

Everyone will find

# Benefits of Steam



## Overall Wellness

Steam showers show positive effects on: muscle relaxation, sleep, detoxification, relaxation, respiratory health and an overall feeling of well being which can only aid in one's mental health and daily life.

### SKIN REJUVENATION

Steam hydrates skin pores opening them and allowing toxins to be flushed out. More efficient blood circulation gives skin a healthy glow.

### MUSCLE RELAXATION

After strenuous physical activity a steam shower Promotes Muscle recuperation through increased blood flow.

### RESPIRATORY HEALTH

Whether mucous in ones nose, phlegm in your lungs, throat irritation or other respiratory issues, steam therapy has been recommended to assist in alleviating symptoms.

### DETOXIFICATION

Stearns soothing warmth expeditiously opens pores allowing your body to expel collected toxins from everyday living.

### RELAXATION

The combination of moisture and heat bring a calm that lowers anxiety and stress...delivering you to a reposed and restful state.

### BETTER SLEEP

Significant scientific data detailing the correlation between steam therapy and quality sleep patterns. Steam brings the body to a relaxed state promoting a healthier more fulfilling rest.

## Enhance Your Spa Experience

### AROMATHERAPY

Aromatherapy is the use of essential oils to stimulate the sense of smell and are absorbed through the skin. Rejuvenating scents are believed to improve mood and promote wellness.



### CHROMATHERAPY

This alternative healing method uses color and light to balance energy wherever the body is lacking. The underlying principle is that certain colors, or the absence of color, can affect your body and mood.

### SOUND THERAPY

Sound is used to improve your state of mind when seeking calm, Relaxation or focus. Sound therapy is believed to open your mind and body to behavioral modifications, improved state of mind, or relaxation.



# The Benefits of Steam

## SKIN REJUVENATION

- Rejuvenates and leaves skin with healthy glow
- Cleanses the skin
- May relieve acne conditions
- Opens up pores
- Lubricates and hydrates dry skin

## OVERALL WELLNESS

- Relieves stress and encourages relaxation
- Promotes deep and restful sleep
- Fosters a sense of well-being

## MUSCLE RELAXATION

- Increases blood circulation
- Boosts metabolism
- Helps to give new energy and strength to tired muscles
- Removes lactic acid from over worked muscles
- Increases muscular flexibility
- On average, burns 150 calories in a 15-minute session at 114° F

## BETTER SLEEP

- Promotes soothing relief from stress tension which help with deep and restful sleep
- May help relieve pain & discomfort of arthritis

## DETOXIFICATION

- Removes toxins from the body
- Helps the body rid itself of excess sodium
- Rids the body of metabolic and other waste products

## RELAXATION

- Encourages relaxation at privacy of your own home

## RESPIRATORY HEALTH

- Steam opens up nasal passages related to symptoms of allergies and viruses in return it improves breathing
- Hot mist soothes the throat and helps with easing the coughs
- May help reduce asthma type symptoms

## ECO FRIENDLY

- 20 minute Steam Shower session will use about 1 gallon of water
- You can use to de-wrinkle your cloths as well

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2255 Union Place | Simi Valley, CA 93065  
Phone: 800.776.0711 | [www.ThermaSol.com](http://www.ThermaSol.com)