Benefits of Steam

Respiratory Health

- Promotes optimal breathing, opening up nasal passages
- Hot mist promotes sinus drainage
- Steam loosens bronchial secretions
- Steam soothes the throat
- Steam may act as a natural expectorant

Physical Wellness

- May boost metabolism
- Supports Lactic Acid breakdown in overworked muscles
- Loosens stiff muscles and promotes flexibility
- On average, you may burn up t0 150 calories in a 15-minute session at 114° F
- Supports the removal of toxins from the body

Skin Care

- Lubricates and hydrates the skin
- Enhances the shaving experience and prepares the hair follicles for waxing
- Opens pores and helps cleanse the skin
- Enhances skin appearance leaving a
- Healthy glow

Wellbeing

- Combining AromaTherapy® (Lavender) may help relieve stress and encourage relaxation
- Helps promote deep, restful sleep and sleep patterns
- Combining steam and ChromaTherapy® may enhance mood elevation

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Benefits of Sauna

Respiratory Health

- Humidifies the airways, promoting relaxation of the lungs and widening of the airways
- Reduces airway inflammation
- May reduce the risk of acute and chronic respiratory conditions, including chronic obstructive pulmonary disease (COPD), asthma and pneumonia

Heart Health

- Regular sauna use may be protective against the risk of death from heart attack and stroke
- Those with peripheral artery disease, may have improved walking endurance
- You may see improvement in your overall cholesterol profile

Pain Relief

- May provide temporary relief from chronic pain conditions, such as arthritis or fibromyalgia
- Saunas may help manage psoriasis flare-ups and the amount of skin plagues and patches,
- Increasing blood flow to muscles, sauna therapy may improve chronic back pain.

Wellbeing

- Weekly sessions may result in reduced systemic inflammation
- May help strengthen the immune system,
- May help regulate hormones associated with the body's stress response
- 83.5% reported improved sleep after sauna use