

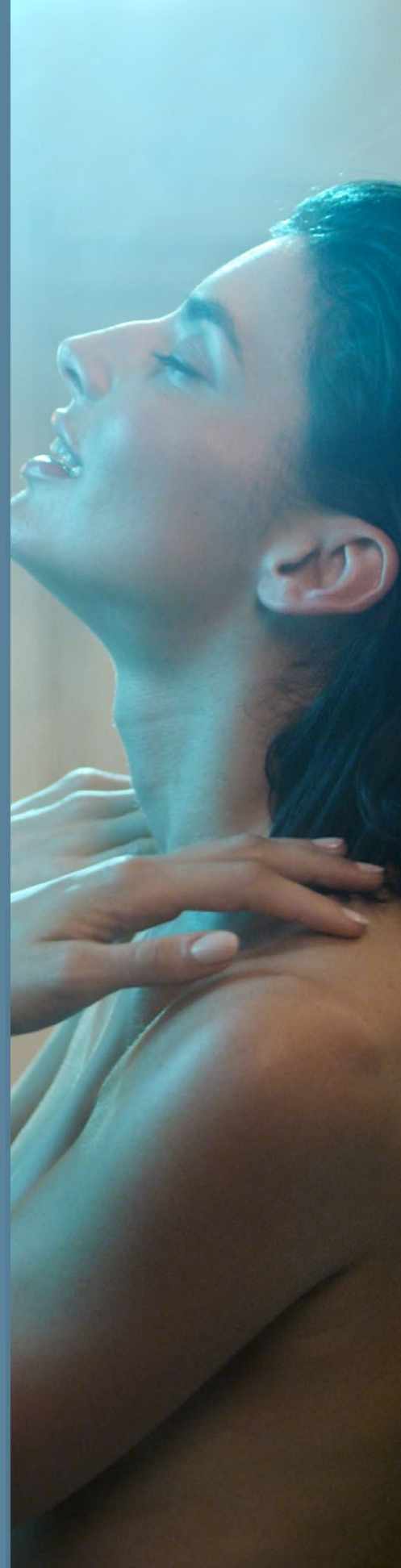
# Benefits of Steam Bathing



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The benefits of bathing with steam have been recognized for thousands of years. But gone are the days when we were limited to a public, natural, hot spring. Modern technology has carried the steam bath into the future, both at refreshing spas and right at home.

In addition to general enjoyment, basking in a hot steam shower or bath offers a host of benefits including for your physical and mental health. In this guide, we'll break down some of the key benefits that people have experienced from steam bathing and why they should be considered when making decisions for your current or next home.





## Respiratory Health

In many ways, our every day lives can put a lot of strain on our bodies, especially our respiratory system. With rising pollution and drastically shifting weather patterns, finding a truly fresh breath of air can be difficult. That's why every little thing we can do to maintain our lungs is important. Fortunately, steam bathing can help clear and renew these vital organs.

- Improves breathing; opens up nasal passages related to symptoms of allergies.
- Improves breathing; opens up nasal passages related to symptoms of viruses.
- Hot mist helps to promote sinus drainage.
- Hot mist helps to loosen bronchial secretions.
- May provide temporary relief of asthma-type symptoms.
- Hot mist soothes the throat.
- Warm mist helps decrease symptoms due to croup.
- Acts as a natural expectorant.

## Skin Care

Our skin is our first line of defense, and between UV rays, dirt and grime, or even cosmetics, it can take a beating. Of course, many value youth, or at least, maintaining a youthful and/or healthy, glowing appearance. Steam baths make a perfect choice to clean up, helping you look and feel like a healthier you now and into the future.

- Cleanses the skin.
- May relieve acne conditions.
- Opens up pores.
- Lubricates the skin.
- Hydrates dry skin.
- Rejuvenates.
- Leaves skin with healthy glow.
- Makes shaving in a steam shower easier.
- Prepares the skin follicles for easier waxing.



## Physical Wellness

Excitingly, this is the area best supported by scientific research. Numerous studies have shown the impact of moist heat (as in a steam room) for cardiovascular health, as well as for relieving pain and improving musculoskeletal health. You won't just feel better about your health – you'll see lasting impacts that can positively impact your lifestyle and how you feel on a daily basis.

- Increases blood circulation.
- Boosts metabolism.
- Helps to reinvigorate tired muscles.
- Removes lactic acid from over worked muscles.
- Increases muscular flexibility (great for stretching).
- On average, burns 150 calories in a 15-minute session at 114°F.

## Well Being

You may be well acquainted with the truism, “There just aren't enough hours in the day.” With so many demands to meet, it takes effort to carve out time for something fun, let alone something relaxing. Steam bathing offers the opportunity to shed the stressors of your day with real relief; it not only diminishes the amount of cortisol in the body, but it encourages the release of endorphins.

- Relieves stress.
- Encourages relaxation.
- Promotes deep, restful sleep.
- Fosters a sense of well-being.
- Can help increase the length of REM cycles during sleep.
- Combining Steam and AromaTherapy® (Lavender) may promote soothing relief from stress and tension.
- Combine Steam and MusicTherapy® to manage stress.
- Combine Steam and ChromaTherapy® to enhance your mood elevation.



## Holistic Health

No one is made up of disparate organs or biological systems. Anything that can help us improve our lives holistically deserves some attention, but few resources or therapies can make that claim. Steam bathing offers a full body experience for cleansing and relaxation, and the results are equally holistic.

- Removes toxins from the body.
- Helps the body rid itself of excess sodium.
- May relieve pain & discomfort of arthritis.
- Rids the body of metabolic and other waste products.

## Other Benefits

This list may be extensive, but it's far from comprehensive. People have experienced these benefits and so many more, but it represents a great starter to understand why in-home steam bathing is more of a necessity than a luxury. Here's a few more benefits that extend beyond health impacts yet are equally important.

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

# Experience Steam

A steam shower allows you to both indulge your senses and create a wellness sanctuary, right in your own home.

It's important to know the facts. Understand what is involved in remodeling your bathroom. Consider your options and research the improvements that are most likely to pay off when you sell.

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