COLOR & ESSENCE

The ChromaSteam™ & AromaSteam™ systems enable you to renew mind, body and spirit while transforming your shower into a personal sanctuary, providing you with the ultimate holistic steam bathing experience.
Color and light have captured the imagination of some of the greatest thinkers in history most notably Hippocrates, the Father of Western Medicine. He is known to have incorporated Chroma and Aroma Therapy into his practice with the use of colored ointments and salves.

Mr. Steam® has now revitalized the healing powers of color and light in the ChromaSteam™ and AromaSteam™ Systems. The Mr. Steam Chakra blends are specially formulated essential oils extracted from organic flowers and plant material designed to balance your body to its maximum wellness while working in conjunction with the corresponding ChromaSteam™ System light colors.

The use of essential oils and colored lights is a wonderful way to balance and cleanse the Chakras and attune oneself to love and light.

Let’s explore the body’s seven major Chakras or energy centers positioned along the spinal column which correspond to certain colors and essences.
FIRST CHAKRA
MULADHARA
Located at the perineum

COLOR: Red Vitality
AROMA: Cedarwood, Lavender, Clove Bud, Ho Leaf, Rosewood, Patchouli, Copaiba Balsam and Frankincense
ELEMENT: Earth

This Root Chakra is associated with survival instincts, strength, courage, health, vigor and sexuality.

Feeling a bit sluggish?

Combine the ChromaSteam™ light and essence of Red Vitality and get ready to take off!

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SECOND CHAKRA
SVADHISTHA
Located below the navel

COLOR: Invigorating Orange
AROMA: Ylang Ylang, Atlas Cedarwood, Clary Sage, Mandarin Orange, Palmarosa and Nutmeg
ELEMENT: Fire

This Sacral Chakra is associated with passion, confidence, enthusiasm, striving and self-motivation.

Are you feeling inhibited?

Turn the ChromaSteam™ light to orange and introduce the essence of Invigorating Orange for a motivating experience that may help lessen sexual inhibitions.

Now let the party begin!

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THIRD CHAKRA
MANIPURA
Located behind the stomach

COLOR: Yellow Awakening
AROMA: Clary Sage, Sweet Orange, Patchouli, Ylang Ylang, Cardamom, Peru Balsam and Nutmeg
ELEMENT: Air

This Sacral Chakra is associated with intellect and communication, confidence, attention to detail, academic achievement, discipline and mental discrimination.

Having difficulty staying Focused?
Introduce the Yellow Awakening essence into the steam room and activate your ChromaSteam™ light to help improve memory and concentration.

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FOURTH CHAKRA

ANAHATA
Located in the middle of the chest

COLOR: Green Harmony

AROMA: Rosewood, Patchouli, Geranium, Litsea Cubeba, Sweet Orange, Pettigrain and Ylang Ylang

ELEMENT: Water

This Heart Chakra is associated with the heart, hope, healing, compassion for others and for self-forgiveness and growth.

Feeling stressed out?

Turn your ChromaSteam™ System to Green Harmony and infuse the steam with Mr. Steam’s Green Harmony essence. Together this dynamic combination may help to reduce stress and restore a sense of balance.

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CELESTIAL BLUE
FIFTH CHAKRA
VISHUDDHA
Located at the throat

COLOR: Celestial Blue
AROMA: Atlas Cedar, Lime, Vetiver, Grapefruit, Clove Bud, Lavender, Copaiba Balsam, Ginger, Spearmint, Lemongrass & Allspice
ELEMENT: Ether

This Throat Chakra is associated with self-expression, creativity, inner peace, loyalty and truth.

Feeling nervous about a presentation?
Used in tandem, the Celestial Blue ChromaSteam™ light and essence will have you speaking more calmly and eloquently.

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Located in the center of the forehead

COLOR: Mystic Indigo

AROMA: Lavender, Tangerine, Cedarwood Virginia, Clary Sage, Peru Balsam, Tanacetum and Frankincense

ELEMENT: Light

This Third Eye Chakra is associated with psychic awareness, intuitive thought, spiritual insight and clairvoyance... the ability to "see the big picture".

Having a creative block?

Turn your ChromaSteam™ System to Mystic Indigo and bring in the Mystic Indigo essence to get your creative juices flowing.

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VIOLET NIRVANA
SEVENTH CHAKRA
SAHASRARA
Located above the head

COLOR: Violet Nirvana
AROMA: Orange, Mandarin Orange, Lime, Lemon, Myrtle and Green Myrtle
ELEMENT: Air

This Crown Chakra is associated with spiritual connection, inner voice, transcending of self and bliss.

Looking for a way to unwind?

Simply turn your ChromaSteam™ System to Violet Nirvana and introduce the Violet Nirvana essence to calm your agitated nerves.

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