

BENEFITS OF STEAM BATHING



RESPIRATORY HEALTH

1. Promotes optimal breathing, and opens up nasal passages.
2. Hot mist may help promote sinus drainage.
3. May provide temporary relief of respiratory symptoms.
4. Hot mist may help loosens bronchial secretions.
5. Hot mist soothes the throat.
6. May act as a a natural expectorant.

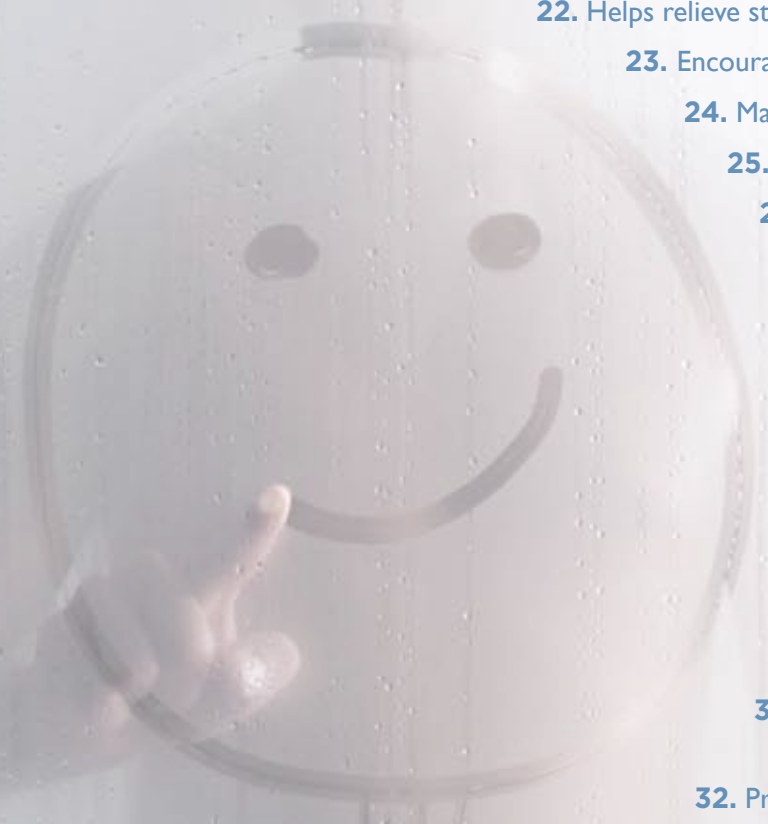
SKIN CARE

7. Cleanses the skin.
8. Helps enhance skin appearance.
9. Opens up pores.
10. Lubricates the skin.
11. Hydrates dry skin.
12. Rejuvenates.
13. Leaves skin with a healthy glow.
14. Makes shaving easier.
15. Prepares the hair follicles for easier waxing.

PHYSICAL WELLNESS

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

WELL-BEING

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- A hand is holding a circular, smiling face-shaped object in a shower stall. The background is a white shower wall with water droplets. The face has two dark dots for eyes and a curved line for a smile. The hand is visible on the left side, holding the top of the face.
- 22.** Helps relieve stress.
 - 23.** Encourages relaxation.
 - 24.** May help promote deep, restful sleep.
 - 25.** Fosters a sense of well-being.
 - 26.** Increases potential for natural sleep patterns.
 - 27.** Combining Steam and AromaTherapy® (Lavender) may promote soothing relief from stress and tension.
 - 28.** Combining Steam and MusicTherapy® may help reduce stress.
 - 29.** Combining Steam and ChromaTherapy® may help enhance your mood elevation.

HOLISTIC HEALTH

- 30.** Supports the removal of toxins from the body.
- 31.** Has been shown to help the body rid itself of excess sodium.
- 32.** Prepares the body for relief from temporary joint pain & discomfort.
- 33.** Has been shown to promote the reduction of metabolic waste products in the body.

OTHER BENEFITS

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

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