:

- High temperatures that may affect the battery and internal components.
- Steam and prolonged moisture exposure.
- Chemicals commonly found in hot tubs, including chlorine.

To protect your watch, remove it before entering these environments.

If your watch has been exposed to excessive heat or moisture, allow it to cool naturally and dry thoroughly before using or charging it. If you notice unusual heat, condensation, or changes in performance, stop using it and contact our support team at **support.reebok@vitalist.ca**.