

mr.steam®

Feel Good Inc.

Ultimate Guide to Planning Your Home Steam Shower

How to Experience
the Luxury of Steam
in Your Home



Get Ready to Feel Good!

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Create the home spa of your dreams

Has this happened to you? You're on vacation, luxuriating in a steam shower at a spa or resort. As you walk away, relaxed and refreshed, you make a wish: that this could be an everyday indulgence.

Now it can be.

Your own personal steam shower can invigorate and revitalize you every day, right in the comfort of your own home.

Seems like a luxury that you could never afford?

You'll be surprised to learn how easy and affordable it actually is. You can add a steam shower whether you're remodeling a bathroom, building a new home or simply retrofitting an existing shower.



Why Steam?

Home steam showers make you feel good every day. A home steam room creates its own landscape, where the senses expand and boundaries soften and disappear. It is the most sensual of beauty rituals: relaxation and rejuvenation, stimulation and exhilaration. And there's nothing like looking good to make you feel good. The water and warmth deliver softer, more supple skin, which also tends to provide a youthful appearance.





Why Steam?

There's the joy of quiet time, whether alone or with a special someone. It feels good to decompress and let go. With a home steam shower, you get all this, and more. Much more:

- Daily steam showers can improve your sleep and soothe cold and allergy symptoms.
- A steam shower can be as small as 3' x 3' x 7'.
- Retrofitting an existing shower into a home steam shower can easily be done by your remodeling professional, especially with MrSteam's intelligent plug-and-play installation.
- Typical steam generators use only 2 gallons of water for a 20-minute session. Compare that to the water use for a multi-headed shower system or a 75-gallon whirlpool.
- The energy cost for an average steam shower session is less than \$1.
- Optional features AromaTherapy, ChromaTherapy and MusicTherapy have been shown to benefit holistic health in steam showers and intensify the experience for all the senses.

Steam is So Good for You

Your Skin

- Leaves skin with healthy glow
- Hydrates dry skin
- Cleanses the skin
- Rejuvenates skin

Your Body

- May improve breathing
- Promotes increase in blood circulation
- May boost metabolism
- Supports the removal of toxins from the body
- May help to reinvigorate tired muscles
- May increase muscular flexibility

Your Health

- May act as a natural expectorant
- Soothes the throat
- May help relieve the pain & discomfort of arthritis
- May ease allergy symptoms
- May help to promote sinus drainage
- May provide temporary relief of asthma-type symptoms

Your Overall Well-Being:

- Fosters a sense of well-being
- Helps relieve stress
- Encourages relaxation
- May help promote deep, restful sleep



"I have long recommended steam therapy for its health benefits and use it frequently myself. Unlike the dry heat of most saunas, it soothes the nasal passages and respiratory tract, relieves congestion, and clears the sinuses. It relaxes mind and body and neutralizes stress. After trying a number of home steam therapy systems, I have found MrSteam products to be the best. They allow me to enjoy steam therapy regularly, just the way I like it."

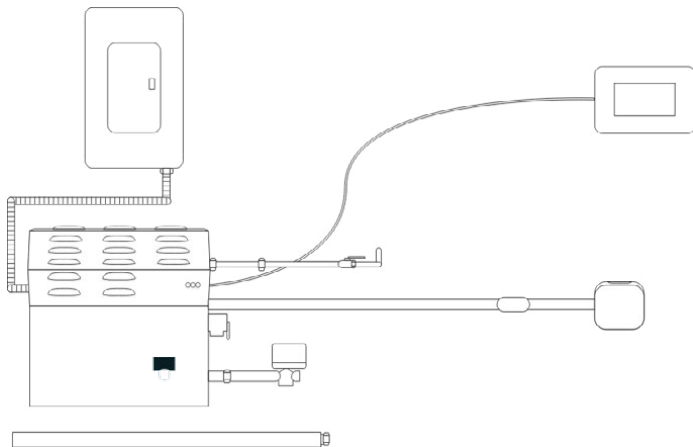
-Dr. Andrew Weil

How Does a Home Steam Shower Work?

Remember when you used to boil water to steam your face and open your pores? Same idea.

The steam generator boils water, and the resulting steam is delivered from the generator to a steamhead inside your shower.

A shower enclosure contains the steam, and a seat provides a comfortable place to relax and enjoy the steam experience.



The plumbing connections include a water line to the generator, a steam line from the generator to the steam room, and a drain line.

The best systems have an auto-flush option for automatically draining the generator, ensuring fresh, clean steam every time. No stagnant water in the generator and no chemical buildup.

The popular eSeries generators are the best, available in sizes to meet the largest, most complex installations.



8 Elements of the Perfect Home Steam Shower



1

Steam-tight shower enclosure made of tile, marble, natural stone or acrylic, fiberglass or another composite – it can be as small as 3'x3'!

2

Glass shower door

3

Maximum recommended ceiling height of 8'

4

A water line and drain

5

Suitcase-sized generator that easily can be placed in a closet, vanity, basement or heated attic

6

Easy-to-use controls that activate the steam, plus control time, temperature and dual settings

7

Access to an electrical supply, either 220v or 208v

8

A seat or bench



Questions to Ask Your Bathroom Professional

- ✓ Are the steamheads cool to the touch?
- ✓ Is the steam infused with aromatherapy or simply delivered through the steamheads?
- ✓ What maintenance and cleaning is required for my home steam shower?
- ✓ Will the generator deliver an uninterrupted flow of steam, or will it cycle on and off?
- ✓ Will there be cold spots in the steam shower?
- ✓ Does this steam system drain the generator automatically after each use to avoid calcium buildup?
- ✓ Can this system automatically deliver fresh steam with every shower?
- ✓ Is this system UL listed?
- ✓ Is this system quiet?
- ✓ Does the steam generator have self-diagnostic LED indicators?
- ✓ Is this steam generator made in the USA?
- ✓ In the event that service is required, can it be done in the home or do I have to ship to a service center?
- ✓ Which system has the best warranty?
- ✓ How long has the manufacturer been in business and what is their reputation?

Why Choose a MrSteam Home Steam Shower

MrSteam is the gold standard in steam systems, for smaller home enclosures to large commercial installations. Here are some reasons why MrSteam is the best choice:

- ✓ **Made in the USA:** All MrSteam generators are made in our factory in Long Island City, New York.
- ✓ **Trust our Experience:** MrSteam's parent company designed and manufactured steam generating equipment for the U.S. Navy, hospital operating rooms, and other commercial applications for more than 60 years.
- ✓ **Reliable and Durable:** All MrSteam components are rugged industrial grade – the most durable in the market today.
- ✓ **Quality Certified Components:** Every MrSteam generator is USA and Canadian UL listed, CE and NOM certified.
- ✓ **Eco-Friendly:** All MrSteam products use water and energy efficiently.
- ✓ **Plain English Warranty:** MrSteam provides a comprehensive warranty* written in a clear and easy-to-read format.
- ✓ **Great Customer Service:** Fully staffed customer care offices in New York and California are open Monday to Friday, 8 am to 7 pm Eastern time.

[*See MrSteam Steam@Home Warranty](#)

You can compliment your shower with steam or create a complete home spa experience

When you can invest in the best, you can bring it all home at once. A step up increases your options for both shower size and features, including the innovative iSteam control and remote control features. An iDream package of iSteam, AromaTherapy, ChromaTherapy and MusicTherapy creates a sensual immersion and total relaxation.



MrSteam generators are intelligently designed to allow for immediate or future add-ons of AromaTherapy, ChromaTherapy and MusicTherapy.

You're in control

The steam generator is operated by wall-mounted controls or remote controls.



Virtual Spa

Now that you know about MrSteam steam showers, you may decide to transform your bathroom into an even more deluxe spa with a larger steam shower and luxurious amenities such as music, chromatherapy, aromatherapy and more.

MrSteam's Virtual Spa System™ makes it fast and easy to select and preview every element of a home steam spa in a simple step-by-step guided process.

Visit <http://virtualspa.mrsteam.com>

Create your dream home spa and bring it to life right before your eyes.





Ready to take the next step?

It is a decision you will feel good about every time you steam.

MrSteam steam showers are sold at independent authorized showrooms nationwide.

Visit www.mrsteam.com to find a MrSteam authorized showroom near you.



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