mr steam

Steamtherapy®

RESIDENTIAL STEAMBATHS
AND TOWEL WARMERS

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Steamtherapy is... ...making wellness a way of life®

many benefits, Steamtherapy can your skin softer and more supple. music, scent and color to enhance



















Steamtherapy is for...



The Active You

A steam shower will warm your muscles and allow for more effective stretching. This could help prevent injuries, as well as being just a nice Afterwards, a steambath may build-up in your muscles.



The Overworked You

A Steambath can help you and tribulations – and help you sleep better. Adding aromatherapy and music therapy will heighten the effectiveness.



The Holistic You

Skin is the body's largest organ. Care of the skin can aid in detoxification and increasing the skin's protective qualities. Adding a ten-minute steambath to your daily routine, will enhance your



The Beautiful You

A steambath can cleanse and purify your pores hydrating and keeping your skin more supple. Skin ailments can improve and increased blood circulation will give you a healthy-glow.



The Balance of You

Steambathing is one of the Concentration, relaxation, detoxification and rejuvenation are the necessary more balanced you.

Are you Interested In...

- Getting more out of your workouts?
- Enhancing your daily beauty regimen?
- Boosting your holistic health?
- New ways to relax and unwind at home?
- Learning more about adding steam to your home?

If You Answered "Yes"...

to any of these questions turn the page for more details on all the ways that adding Mr.Steam Steamtherapy to your home and daily routine may enhance your overall health and well being.

Discover Steamtherapy at our Web Site

Steamtherapy[®] Making wellness a way of life® Learn the benefits of steam and the connection between wellness and SteamTherapy. Visit our special Steamtherapy section, filled with timely articles, recipes, quizzes and video. VISIT THE STEAMTHERAPY SITE

For more tips and info go to:

mrsteam.com/steamtherapy











GET ENOUGH SLEEP

Adequate sleep fuels your mind as well as your body. Feeling tired can increase stress and mood swings. To relieve stress at the end of a chaotic day, take a steambath to encourage a good night's sleep. Make it a part of your routine to achieve a sense of balance before bed.



TAKE A MENTAL VACATION

Quiet your mind. Take a moment to close your eves and create a mental sanctuary where you feel relaxed and comfortable. Focus on all of the sensory details - color, scents and sounds. Include more of those details in your life. Blue, green, and violet to promote rest and relaxation; lavender and rose essences to calm nerves; flute and harp music to rest the heart.



STRETCH TIRED MUSCLES

After a good workout or a hard day, take a few minutes to give yourself a rubdown in your own steam shower. A massage in a steamroom may provide deep relaxation and help improve physiological processes. Steam heat may help your rubdown release lactic acid buildup, helping to soothe muscle pain. As your muscles relax, so will your entire mind and body.

SteamTherapy® for Natural Health and Beauty

We call it SteamTherapy® because the potential benefits of steam bathing are endless, including:

- Soothes tired muscles
- Hydrates skin
- Enhances and improves breathing
- Promotes restful sleep and tranquility

A Mr.Steam system is an investment to enjoy — stress free — for years to come. We can make that promise because our high quality steambaths feature intelligent designs that ensure a lifetime of performance.

Mr. Steam @ Your Fingertips



Start working smarter-and leave your pencil at home- with Mr. Steam's new mobile sizing app now available for the iPad®, iPod® and most smart phones. Visit mrsteam.com to access our new iSizing tool or go directly to: http://isizing.mrsteam.com

STEALTH SPEAKERS

Tactile transducers provide audio without visible speakers For use in practically any shower

STEAM GENIE™

Activates the steam generator and pre-heats the steam shower remotely from virtually anywhere in the home

HOME WIZARD™

Automates the steambath through easy connection to your home automation system

STEAM GENERATOR

100% Recyclable Stainless Steel, Inside and Out Quiet, Efficient, Reliable

Automatically and electronically drains the system, providing "Clean Steam... Every Time"

> Improves Performance & Increases Life of the System Quiet Operation

No Overfilling or harsh, noisy draining through the steamhead

MR.STEAM LIGHT

Surface mount architectural light in brushed chrome or oil-rubbed bronze finish Fluorescent Compact Bulb cULus wet-location listed Energy-Star rated

CHROMASTEAM™ SYSTEM

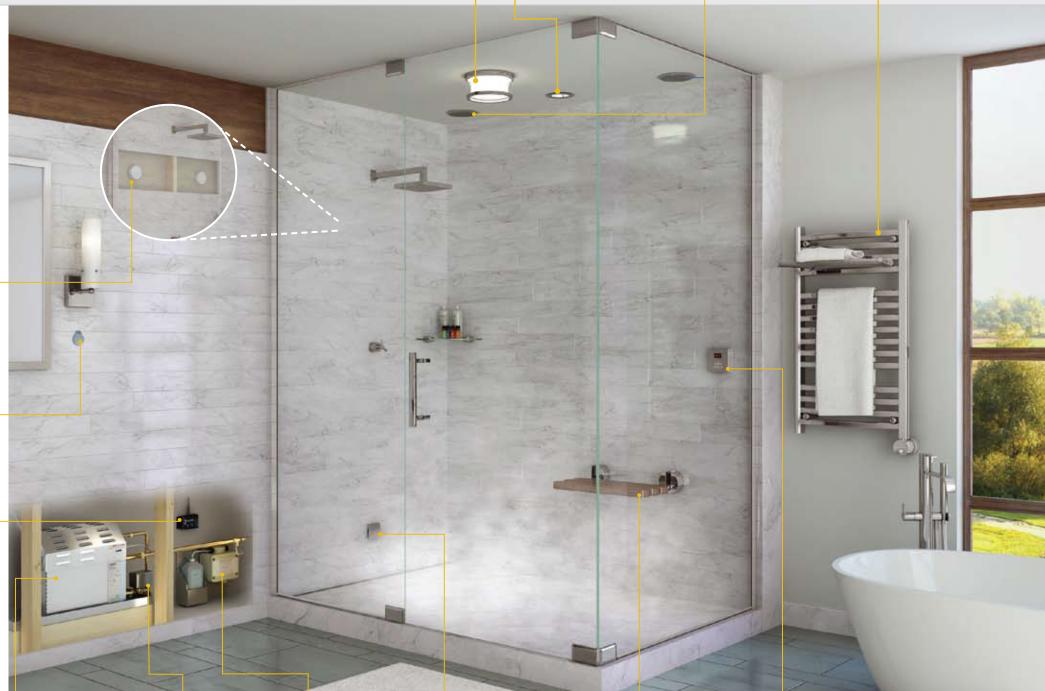
Multiple LED cluster Long life, low energy use For use in practically any shower

MUSICTHERAPY IN-SHOWER SPEAKERS

Full vibrant sound Suitable for most sources of audio input For use in practically any shower

TOWEL WARMERS

The ultimate indulgence after a steam bath Many styles to choose from at affordable prices



AUTOFLUSH®

AROMASTEAM™ STEAMHEAD

EXCLUSIVE

SYSTEM

AROMASTEAM[™]

Automatically infuses

steam environment

Aromatherapy on demand

Award-winning design Cooler to the touch Quieter operation Infuses steam & aroma oils evenly

WALL-MOUNTED **SEAT**

Beautifully finished Folds up for storage

eTEMPO/Plus® CONTROLS

Enhanced controls featuring programmable settings with aroma & chroma functions

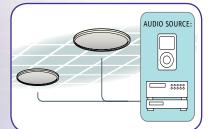
Standard in solid brass, round & square designs

Mr. Steam® merges scent, light and sound with steam to create a total-body sensory experience

- Easy to Install just plug-and-play
- Enhance your steambathing experience with AromaSteam™, ChromaSteam™ and Music Therapy®
- Support a healthy lifestyle with regular steam bathing, the health and beauty secret your grandmother knew

MUSIC THERAPY®

Captivate your senses with music and sounds of your choice



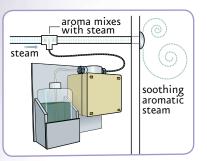
CHROMA THERAPY

LED lighting suffuses steam with an array of hues, from airy blue to sensual red



AROMA THERAPY

Mankind's first medicine. With AromaSteam, enjoy your choice of therapeutic essences



Mankind's first medicine: Aromatherapy, literally treatment using scents," is the holistic practice of caring for the body with botanical oils.

Aromatherapy has been recognized for centuries as having potentially profound healing effects. The essential oils we use to scent our surroundings may help stimulate, relax, empower or even awaken us.

Mr. Steam introduces specially formulated essential oils extracted from organic flowers and plant material. Each aromatic oil offers a distinct fragrance with characteristics that may support the body's specific needs.

Mr. Steam offers two ways to introduce aroma therapy into the steam shower.

• Manually place 3-5 drops of Mr.Steam's essential oil onto the oil well of the steam head



- Activate the Aromasteam Oil Delivery system using the eTempo/Plus® control. Fully automatic, the system evenly infuses aromatic scents into the steam room providing a superior aromatherapy experience.
- soothing aromatic

AROMASTEAM OIL **DELIVERY SYSTEM**

AromaSteam System oils are available in long-lasting one-liter (33 oz.) bottles.

Our Exclusive Towel Warmers feature Built-In Aromatherapy Oil Wells

• cULus Listed

The 200 & 300 Towel Warmers feature built-in oil wells for heating Mr.Steam essential oils. Now you can enjoy a favorite scent as part of your bathing ritual.

Mr.Steam Essential Oils

EUCALYPTUS

A deeply refreshing aroma with cleansing effects, eucalyptus may help open air passageways

A sweet, lightly floral scent, lavender may help soothe anxiety with its calming and restorative properties

BREATHE

A tropical combination that may help clear chest, nose and sinuses

EVERGREEN

A refreshing blend of spruce, fir and pine reminiscent of a forest on a crisp morning

ENERGIZING MINT

A blend of mint, citrus and herbs that may stimulate and energize

Chakra Oil System



RED VITALITY

Feeling a bit sluggish? This root chakra is associated with survival instincts, strength, health & vigor



INVIGORATING ORANGE

Are you feeling inhibited?

The Sacral chakra associated with passion, confidence & enthusiasm, turn your steam bath into a motivating experience



YELLOW AWAKENING

Having difficulty staying focused? Associated with the intellect and communication, confidence, discipline and mental discrimination



GREEN HARMONY

Feeling stressed out? This heart chakra is associated with healing, hope, compassion for others (and yourself) and growth



CELESTIAL BLUE

Feeling nervous about a presentation? Boost self-expression, creativity, inner peace, loyalty and truth



MYSTIC INDIGO

Having a creative block? Enhance your creative intuition by stimulating intuitive thoughts and psychic awareness



VIOLET NIRVANA

Looking for a way to unwind? Help calm agitated nerves

CHROMASTEAM









CELESTIAL



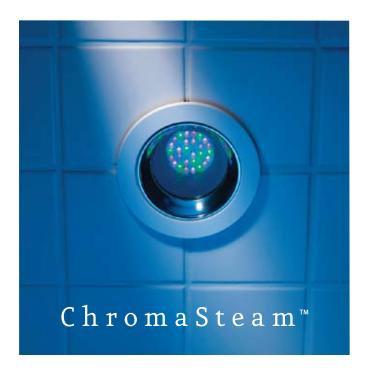
MYSTIC





Color and light have captured the imagination of some of the greatest thinkers in history, most notably Hippocrates, the Father of Western Medicine. Known to have incorporated Chroma and Aroma Therapy into his practice he painted treatment rooms in healing hues, used colored salves as remedies, prescribed aromatherapy baths and scented massage therapies.

Mr.Steam has revitalized the healing powers of color and light in the ChomaSteam™



ChromaSteam is for mood lighting only and is not a substitute for general illumination.

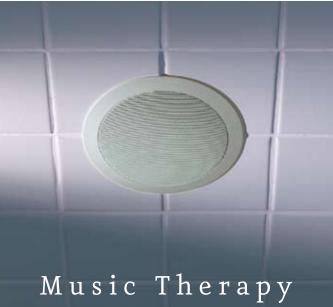


MUSICTHERAPY MAY HELP:

- MANAGE STRESS
- ALLEVIATE PAIN
- EXPRESS FEELINGS
- ENHANCE MEMORY
- IMPROVE COMMUNICATION
- PROMOTE PHYSICAL **REHABILITATION**

The idea of music as a healing influence which could affect health and behavior is as least as old as the writings of Plato and Aristotle.

MusicTherapy uses sound to address the physical, emotional, cognitive and social needs of individuals of all ages. Mr.Steam® creates an experience that fully engages all of the senses to improve a steambather's overall quality of life.

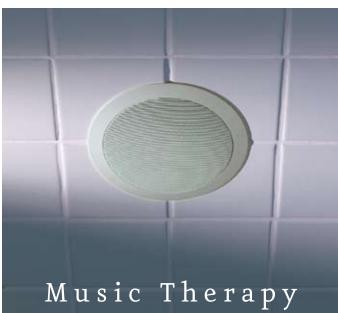


- 60 watts peak power two-way speakers
 - Powder-coated grills
 - Moisture resistant, matched pair
- Ready for music from virtually any source

STEALTH SPEAKERS

Invisible audio for an enhanced aesthetic environment. Hear and feel the crystal-clear, full-range sound fill the shower environment





FLUSH MOUNT SPEAKERS

- Crystal clear full-range sound with powerful bass

Bring Smart Home Technology to your Steambath: Introducing HomeWizard™

The First Home Automation Steam System Imagine arriving home after a long day to a waiting steam bath. HomeWizard merges the intelligence of a Mr.Steam steambath to the advantages and conve-

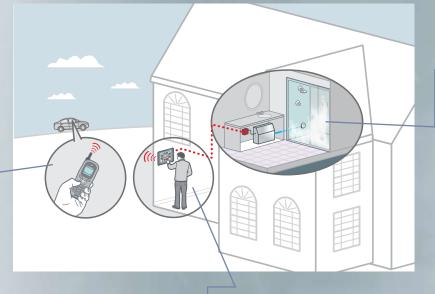
niences of virtually any residential home automation system. HomeWizard™ automates the steambath by allowing easy connection to home automation systems including connection from your cell phone, iPad®, computer or your home's automation control pad. It's a simple, invisible

connection to the home automation sys-

tem. Can also be used as a Steam Genie.



Smart home technology allows you to start your steam bath from your cell phone before you arrive home



State of the art automation system is energy efficient, powering down your steam generator after 10 minutes if you are delayed

The HomeWizard can be wired to a new or existing home automation system

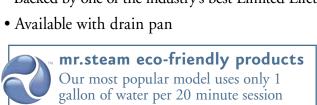


- Comes complete with interface module and Steam Genie fob
- Works with any E series generator

Mr.Steam® Residential Steambaths



- 100% Recyclable, environmentally sustainable stainless steel... inside & out
- Compact design for cabinet, closet, basement or heated attic
- Industrial heating element, field serviceable
- Precision connectors for plug-and-play
- Unique microprocessor-controlled water monitoring and delivery system, UL approved design
- Self-diagnostic electronic controls and generator
- All models are UL/cUL listed and CE approved
- Unique electronic shut-off safety feature
- Backed by one of the industry's best Limited Lifetime Warranties







We've made it easy to choose the right Mr.Steam System for your lifestyle.



We've wrapped up everything you need to get started in convenient and inexpensive Butler and Spa Packages.



The Butler Package™

The Mr.Steam Butler Package combines the best Mr.Steam controls and accessories in one convenient and economical package. All Butler Packages are available in designer finishes, with a choice of square or round controls and steamheads.

Mr.Steam offers Butler Package 1 for models MS90E - MS Super 3E and Butler Package 2 for models MS Super 4E -MS Super 6E



ROUND BUTLER PACKAGE







eTEMPO/Plus[®] Control · AromaSteam[®] Steamhead · AutoFlush[®] System · Steam Genie[®] · Drain Pan











SQUARE BUTLER PACKAGE

The Spa Package™

Combining Mr. Steam's most innovative sensory products, the Spa Package creates a spa-worthy experience that engages all of the senses in the privacy of your own home. Each Mr.Steam Spa Package is complete with AromaSteam, ChromaSteam, and MusicTherapy speakers or Stealth speakers (not shown).



AromaSteam[™] Aromatic Oils System



ChromaSteam[®] Mood Lighting System



MusicTherapy® Flush mount Speakers

AromaSteam™ Oil is not included in Spa Package and must be selected separately.

Mr.Steam® Controls, Steamheads & AutoFlush





eTempo/Plus® Control

FEATURES FOR THE ETEMPO/PLUS INCLUDE:

- Solid 100% brass decorative cover with choice of square or round styles in designer finishes
- ChromaSteam™ & AromaSteam™ activation at your fingertips, with LED indication
- Standard with real time clock display
- Includes AromaSteam steamhead in matching finish
- Digital display with adjustable time and temperature settings as well as two personalized steam session memory settings for a customized user experience
- State-of-the-Art microprocessor for consistent temperature mapping
- Ergonomic, easy-to-read soft-touch keypad with On/Off modes
- Low voltage operation
- Suitable for all Mr.Steam E Series models

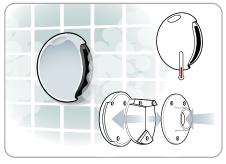
eTempo[®] Control

- Solid brass with designer finish covers In square or round styles.
- Digital display for temperature setting
- Programmable temperature
- Includes AromaSteam steamhead in matching finish
- Soft-touch keypad with On/Off modes
- Low voltage operation
- For Models MSgoE MS400E only









Designed to deliver steam and aromatic oils into the steam room quietly and consistently.

AromaSteam™ Steamhead

- Standard with every eTempo/Plus and eTempo control
- Keeps surface cooler to the touch
- Add Mr.Steam Aroma oils for an unparalleled aromatherapy experience
- Available in designer finishes to match controls

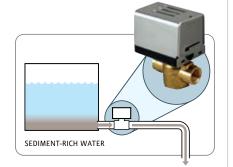
Steam Genie™ Control

Start up your steam room from virtually anywhere within the home

- Easy to install-plug-and-play
- Functions from up to 100 feet away
- Pre-heats the steam shower
- Genie actuator is waterproof
- Only works with eTempo and eTempo/Plus controls

AutoFlush®

- Automatically and electronically drains the system providing "Clean Steam... Every Time" and introduces fresh water
- Improves performance and lengthens system life
- Simple plug-and-play connection, quiet drain system
- No overfill or harsh, noisy draining through the steamhead





Designer Finish Options

Offering timeless appeal, the Mr.Steam AromaSteam steamhead, eTempo/Plus, and eTempo Controls are available in these designer finishes.

Brushed Nickel Polished Nickel Satin Nickel

Polished Chrome Matte Black Oil-Rubbed Bronze Polished Gold

Brushed Bronze Antique Brass Polished Brass

Mr.Steam[®] Accessories

$ChromaSteam^{\scriptscriptstyle{\mathsf{TM}}} \ \ \mathsf{For} \ \mathsf{use} \ \mathsf{in} \ \mathsf{any} \ \mathsf{shower}$

- Ceiling mounted, vapor-sealed
- Low-voltage, energy efficient LED module
- Color selection microprocessor
- Can be controlled from a dedicated wall switch or directly from eTEMPO/Plus® keypad

IMPORTANT: ChromaSteam System is for mood lighting only and is not a substitute for general illumination.



c(UL)us

MS Speakers For use in any shower

Let vibrant sounds from Mr. Steam's MusicTherapy speakers accompany your steam experience

- Complete with two 5½" diameter, flush-mount, two-way marine grade speakers designed for use inside the shower enclosure
- Suitable for most sources of audio input

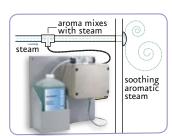






AromaSteam™

- Electronic oil delivery system evenly infuses scent into steam
- Complete with hoses, fittings and oil atomizer
- Can be controlled directly from an eTEMPO/Plus® keypad
- AromaSteam System oils available in one-liter bottles.





Stealth Speakers For use in any shower

- Tactile transducers provide audio without visible speakers.
- Frequency response of 20-20,000 Hz (depending on mounting surface)
- 8 ohms; Max power: 50 watts
- 3" diameter with 1" case depth



Wall-Mounted Shower Seat

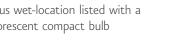
For use in any shower

- Beautifully finished & sealed teak wood
- Seat drops for use, folds for storage
- 250 lbs. maximum weight capacity
- · Polished chrome, brushed nickel and satin nickel wall bracket finishes available



MS Light For use in any shower

- Robust, surface mounted architectural light in brushed chrome & oil-rubbed bronze finishes
- Energy-Star Rated: produces 75 watts equivalent lighting utilizing only 14 energy efficient watts
- cULus wet-location listed with a fluorescent compact bulb

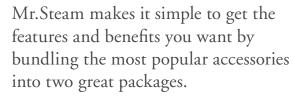




• 8.5" diameter, 4" height

Drip Pan

- 3/4" drain copper fitting
- Suitable for all Mr. Steam residential generators
- Dimensions: 25"L x 9"W x 11/2"D



See page 11 for complete details on the Mr. Steam Butler Packages and Spa Package.

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mr.steam towelwarmers



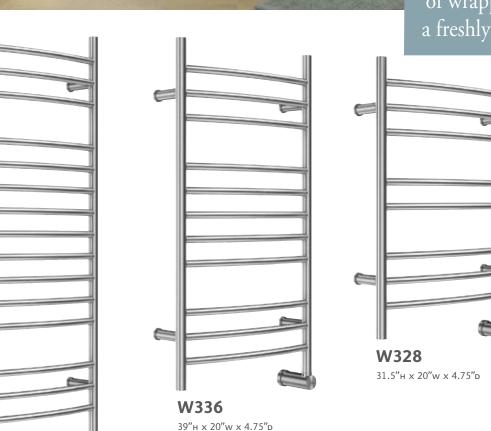
- Made of only the highest quality stainless steel
- Available in brushed or polished stainless steel finish
- Freestanding floor models allow for design flexibility
- Sure to please the most discerning decorator with graceful design
- cULus Listed



Standard with built in Aromatherapy oil well







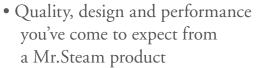
W348

49.25"н x 20"w x 4.75"р

Wall mounted towel warmers now available with or without power cord







- Prices that fit even the tightest budget
- Sleek curved lines maximize surface heating area
- Energy-efficient temperature control
- Simple elegance complements any bathroom
- All welded steel construction
- cULus Listed









W248 48"н x 20"w x 4.25"D



Talk about life's little luxuries. We have integrated a small well for heating Mr.Steam aromatherapy essential oils into every Series 200 and 300 Towel Warmer. Now you can enjoy a favorite scent as part of your bathing ritual.









W216 20"H x 16"W x 4.375"D



W219 20"H x 20"W x 4.25"D W228

28"н x 20"w x 4.25"D

Series 500-600 Series Electric and Hydro Towel Warmers



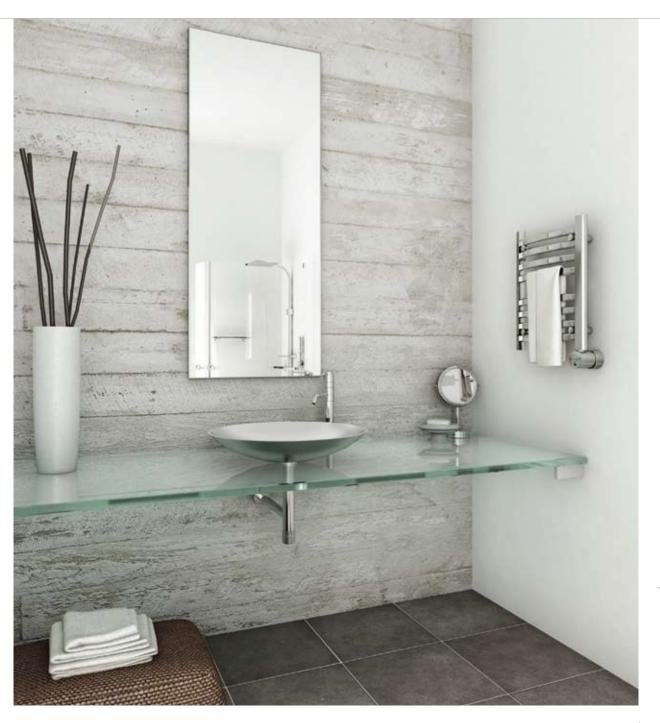












TOWEL HANGING



Follow this simple illustration to get the most out your towel warmer.

Available for All Towel Warmers

Digital Timer & Designer Finish Plate
For a warmed towel, ready when you are.





FINISHES: Polished Chrome, White, Polished Nickel, Brushed Nickel, Oil Rubbed Bronze, Polished Stainless Steel & Brushed Stainless Steel **cULus Listed** Adding luxury to your towel warmer with the Valet Package™ and our innovative accessories

Series 200 Accessories



The Valet Package™ ...taking the stress out of relaxing

Includes Robe Hook, Essential Oil and Digital Timer with Cover Plate

Packaged for convenience and savings, the Valet Package allows you to:

- Preprogram your towel warmer and preheat your towel
- Have an uplifting aromatherapy experience

Perfect for storing a large, folded

• Enjoy your warmed robe along with your warmed towel



bath towel. Extends 8.5" from towel warmer front. *Not heated*.

Triple Bar Towel Raci



Ideal for hanging and gently warming a robe.

obe Hook



For storing or draping facial or small towels. Extends 3" from towel warmer front. *Not heated*.

Single Bar Towel Rack

Technical Data for Steambaths and Towel Warmers

S	SIZING CHART								
М	Materials of construction and room size affect the steam generator model selection.								
1	Measure length, width & height in feet of	the steam enclosure:							
	Multiply the Length x Width	_ x Height =	ROOM VOLUME						
2	Construction Material:								
	For natural stones: natural marble, stone, shale, glass block or concrete	Add 100%							
	For ceramic or porcelain tile on cement board or mortar bed								
3	Add all figures above to obtain the Total R	Room Volume required	TOTAL ADJUSTED ROOM VOLUME						

Compare your TOTAL ADJUSTED ROOM VOLUME to the Specification Chart below and select the appropriate model.

IMPORTANT:

- Guidelines for selecting the steambath generator are recommendations only.
- For steam rooms constructed of acrylic or synthetic materials, select next lower-rated MS model.
- The Total Volume allows for up to 60 feet of insulated steam line from the MS generator to the steam room.
- Download brochures, price book and installation manuals at mrsteam.com

Visit www.mrsteam.com to size your generator online automatically





MS SUPER 1-3E Generators



MS SUPER 4-6 Generators

RESIDENTIAL STEAM GENERATORS SPECIFICATION CHART									
Nodel/ tem No.	ĸw	Amps (for 240v/1PH)†	Total Adj Room Vol.	Wire Size‡	Water Usage gallons ^{††}	Dimensions*	Shipping Wt.(lbs)**		
ИS90E	5	21	up to 100	10	0.67	$14\frac{1}{2}$ "L × $14\frac{3}{4}$ "H × $6\frac{3}{4}$ "D	30		
MS150E	6	25	101-150	8	0.80	$14\frac{1}{2}$ "L × $14\frac{3}{4}$ "H × $6\frac{3}{4}$ "D	30		
ЛS225E	7.5	32	151-225	8	1.0	$14\frac{1}{2}$ "L × $14\frac{3}{4}$ "H × $6\frac{3}{4}$ "D	30		
ИS400E	9	38	226-360	8	1.2	$14\frac{1}{2}$ "L × $14\frac{3}{4}$ "H × $6\frac{3}{4}$ "D	30		
AS SUPER 1E	10	42	361-475	8	1.4	17"L×18½"H×7%"D	40		
MS SUPER 2E	12	50	476-575	6	1.6	17"L×18½"H×7%"D	40		
MS SUPER 3E	15	63	576-675	4	2.0	17"L×18½"H×7%"D	40		
AS SUPER 4E	20	84	676-875	8	2.7	17"L×18½"H×7%"D×2	80		
AS SUPER 5E	24	100	876-1075	6	3.2	17"L×18½"H×7%"D×2	80		
MS SUPER 6E	30	125	1076-1275	4	4.0	17"L×18½"H×7½"D×2	80		

IOTES:

All MS Generators available in 240V/1PH, 208V/1PH and other voltages/phases.

- † Amps are for 240/1PH rated units.
- See Mr. Steam Installation and Operation Manual for dimensional and installation information.

 MS SUPER 4E includes (2) MS SUPER 1E steam generators, and requires (1) eTEMPO/Plus
- generators, and requires (1) eTEMPO/Plus Control, and (2) matching steamheads. MS SUPER 5E includes (2) MS SUPER 2E steam
- generators, and requires (1) eTEMPO/Plus Control, and (2) matching steamheads.
- MS SUPER 6E includes (2) MS SUPER 3E steam generators, and requires (1) eTEMPO/Plus Control, and (2) matching steamheads.

 See pages 12-13 for controls and accessories.

IMPORTANT: Add C1 suffix for 240V/1Ph; Add B1 suffix to model no. for 208V/1Ph.

**SIMPORTANT: Models SUPER 1E-6E must use eTEMPO/Plus* control.

**SIMPORTANT: All Mr.Steam units are cULus Listed and CE & NOM approved.

**Dimensions are for generator only, without AutoFlush* or plumbing features.

***Shipping weight is for generator only, without control, steamhead or other accessories.

†† Water usage based on 20 minutes of operation

TOWEL WARMERS												
Mod	lel	Dimensions (H X W X D) V	Vt.(lbs)	Wattage	Model	Dimensions (H X W X D)	Wt.(lbs)	Wattage	Model	Hydronic Mod Dimensions (HXWXD)		BTUs
W32	28	31.5" x 20" x 4.75"	10	98	W228	28" x 20" x 4.5"	20	400	H542	28" × 21" × 5"	25	500
F32	8	34.5" x 20" x 11.75"	10	98	W236	36" x 20" x 4.5"	24	400	NOTES: "W" indicates electric heated models and operate on 120VAC.			
W33	36	39" × 20" × 4.75"	14	133	W248	48"x 20" x 4.5"	30	400				
W34	48	49" x 20" x 4.75"	18	168	W500	25"x 22.5" x 5"	20	100	"H" indicates hot water heated models.			
W21	16	20" x 16" x 4.5"	15	100	W542	26"x 23.75" x 5.25	25	150	Suitable for closed-loop hot water systems only. Measurements are the outside dimensions, are approximate in inches and include mounting flanges.			
W21	19	20" x 20" x 4.5"	17	200	W634	27.5"x 19.5"x 7.25	' 25	200				

Accessories: All electric models can operate with available digital timer. All Series 200 & 300 Models come standard with Aromatherapy Oil Well. All Series 200 Models are available with Robe Hook, Single and Triple Bar Racks.

Products, information and specifications are subject to change without notice.

For more information call Sales & Support at 1.800.76.STEAM (East Coast) or 1.800.72.STEAM (West Coast)

WARNING: In considering a purchase of this steambath system, please note that if you are pregnant, have a coronary condition, are in poor health, are being treated for any other medical condition, or are using medication or drugs, Mr.Steam recommends that you obtain the approval of a physician before use. For information about our products and safety issues, please call us at 1.800.76.STEAM or log onto www.mrsteam.com for a copy of the Installation, Operation and Maintenance Manual.

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Top Reasons Why Mr.Steam® is the ONLY Choice:

- 1. Experience: Mr. Steam's parent company has over 60 years designing and manufacturing steam generating equipment for industrial applications, and each one of our steam baths is the culmination of this experience.
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mr steam

Bathing Culture Around the World:



the traditional moroccan hammam ritual

The Hammam, or steambath, has been in existence for thousands of years with the basic principals being used with only slight variation by cultures around the world. The Hammam boasts many therapeutic benefits and is often used today as a treatment for many medical conditions. The Hammam ritual cleanses, detoxifies, replenishes and relaxes. The steam raises the body's temperature, which may help to stimulate the immune system and enhance circulation. Much more than just a place to cleanse the skin, the Hammam, Arabic for "spreader of warmth," plays an important role as a place for social gathering and ritual cleansing.

At a spa, a traditional Hammam treatment includes a steam session followed by exfoliation and massage. Traditionally, the steam session comes first. Once you have achieved sufficient perspiration, you would proceed to a comfortably warm room where the Hamami cleanses and exfoliates your body and performs the massage. Following the treatment, you would retire to a relaxation room where, with gleaming skin and a rejuvenated metabolism, you can cool down from the treatment with a cup of tea or juice.



Bathing was a very important leisure activity for many Romans, as it was part of the daily regimen for men of all classes and many women. Bathing was a communal activity conducted for the most part in public facilities that in some ways resemble modern spas or health clubs.



Japanese bathing traditions began with communal sessions in the naturally occurring hot spring pools called Onsen. Eventually, public bathhouses were built across the country. At these unisex bathhouses, people gathered to gossip and exchange news in addition to washing. It wasn't until the 19th century that the sexes were ultimately separated.

MEXICO

The traditional Aztec sweat bath known as Temazcal was developed in Mesoamerica, a vast area that includes Mexico, Guatemala and Belize. Aztec homes usually had two separate buildings — one was the main home and the other was the steambath, a small round stone or mud structure that looked like an old fashioned beehive. To create steam, the steambather would pour water on the steamroom walls, which were heated in turn by a chimney or stove.

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