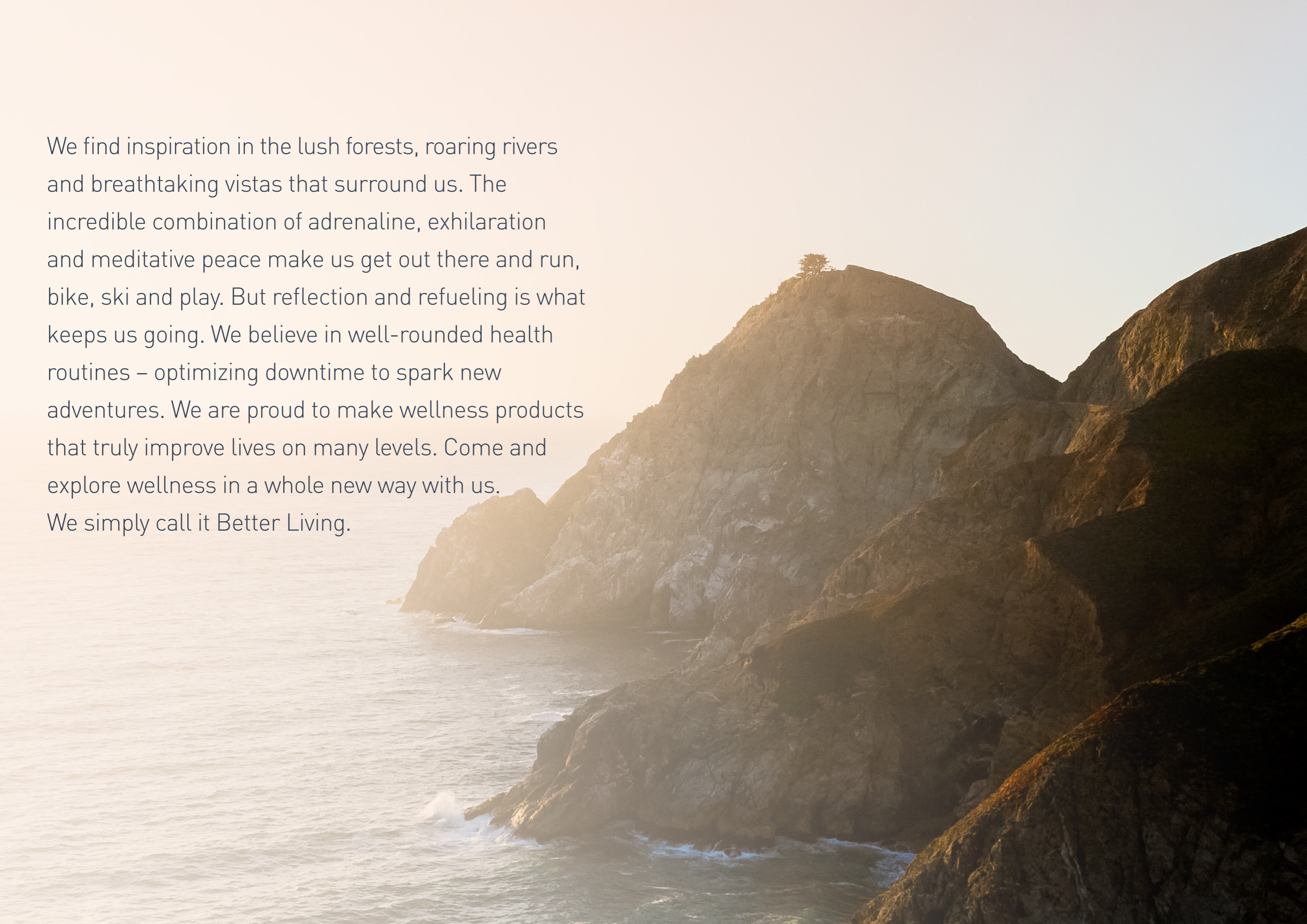


amerec®

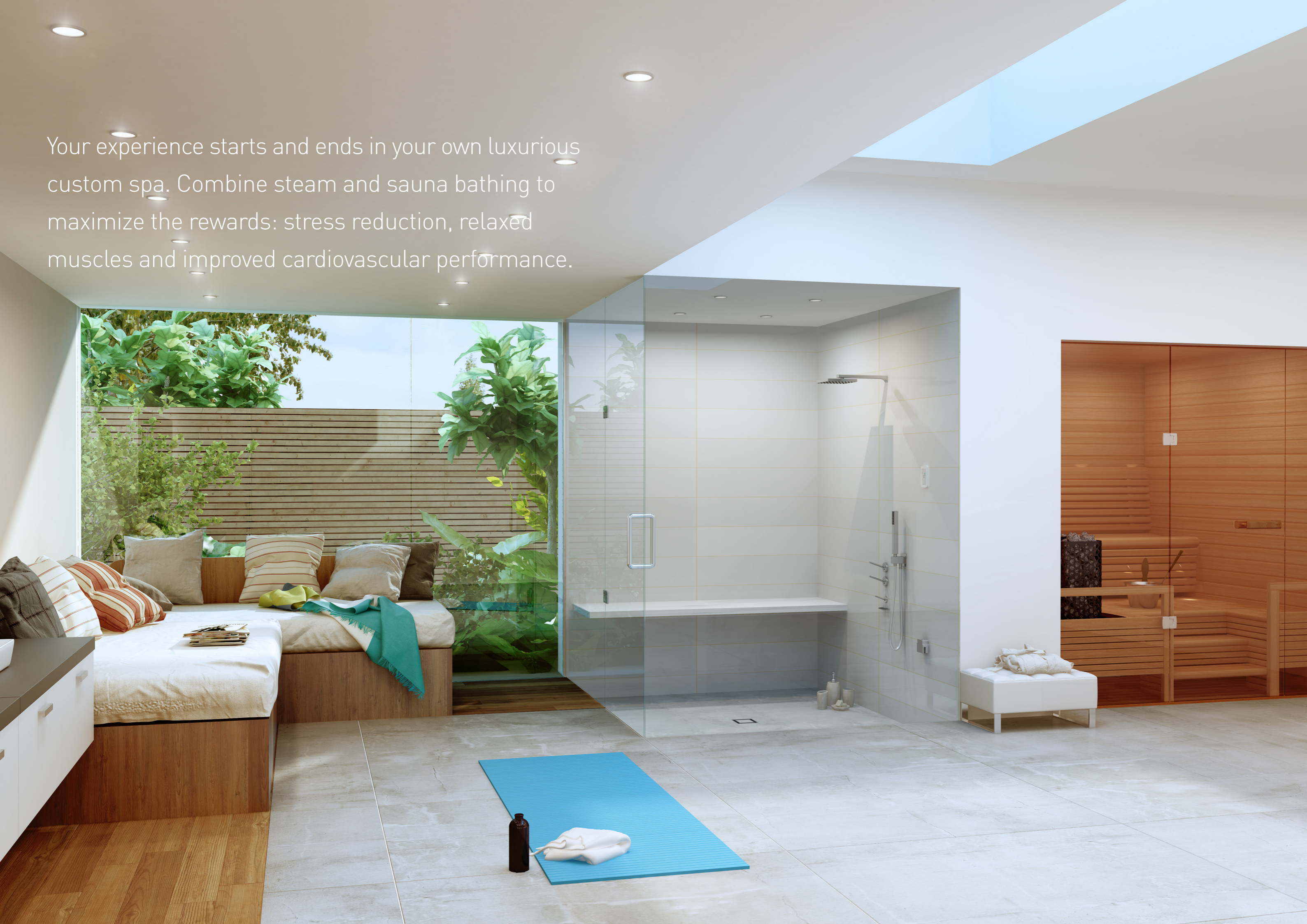
THE HEALTH EXPEDITION

YOURS TO EXPLORE

We find inspiration in the lush forests, roaring rivers and breathtaking vistas that surround us. The incredible combination of adrenaline, exhilaration and meditative peace make us get out there and run, bike, ski and play. But reflection and refueling is what keeps us going. We believe in well-rounded health routines – optimizing downtime to spark new adventures. We are proud to make wellness products that truly improve lives on many levels. Come and explore wellness in a whole new way with us. We simply call it Better Living.



Your experience starts and ends in your own luxurious custom spa. Combine steam and sauna bathing to maximize the rewards: stress reduction, relaxed muscles and improved cardiovascular performance.



BETTER LIVING

IMPROVED CIRCULATION

Exposure to steam causes vasodilatation, a widening of blood vessels. With more room in the blood vessels, blood flow increases, improving circulation. According to Pub Med, vasodilatation has a positive effect on blood pressure and is often initiated with drugs. Through the use of a steam shower, though, you can enjoy a safe, natural vasodilatating effect.

RECOVERY FROM EXERCISE

During exercise, metabolic waste is built up in muscles, which causes soreness and fatigue. Combining a steam shower with a cold bath or shower can help flush out this waste. Alternating between the heat of the steam and the cold bath causes a pumping action in the capillaries and rids muscles of the waste. Alternate between one minute of steam and one minute of cold water to initiate the pumping action.

SKIN CARE

Steam is often used for skin care because it opens pores and allows you to perspire freely. According to Green Planet, steam is an effective home remedy for cleansing your skin. Twenty minutes of steam, once a week, is enough to reduce blemishes such as pimples and blackheads. Steam also works as a preparation for shaving by softening hair and reducing razor burn.

STRESS MANAGEMENT

One of the main reasons people enjoy steam showers is that it relaxes them. The heat allows your muscles to relax, reducing tension. According to the National Strength and Conditioning Association, steam showers have a fatiguing effect, which can improve sleep when used before bed.

Let's make it yours. Our experts are ready to help you along the way to create your personal custom spa solution. If you prefer to start yourself, our all-in-one interactive tool is there to make it easy for you.

[TRY OUT THE AMEREC STEAM DESIGN TOOL >](#)

[CONTACT US DIRECTLY >](#)



CLEAN THINKING

LOWER ELECTRICITY BILLS

Running a steam bath from Amerec for 30 minutes is not going to consume more than 1 dollar's worth of electricity. Compare that with running your tub for the same amount of time. You will be blown away. (You'd better brace yourself).

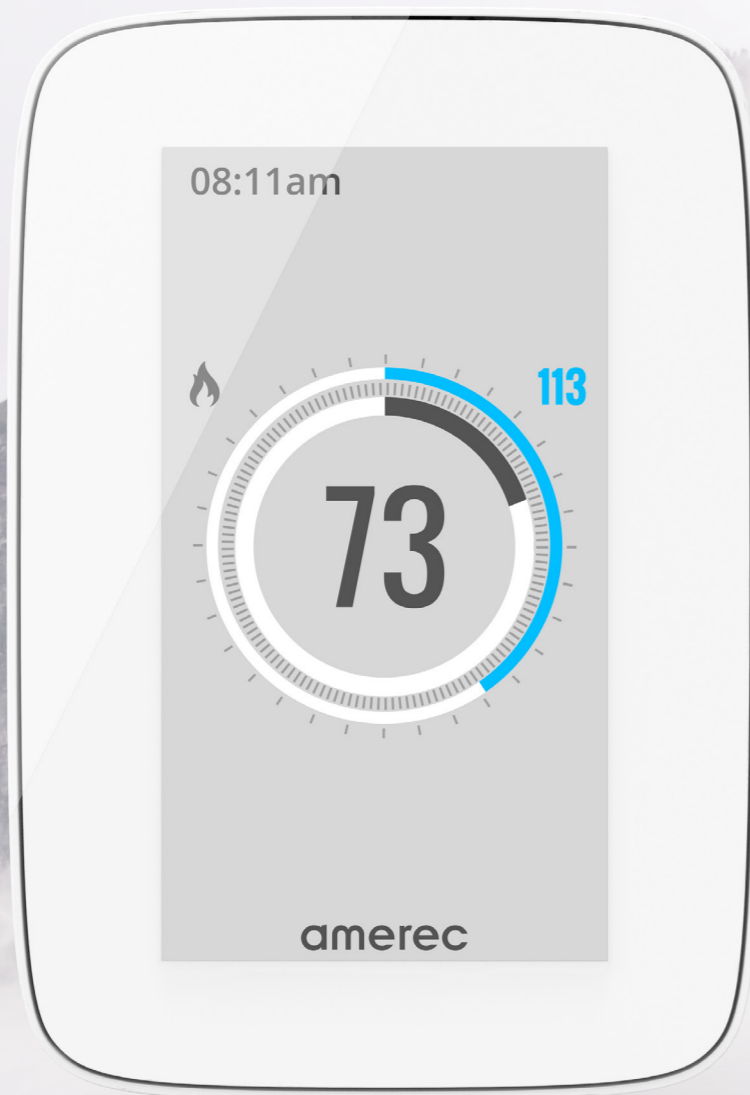
LOWER WATER CONSUMPTION

A 30-minute steam bath consumes less than 2 gallons of water – in sharp contrast to shower upgrades such as full body sprays and water-fall type showerheads.

STEAM BATHS ARE GREEN

A typical steam bath costs comparatively little in electricity each month. An Amerec steam bath generator uses less than 2 gallons of water during one-half hour of operation. Compare this to jetted tubs that require 60 to 120 gallons of water to fill or a body spray system that consumes more than 100 gallons in 15 minutes.

Our newest A6 control panel comes with a large touch screen display, sleek European design and is part of our innovative steam generator kit. The A6 control panel is a beautiful and intuitive addition to any steam bath.



Minimalistic design perfect for flush-mount, low-profile installation.



Touch screen operation for easy control of temperature and time settings.



Sleep mode with integral sensor to activate screen when approached.



Delayed start feature to pre-heat steam room at selected time.



Energy saver functions integrated



WiFi and smart home connectivity



Remote mounted sensor allows control to be located inside or outside room.

Just ask us. We're known to be easy to work with. Whatever your request is, we will go out of our way to realize your innermost spa desires. That's how we roll here at The Department of Solutions. Starting with the first consultation, we are with you all the way through installation and service. This is your first step towards a great expedition.

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STEAM. SAUNA. SOLUTIONS.