

BENEFITS OF STEAM BATHING

RESPIRATORY HEALTH

1. May improve breathing; opens up nasal passages related to symptoms of allergies.
2. May improve breathing; opens up nasal passages related to symptoms of viruses.
3. Hot mist may help promote sinus drainage.
4. Hot mist may help loosens bronchial secretions.
5. May provide temporary relief of asthma-type symptoms.
6. Hot mist soothes the throat.
7. May act as a a natural expectorant.


SKIN CARE

8. Cleanses the skin.
9. May relieve acne type conditions.
10. Opens up pores.
11. Lubricates the skin.
12. Hydrates dry skin.
13. Rejuvenates.
14. Leaves skin with healthy glow.
15. Makes shaving in a steam shower easier.
16. Prepares the skin follicles for easier waxing.

PHYSICAL WELLNESS

17. Promotes increase in blood circulation.
18. May boost metabolism.
19. May help to reinvigorate tired muscles.
20. Has been shown to remove lactic acid from over worked muscles.
21. May increase muscular flexibility (great for stretching).
22. On average, has been shown to burn 150 calories in a 15-minute session at 114°F

WELL-BEING

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- 23. Helps relieve stress.
 - 24. Encourages relaxation.
 - 25. May help promote deep, restful sleep.
 - 26. Fosters a sense of well-being.
 - 27. May help increase the length of REM cycles during sleep.
 - 28. Combining Steam and AromaTherapy® (Lavender) may promote soothing relief from stress and tension.
 - 29. Combining Steam and MusicTherapy® may help reduce stress.
 - 30. Combining Steam and ChromaTherapy® may help enhance your mood elevation.

HOLISTIC HEALTH

- 31. Supports the removal of toxins from the body.
- 32. Has been shown to help the body rid itself of excess sodium.
- 33. May help relieve joint pain & discomfort.
- 34. Has been shown to promote the reduction of metabolic waste products in the body.

OTHER BENEFITS

- 35. Uses less than 2 gallons of water for a 1/2 hour steambath.
- 36. Costs cents to operate.
- 37. May increase equity of the home.
- 38. Saves energy by following steam shower with a cold shower.
- 39. Can simply be added to an existing shower. Does not require a separate area or room in order to be used.
- 40. Great way to de-wrinkle clothes.
- 41. Adds humidity to your orchids.

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