

OVER 40 BENEFITS ASSOCIATED WITH STEAMBATHING



Respiratory Health

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

Skin Care

9. Cleanses the skin
10. May relieve acne conditions
11. Opens up pores
12. Lubricates the skin
13. Hydrates dry skin
14. Rejuvenates
15. Leaves skin with healthy glow
16. Makes shaving in a steam shower easier
17. Prepares the skin follicles for easier waxing

Holistic Health

18. Removes toxins from the body
19. Increases circulation
20. Helps the body rid itself of excess sodium
21. May relieve pain & discomfort of arthritis
22. Rids the body of metabolic and other waste products
23. Helps with detoxification

(continued on back)

for a
healthier
and more
beautiful
you...

mr. steam[®]

Well-Being

24. Relieves stress
25. Encourages relaxation
26. Promotes deep, restful sleep
27. Fosters a sense of well-being
28. Can help increase the length of REM cycles during sleep
29. Combining Steam and Aroma Therapy (lavender) may promote soothing relief from stress and tension
30. Combine Steam and MusicTherapy® to manage stress
31. Combine Steam and Chroma Therapy to enhance your mood elevation



Physical Wellness

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



Other Benefits

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

Precautionary Warning: Please consult with your physician before using a steambath. Visit our website or call for additional information.

mr.steam®

www.mrsteam.com
EAST COAST 800-76-STEAM
WEST COAST 800-72-STEAM

