STEAMIST

RESIDENTIAL STEAMBATH SYSTEMS PRODUCT CATALOG AND U.S. PRICE LIST | JANUARY 2020

Steam Generators Total Sense[™] & SM Plus

Steamist offers Total Sense[™] or SM Plus Steam Generators. Both have a stainless steel tank for years of dependable service, and save water and energy. The average 20-minute steam shower uses less than one gallon of water. Compare that to a whirlpool tub that holds a minimum of 40 gallons of pre-heated water.

FEATURES OF ALL TOTAL SENSE AND SM PLUS STEAM GENERATORS

- + All models allow the user to enjoy one or more of Steamist's Total Sense Spa Options
- + Compact design permits generator installation in a vanity, a closet or an insulated attic or basement
- + Cable included with generator
- + Lifetime Limited Warranty
- + UL Listed

TOTAL SENSE GENERATORS FEATURE INSTAMIST[®] AND STEADYSTEAM[™]

The user can activate the InstaMist feature using any Steamist digital control, and get quick-response steam. In about a minute, the steam shower will begin heating up.

Quiet, continuous SteadySteam technology maintains steam shower environment at the user's preset level, without uncomfortable temperature spikes.

In addition, multiple Total Sense generators can be ganged together for larger steam showers.



Steam Generator Specifications

STEAM GENERATOR SIZING*

For easy generator sizing, visit steamist.com. Use our online Residential Steambath Sizing and Selection Guide. You'll need to have an idea of the shower stall dimensions for more accuracy. The guide will also help you select spa options, controls and accessories. You may also see the back cover for the easy steps to calculate the adjusted cubic footage for your steam shower.

TOTAL SENSE™				SM PLUS			ALL GENERATORS ELECTRICAL DIMENSIONS					
PRODUCT			ADJUSTED	PRODUCT	RODUCT		ADJUSTED	ELECTRICAL			WEIGHT	
CODE	PRICE	kW	CU FT RANGE*	CODE	PRICE	kW	CU FT RANGE*	VOLTS	AMPS	1-PHASE BREAKER**	DIMENSIONS	
				SMP-5	\$1,950	5	0-100	240	21	30		
TSG-7	\$2,750	7.5	0-250	SMP-7	^{\$} 2,450	7.5	101-250	240	31	40	30 lbs. 15″L x 6″W x 15.5″H	
TSG-10	\$3,250	10	251-450	SMP-10	\$2,950	10	251-450	240	42	50		
TSG-12	\$3,700	12	451-550	SMP-12	\$3,400	12	451-550	240	50	60	41 lbs. 17.75″L X 7.5″W X 15.5″H	
TSG-15	\$3,900	15	551-675	SMP-15	\$3,600	15	551-675	240	63	80		
TSG-20	\$5,600	20	676-900	SMP-20	\$5,300	20	676-900	240	83	100		
TSG-24	\$5,900	24	901-1100	SMP-24	\$5,600	24	901-1100	240	100	125	60 lbs. 19″L x 11.125″W x 17″H	
TSG-30	\$6,200	30	1101-1350	SMP-30	\$5,900	30	1101-1350	240	125	150		

All Steam Generators shown are 240 Volt. For 208 Volt, add "-208" to Product Code. Example: TSG-7-208.

For 208V, current amps will be higher, breaker size larger. Contact Steamist for more information.

For 3-phase TSG and SMP generators, please contact Steamist for special order options.

**90°C copper wire required for connection to generator.

GENERATOR PAN AND AUTO DRAIN PACKAGES

\$580 | GPAD-240 | GPAD-208 for 5-15 kW units \$650 | GPXLAD-240 | GPXLAD-208 for 20-30 kW units

Packages available in 240V or 208V and include all components recommended for field installation with TSG or SMP steam generators^{*}. Generator Pan[†] features elevated support for generator and solid-brass plumbing connection. Auto Drain will open automatically to purge the system after water in generator cools.

*For installations utilizing more than one Steam Generator, order a quantity of Accessory Packages equal to the number of generators.

[†]GPAD Pan is high-temperature impact-resistant resin (shown), GPXLAD Pan is galvanized.



Spa Options That Make Total Sense

On the pages that follow, we present four Total Sense[™] Spa Options that are available to enhance your steam shower experience. All four of these options are compatible with either TSG (Total Sense) or SMP (SM Plus) Steam Generators. You can order one or more Spa Options individually, or select one of our Spa Option Packages.



Bring the Total Package Home

OUR TOTAL SENSE[™] SPA PACKAGES INCLUDE 3 EXPERIENCES:

- + AromaSense Spa Option, with Relax and Respiratory Essential Oil Canisters
- + ChromaSense Spa Option, with one light fixture with chrome trim ring
- + AudioSense Spa Option, with either "Classic" Exposed Speakers or "Invisible" Speakers

Spa Package with "Classic" Exposed AudioSense Speakers \$3,200 | TSSP-CL

Spa Package with "Invisible" AudioSense Speakers \$3,260 | TSSP-IN

Note: Packages do not include ShowerSense™ Spa Option. See page 21.



AromaSense™

Infuse your steam experience with fragrant essential oils. For centuries aromatherapy has demonstrated remarkable therapeutic powers, from relaxing body and spirit to soothing respiration to sparking creativity. And only AromaSense adds 100% undiluted essential oils to the steam shower, ensuring your pure pleasure.

AROMASENSE MODULE:

- Holds two easily-replaceable 100 ml essential oil canisters, allowing you to select your favorite scent without leaving your steam shower.
- Pumps just 1/4 drop of pure undiluted oil at a time, so each canister lasts for months.
- + Connects into steamline and needs to be located in a closet or utility room near the steamhead.
- + 11.875" H x 8.125" W x 5.25" D





AromaSense Spa Option \$1,100 | TSA

AromaSense Essential Oil Canisters – 100 ml

\$105 each



ESSENTIAL OIL CANISTERS, 100 ml

Sold separately. We recommend two canisters be purchased with the AromaSense module. Essential oils also available in 10 ml bottles, see page 29.

RESTORE | AS1-100

Refreshes and renews the spirit. Essential oils: orange California, pine needle, ho-oil, frankincense, patchouli, cistus labdanum, vetiver, cedarwood Virginia

RELAX | AS2-100

Balances mood, clears the mind. Essential oils: lavender, lavendin super, orange, geranium, cedarwood, marjoram, frankincense

RENEW | AS3-100

Comforts and revives the soul. Essential oils: cedarwood Virginia, grapefruit, Peru balsam, lavendin, lime, sweet basil, elemi, clary sage, angelica root

ENERGIZE | AS4-100

Stimulates and empowers the mind. Essential oils: rosemary, lemongrass, orange, ginger root, red grapefruit, mandarin orange, cinnamon leaf

RESPIRATORY | AS5-100

Soothes the respiratory system. Essential oils: sage, hyssop, eucalyptus globules, spruce needle, eucalyptus radiate, thyme, myrtle

ChromaSense[™]

Adding color to the steam shower can serve as chromatherapy to bring about positive change to your physical or psychological condition. Or you can simply consider color part of your personal oasis of luxury. With ChromaSense, the 550 or 450 control can turn you on to a spectrum of effects to improve your day in different ways.

- + High-powered recessed LED light fixture 4.25" diameter
- + White light equivalent to a 50-watt incandescent bulb







\$780 | TSCH

Secondary Light Package Additional lighting fixture for larger shower spaces.

\$450 | TSCH-ADDL

Optional Designer Finish Trim Ring

\$95 | TSTR-XX

Designer Finishes See page 26.

ChromaSense gives you the choice of selecting white light or six mood-enhancing, color effects in the steam shower.



Soulful Soothing



Bliss Stabilizes Emotions



Relax Tranquilizing & Calming



Creative Increases Awareness



Energize Increases Metabolism



Harmony Reduces Anxiety

AudioSense[™]

Great thinkers and listeners from Plato to Bono have praised the power of music to soothe, heal and invigorate the heart, mind and soul. With AudioSense, you can enjoy your favorite music in the steam shower from your computer, smartphone, iPod, tablet or any other Bluetooth-enabled music player. Speakers sold separately.

AUDIOSENSE ALLOWS YOU TO:

- + Select your audio input
- + Activate preset memory settings
- + Adjust bass, treble, balance and volume
- + Skip forward/backward through your playlist
- + Pause and play audio
- + Compatible with 550 or 450 controls
- + 550 links directly to Pandora, Spotify or iHeartRadio streaming services
- + Compact design, with high-powered amplifier and wireless receiver
- + 8.5" H x 6" W x 2" D





AudioSense Spa Option \$850 | TSMU



Classic Speakers (2) Surface mount 5.25" diameter 8" outside diameter

\$260 | TSS-CL

S

Invisible Speakers (2) Mount out of sight and transmit sound through the wall. 3-1/2" diameter

\$320 | TSS-IN

ShowerSense[™]

ShowerSense lets you enjoy the steam experience, followed by a refreshing shower from up to three different outlets. Either the 550 or 450 Digital Control lets you select either of two different shower temperatures, programmed to match user preferences, and give you total touchscreen command over all steam and shower functions, without the clutter of multiple shower controls.

The ShowerSense valve is easy to install in any position behind the wall, and is both temperature compensating and pressure balancing to optimize user comfort.

SHOWERSENSE VALVE:

- + 9.1 gpm maximum combined flow
- + 1.0 gpm minimum flow
- + ASSE 1016 Listed
- + Meets strict lead-free requirements
- + 1/2" pipe connections
- + Low-voltage UL power supply
- + Less than 2°F temperature variation
- + 11" H x 5.25" W x 1.5" D

FLOW RATES @ 45 psi

1 outlet used | 6.5 gpm 2 outlets used | 8.7 gpm 3 outlets used | 9.1 gpm

ShowerSense Spa Option

\$1,800 | TSSH

SHOWERSENSE SPA OPTION

As a Total Sense[™] Spa Option, you'll have the added luxury of personalized shower control in addition to the steam shower experiences you know us for, working hand-inhand with our 550 and 450 digital control lines.



DIGITAL SHOWER SYSTEM

Enjoy the outstanding flexibility, functionality and clutter-free benefit of ShowerSense without installing a steam shower system, by ordering the TSSH Shower Valve and an SH-550 or SH-450 Digital Control.

Digital Shower System Valve

\$1,800 | TSSH

SH-550 Control

Available in Transitional or Modern design. See page 23.

Polished Chrome

\$1,100 | SH-550-PC | SH-550M-PC-XX

Designer Finishes

\$1,150 | SH-550-XX | SH-550M-XX-XX



SH-450 Control

Available in Transitional or Traditional design. See page 25.

Polished Chrome

^{\$}680 | SH-450-PC

| SH-450T-PC

Designer Finishes

^{\$}730

| SH-450-XX | SH-450T-XX



DESIGNER FINISHES

See page 26 for the complete selection.

Note: SH controls do not ship with steamheads.



550M-PC-BK | CHROME TRIM, BLACK ACCENT

550 Digital Control

The 550 is Steamist's most advanced control system. New upgrade features bring the user increased flexibility in use:

- + A larger high-definition touchscreen display
- + Multiple-language display capability
- + Easily adjustable display font sizes
- + Can be installed in Portrait (vertical) or Landscape (horizontal) orientation

Compatible with Steamist TSG or SM Plus steam generators, the 550 can operate all Total Sense™ Spa Options.

- + Programmable for two user profiles including temperature, duration and spa option preferences
- + Patented dual-temperature sensor technology for superior temperature accuracy
- + 3199 Steamhead included in matching finish
- + Built-in mySteamist Wi-Fi

When installed with a TSG steam generator, it also allows the user to turn the selectable InstaMist[®] feature on and off.

STREAMING MUSIC CONNECTIVITY



The 550 is preprogrammed for connectivity with iHeartRadio, Spotify and Pandora. If you have Steamist's AudioSense[™] spa option, you can link to any of these popular streaming music services and listen to your favorite artists and musical genres as you enjoy your steam shower.

550 Digital Control

Polished Chrome

\$1,300 | 550-PC | 550M-PC-XX

Designer Finishes

See page 26.

\$1,350 | 550-XX | 550M-XX-XX

550M with white accent

Add WT to model number: ex: 550M-XX-**WT**

550M with black accent

Add BK to model number: ex: 550M-XX-**BK**



BUILT-IN MYSTEAMIST WI-FI INTERFACE

The 550 is equipped to link with the mySteamist application for your iPhone or Android mobile device. With mySteamist, you'll be able to activate preprogrammed user profiles within your home network. Steamist gives you mobile flexibility at no additional cost!



550 Transitional 4.1" H x 6.2" W x 0.3" D



550M Modern, with white or black accent 3.6" H x 5.7" W x 0.3" D







250-PC | TRANSITIONAL TRIM

450 Digital Control

The 450 control is compatible with Steamist TSG or SM Plus steam generators, and can operate all Total Sense™ Spa Options.

- + Programmable for two user profiles including temperature, duration and spa option preferences
- + Patented dual-temperature sensor technology for superior accuracy
- + 3199 Steamhead included in matching finish
- + Optional mySteamist Wi-Fi compatibility

When installed with a TSG steam generator, it also allows the user to turn the selectable InstaMist® feature on and off.





450 Transitional 4.5" H × 4.5" W × 0.4" D

450T Traditional 4.5" H x 4.5" W x 0.4" D

250 Digital Control

The 250 control is compatible with Steamist TSG or SM Plus steam generators, but will not operate any Total Sense™ Spa Options.

- + Programmable for two user temperature profiles with selectable timer
- + Patented dual-temperature sensor technology for superior accuracy
- + 3199 Steamhead included in matching finish

When installed with a TSG steam generator, it also allows the user to turn the selectable InstaMist® feature on and off.





250 Transitional 3.7" H x 3.7" W x 0.625" D

250R Round 4" Diameter

450 Digital Control

Polished Chrome

\$890 | 450-PC | 450T-PC

Designer Finishes

See page 26. **\$940** | 450-XX

| 450T-XX

mySteamist Wi-Fi Option

450 AND 250 CONTROLS: DUAL SENSORS FOR CONTINUOUS COMFORT

Steamist's patented dual-temperature sensor technology gives the 450 and 250 controls superior accuracy...reading the steam shower environment and adjusting to maintain your programmed temperature throughout each steam shower session.

250 Digital Control

Polished Chrome

***780** | 250-PC | 250R-PC

Designer Finishes

See page 26.

\$830 | 250-XX | 250R-XX

Designer Finishes

Steamist steam shower controls and steamheads are available in Polished Chrome, as well as your choice of designer finishes to complement your bathroom décor. Consult the table below for Designer Finish availability.

	FINISHES AND PRODUCT CODE SUFFIXES									
PRODUCT CODES	Polished Chrome (PC)	Polished Nickel (PN)	Brushed Nickel (BN)	Polished Gold (PG)	Polished Brass (PB)	Brushed Bronze (BB)	Oil- Rubbed Bronze (ORB)	Matte Black (MB)		
CONTROLS										
550	~	~	~	~		~	~	~		
SH-550	~	~	~	~		~	~	~		
550M, WT, BK	~	~	~					550M-BK		
SH-550M, WT, BK	~	~	~					SH-550M-BK		
450 & 450T	~	~	~	~		~	~	450		
SH-450 & SH-450T	~	~	~	~		~	~	SH-450		
250 & 250R	~	~	~		~		~	~		
220, 220T, 220R	~	~	~	220 & 220T	220 & 220R	220 & 220T	~	220 & 220R		
STEAMHEADS										
3199	~	~	~	~	~	~	~	~		
3199M (Modern)	~	~	~					~		
3199R (Round)	~	~	~		~		~	~		
BLSH (Bilateral)	~	~	~	~		~	~	~		
CHROMASENSE TRIM RINGS										
TSTR	Standard	~	~	~		~	~	~		

To order Designer Finishes, replace "XX" in the Product Code shown with the appropriate suffix. Examples: 550-XX in Polished Nickel = 550-PN 250-XX in Oil-Rubbed Bronze = 250-ORB 3199-XX in Brushed Nickel = 3199-BN



450-PC | Polished Chrome



450-MB | Matte Black



450-PN | Polished Nickel



250-PB | Polished Brass



450-BB | Brushed Bronze



450-ORB | Oil-Rubbed Bronze



450-BN | Brushed Nickel



450-PG | Polished Gold











В

A. 3199 Steamhead

Included with all 550, 450, 250 Transitional and Traditional controls. 3/4" NPT Designer Finishes*

\$210 | 3199-PC Polished Chrome\$260 | 3199-XX Designer Finish

B. Cool Sense Silicone Cover

For 3199 Steamhead only

\$18 | 3260



C. 3199R Round Steamhead

Included with 250R controls. 3/4" NPT Designer Finishes*

\$210 | 3199R-PCPolished Chrome\$260 | 3199R-XXDesigner Finish

Е

D. 3199M Modern Steamhead

Included with 550M controls. 3/4" NPT

Designer Finishes*

\$210 | 3199M-PC Polished Chrome\$260 | 3199M-XX Designer Finish

E. Bilateral Steamhead

Directs steam in two directions (up and down) for even dispersion and user comfort. Solid-brass cover plate. 3/4" NPT Designer Finishes* Trim: 12" L x 0.95" H x 0.35" D

\$320 | BLSH-PC Polished Chrome\$370 | BLSH-XX Designer Finish





F

F. 220 On/Off Controls

For wall-mounting outside steam shower, in conjunction with 550, 450 or 250 controls. Turns system on to either of the two user profiles. Steamhead not included. Designer Finishes*

220R:	4" Diameter, 0.6" D					
220:	3.7" H x 3.	7″ W x 0.625″ D				
220T:	4.5" H x 4	.5″ W x 0.625″ D				
	220R-PC 220R-XX	Polished Chrome Designer Finish				
	220-PC 220-XX	Polished Chrome Designer Finish				
	220T-PC 220T-XX	Polished Chrome Designer Finish				





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Κ

J

 Cables (not shown)

 10' Extension
 \$42 | 4010

 35' Extension
 \$84 | 4035

 50' Cable ONLY
 \$95 | 4050

J. Auto Drain

Drain valve opens automatically to purge the system after water in the generator cools. Field installed.

\$470 | AD-240 or AD-208

K. Generator Pan

One-piece design with elevated support for generator and solid-brass plumbing connection. GENPAN is high-temperature impact-resistant resin (shown), GENPAN-XL is galvanized. 24" W x 11" D x 2" H (5-15kW units) ***110** | GENPAN 24" W x 14" D x 2" H (20-30kW units) ***180** | GENPAN-XL

Generator Pan Auto Drain Package

See page 11.

\$580 | GPAD-240 or GPAD-208

\$650 | GPXLAD-240 or GPXLAD-208

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G. Tilt-up Wood Seat

Natural Teakwood. Weight capacity 250 lbs. 20" W x 13" D Designer Finishes*

\$550 | SBS-PCPolished Chrome\$600 | SBS-BNBrushed Nickel\$600 | SBS-ORBOil-Rubbed Bronze\$600 | SBS-PNPolished Nickel

H. ADA Seat

Meets ADA requirements. Fold-up teakwood seat with chromeplated stainless steel frame. Weight capacity 250 lbs. 24" W x 15" D ***550** | SBS-ADA

I. 10 ml Essential Oil Bottles

For placing drops directly on 3199 steamhead.

\$38 each	AS1-10	RESTORE
	AS2-10	RELAX
	AS3-10	RENEW
	AS4-10	ENERGIZE
	AS5-10	RESPIRATORY

Frequently Asked Questions

IF I SELECT THE TOTAL SENSE 550 OR 450 DIGITAL CONTROL, DO I ALSO HAVE TO INSTALL THE COMPLETE MENU OF AROMASENSE, CHROMASENSE, SHOWERSENSE AND AUDIOSENSE OPTIONS?

No. If you purchase the 550 or 450 Digital Control, you can then select all four Total Sense Spa Options, or choose AromaSense, ChromaSense, ShowerSense and AudioSense as individual Spa Options.

If you purchase a "TSG" or "SMP" generator, but choose not to install any of the Spa Options, you can purchase any of the Steamist Digital Controls (550, 450 or 250) with or without the 220 on/off control.

DO I HAVE A CHOICE OF FINISHES FOR STEAMIST COMPONENTS IN MY STEAM SHOWER?

Yes. Most Steamist controls, as well as the 3199 Steamhead, are available in designer finishes.

WHAT MAKES A STEAMIST STEAM BATH AN "ATTAINABLE LUXURY"?

If you think adding a steambath to your home is a major remodeling project, you may want to reconsider. The compact steam generator can fit inside a typical vanity cabinet, and the plumbing and electrical connections are simple for your professional installer. In many cases your installer can convert an existing tub/shower into a steambath by enclosing the door so steam does not escape from above.

WHAT ABOUT MAINTENANCE?

The Steamist system is virtually maintenance-free, and is covered by a Limited Lifetime Warranty on the Steam Generators.

CAN MY EXISTING TUB/ SHOWER BE CONVERTED TO A STEAMBATH?

Depending on existing circumstances, it may be converted. However, you must get the advice of a qualified professional (a licensed contractor with plumbing and electrical experience) before proceeding with your plans.

WHAT'S THE DIFFERENCE BETWEEN A STEAMBATH AND SAUNA? DOES STEAMIST OFFER SAUNA ROOM SYSTEMS?

First, both steam and sauna systems provide similar benefits for your mental and physical wellbeing. The difference between a steambath and a sauna is basically "wet heat" versus "dry heat". Sauna room temperatures may actually be higher, but you may "feel the heat" more by adding steam. It really comes down to personal preference. A sauna requires building a separate wooden room to enjoy the system. A steambath system, however, can generally be more easily integrated into an existing bathroom or new home plan at lower cost. Steamist offers a complete selection of Sauna Heaters and Sauna Room Systems.

DOES MY EXISTING TUB/SHOWER REQUIRE ANY MODIFICATIONS TO MAKE IT A STEAM SHOWER?

Yes. The door and enclosure must be totally enclosed so the steam does not escape from above. A 3/8" gap at the bottom of the door will allow cooler air to enter the shower for a more dense steam experience.

CAN I USE AROMATHERAPY PRODUCTS IN MY STEAM SHOWER?

Yes. The Steamist 3199 Steamhead has a "well" in the top. This allows you to put a couple of drops of essential oils in it. This is a wonderful enhancement to the steam experience. However, do not put oils on the steamhead while steam is being emitted from the head, as there is a possibility for injury due to burning. Caution: Steam is 212°F; in other words, steam is HOT! For aromatherapy, you can also install the AromaSense spa option with your Total Sense system.

DO YOU NEED AN EXHAUST FAN IN THE STEAMROOM?

No. After a steambath take a cool or warm shower and the steam condenses down the drain.

I HAVE VERY HARD WATER. IS THERE ANYTHING THAT I NEED TO DO TO PROTECT MY STEAM UNIT?

You may want to consider a wholehouse water treatment system if the water quality is a concern. The Steamist steam generator can operate in conjunction with a water softener. It is important to realize that good water is a condition which is desirable for drinking as well as protecting the plumbing systems, decorative hardware, faucets and glass from the negative effects of hard water. An automatic drain is also available but not required for the generator.

WHAT DO I NEED TO INSTALL A STEAM GENERATOR IN MY HOUSE?

The installation requirements are relatively simple with connections similar to that of a water heater with 240-volt electricity and a cold (or hot) water supply to the unit. A steam line to the bathing area and a glass steam enclosure are all that is necessary to complete the installation.

DOES A STEAM GENERATOR TAKE UP ANY USABLE BATHROOM SPACE?

No. The unit is compact and can be installed preferably up to 50 feet away from the bathing area in a vanity, closet, insulated attic or basement.

IS THE STEAM GENERATOR EASY TO OPERATE?

Yes. Touch and spa controls inside (or outside) the steamroom make it both convenient and very comfortable to relax and enjoy a steambath. With Steamist's Total Sense integrated system, it is easy to control steam, aromatherapy, chromatherapy or music using one touchscreen control.

IS THE STEAM GENERATOR EXPENSIVE TO USE OR OPERATE?

No. Conservative on water (1 - 1-1/2 gallon average) and electricity, Steamist is a very cost-effective way to relax at home. As compared to whirlpool tubs, 2-3 fills of the tub can give the bather a year's worth of steambaths.

CAN I USE A 120V STEAM GENERATOR INSTEAD OF A 240V GENERATOR?

A 120V generator has limited applications. It can be used in small acrylic shower units, which don't have high heat demands due to size and wall materials. In today's upscale steam showers, demands of time and materials such as marble, travertine, etc., have power requirements which are best served by a 240V generator. Heat loss from an open door can be recovered quickly. This is not possible with a 120V unit. (Ask your sales associate for help in sizing the proper steambath generator to avoid purchasing an improper unit, or refer to the Residential Steambath System Selection Guide or the Commercial Generator Sizing Guide.)

NOTE: Steamist also manufactures 208V generators to match local utilities where this voltage is used.

ARE THERE ANY RESTRICTIONS ON USING A STEAMBATH OR SAUNABATH?

Yes. Doctors consider "steam and sauna" generally healthy to use, but people suffering from heart disease, high blood pressure, diabetes, pregnant women and the elderly who are not in good health should not take a steambath or saunabath without consulting a physician. Women who are pregnant should also consult their physician before use.

STEAMIST® RELAX. RESTORE. RENEW.