




ULTIMATE GUIDE

To Planning Your Home Steam Shower

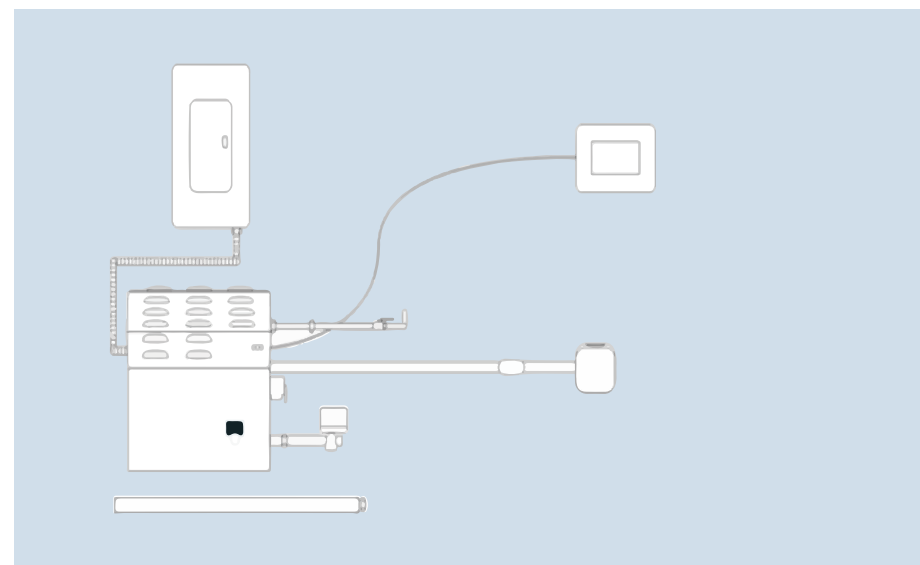
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What Exactly Is a Steam Shower?

A steam shower heats water until it vaporizes and then pumps that invigorating steam into an enclosed area for your enjoyment.

It's a simple idea—but doing it efficiently, reliably, and beautifully is an art and a science that MrSteam has spent decades mastering.



This image is for promotional purposes only and should not be used for installation and operational purposes. Please refer to the applicable MrSteam product manual, for installation and operation instructions. Failure to do so may result in an inoperable or hazardous installation.

The Components of a Steam Shower:

GENERATOR

The generator powers your steam system by boiling water. It's about the size of a briefcase, though the exact size varies based on your shower's construction. It can be installed up to 60 feet away in a closet, vanity, attic, or basement - basically any dry, heated location - with 12 inches of space around the generator for ventilation. For more information on generators, MrSteam shares [13 features to look for when buying a steam generator](#).

STEAMHEAD

This is where the steam is released. It's installed on the shower wall, about 6-12 inches above the floor and opposite the seating area. MrSteam offers the following Steamhead options: [Aroma Glass Steamheads](#), [Aroma Designer Finish Steamheads](#) and [Linear Steamheads](#).

CONTROL

Installed inside the shower and away from direct steam flow, the control lets you manage your steam session. You can choose to control everything from temperature and duration to music, lighting and aromatherapy. MrSteam offers a variety of controls to explore, including [iSteam3](#), [AirTempo](#), [iTempoPlus](#) and [iTempo](#).

PLUMBING & POWER

Your system will run on household electric power (208v or 240v). You will need a water line to the generator, steam line from generator to shower, and a drain line. For more on plumbing, MrSteam also shares the answers to the [Frequently Asked MrSteam Plumbing Questions](#).

Choosing the Right Components for your Shower:

SIZE

There are different size generators for different size showers. High ceilings or particularly large spaces will require a larger generator. Our [Virtual Spa tool](#) can help you figure out what you need.

CONSTRUCTION

Your shower must be enclosed, insulated, and sealed. Windows, if any, should be double-paned. If you're tiling your shower, be aware that larger tiles are friendlier to steam because they collect less condensation.

MATERIALS

Most shower enclosures use one or more of these materials: tile, natural stone, acrylic, fiberglass, or composites. Each material has different heat retention properties, and this will be a factor in the generator you choose.

VENTILATION

There should be no heating, venting or air-conditioning components inside the shower. All light fixtures must be vapor-sealed.



Why Create the Ultimate Home Steam Shower?

Has this happened to you? You're on vacation, luxuriating in a steam shower at a spa or resort. As you walk away, relaxed and refreshed, you make a wish: that this could be an everyday indulgence for you.

Well, wish no more.

Your own personal steam shower can invigorate and revitalize you every day, right in the comfort of your own home.

Seems like a luxury that you could never afford? You'll be surprised to learn how **easy and affordable** it actually is.



Plus, steam bathing offers [dozens of benefits](#) that range from physical to holistic wellness. Below are a few notable benefits of using a home steam shower:

- **Respiratory Health** - Whether you have seasonal issues, ongoing issues or just get the occasional cold, steam may moisten nasal passages, soothe your throat and help you feel better.
- **Skincare** - If you want clear, smooth skin, steam bathing may be able to help. A nice steam session can open your pores, hydrate your skin and leave you with a healthy glow.
- **Physical Wellness** - Many people relax, soothe body aches and may even get a better night's sleep by using a steam shower daily. You can even combine steam bathing with SteamTherapy's like AromaTherapy, ChromaTherapy and MusicTherapy to enhance your experience.

With all of these possible ways that steam could help you feel good, it only makes sense to add a home steam shower. Plus, a steam shower can be easily added to your bathroom remodel, new home construction or simple retrofitting of your existing shower.



9 Tips to Planning Your Ultimate Home Steam

When installing a home steam shower, the planning phase is vital. After all, this is a big decision and a major addition to your home that you'll enjoy for years. Planning your ultimate home steam shower begins with these 9 simple tips...



1. Measure Your Space

Knowing your shower dimensions helps you select the right generator, purchase the correct amount of materials and choose the right accessories for your space.

MrSteam makes the calculation easy with the [Virtual Spa tool](#), or you can simply calculate the height of your space multiplied by the width and the length.

Remember, a steam shower enclosure can be as small as 3' x 3' x 7' - so a steam shower is possible even in a compact home.

Measure the length, width, and height of the steam enclosure (in feet):

**LENGTH X WIDTH X HEIGHT
= ROOM VOLUME**



2. Choose Your Finishes

Finishes are usually selected during a consultation with a designer. However, only you know what options will suit your tastes and reflect the look and feel you want in your in-home spa.

There are a number of customizable finish material options available, including ceramic tile, marble, granite, acrylic, fiberglass, porcelain and glass tile.

Thinking about finishes early in the process is important because it will impact steam retention and, therefore, the generator size you will need.

Here are a few materials you should NOT finish your steam shower with:

1. Wood
2. Sheet rock
3. Gypsum wallboard

It might be helpful for you and your contractor to visit [The Tile Council of North America](https://www.tilecouncil.org/) website for information on finish materials and how to install them in a steam shower.



3. Select the Right-Size Generator

The right-size generator ensures that you have the perfect amount of steam to fill your enclosed space, allowing you to truly relax in comfort.

Consider both the size (volume) of the space and the finish materials you plan to use to choose the right generator.

We do not recommend you go above 8 feet with your ceiling. Any higher than that and you will be using a lot of steam to fill a space that's way above your head. And going over 8 may result in the need for a larger steam generator.

Measure the length, width, and height of the steam enclosure (in feet):

**LENGTH X WIDTH X HEIGHT
= ROOM VOLUME**

4. Pick Your Steam Shower Control

Choosing your steam shower control is important, as you will be using this device to manage your steam session.

Options vary from iSteam®3, a state-of-the-art command system, to AirTempo®, a no-hassle and wire-free system. These controls boast features such as auto-start, audio control, multiple user profiles and even multilingual support.



iSteam®3
Touch-Screen Control



AirTempo®
Wireless Control



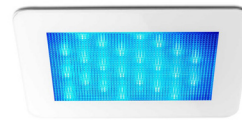
iTempoPlus®
Keypad Control



iTempo®
Keypad Control

5. Select Steam Add-Ons

This step is equally important, as you'll choose features such as the Award Winning Linear SteamHead, steam therapies, lighting, and steam accessories. All of these add-ons work together to create an unforgettable steam shower experience every time.



ChromaSteam Light



Wall Mounted
Folding Seat



Recessed Light



6. Decide Where Your Generator and Accessories Will Be Installed

MrSteam generators can be installed anywhere within 60 feet of your steam shower—in a heated attic or basement, closet, as long as there is access to the generator for servicing and to ensure adequate ventilation.

The standard cable that connects your Generator and your control is 30 feet long, and a 60 foot cable is available.

As far as your accessories go, it is best to consult with a designer to determine the ideal location.



7. Consider Home Automation

Connecting your steam shower to a home automation system can give you even more convenience and flexibility.

MrSteam's [HomeWizard](#) allows you to connect your steam shower to an existing home automation system to easily manage your steam session from any corner in your home.

With MrSteam's [SteamLinux](#), you can even use your smartphone or mobile device to start your steam shower from anywhere within range of your home network and at any time. You can also manage all controls, set your temperature and even set the duration of your steam session.

When SteamLinux is installed, simply enable the SteamLinux skill for Alexa.

Then ask Alexa to turn on your generator, set the time and temperature, and learn how much time is left.





8. Visit a MrSteam Dealer

You can discuss your plans with a [MrSteam dealer](#) and they can help you decide which generator, control package and accessories to choose to make your new steam shower dream a reality.

[CLICK HERE TO FIND A MRSTEAM DEALER NOW](#)



9. Hire Contractors

Are you worried that installing a steam shower in your home might be an intimidating prospect? We know you're handy, but installing a steam shower usually requires electrical and plumbing experience.

We recommend hiring a [licensed contractor](#) experienced with [steam shower installations](#).

Explore the [Top MrSteam Installation Questions Answered](#) and for more information on remodeling your bathroom, check out all these great [bathroom remodeling resources](#).

Experience Our 5-Star Customer Service

We're Always Here to Help

Whether you have a pre-sales question or need some direction on how to solve a particular problem, we encourage you to reach out. We've been at this for more than a hundred years, so you're in good company. We're always here for you.

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CONTACT US