

AG

ADVANTAGE GALLERY

BATHS + KITCHENS EST. 1992

STEAM

the health and wellness benefits of steam shower therapy





**WELLNESS IS
THE COMPLETE
INTEGRATION
OF BODY, MIND,
AND SPIRIT**

GREG ANDERSON



While it's become a more popular form of therapy in recent years, steam has actually been recognized for centuries across the world, making it the oldest therapy for the mind, body and soul.

Steam has a wide range of health and wellness benefits, majority of which aren't often recognized. With the noises of everyday life, most are yearning to find ways to better their overall health and wellness routines.

Our bodies are affected by the outdoor elements, what you eat, and even our hygiene products. Without a proper wellness session, our bodies can't possibly be rid of all the harmful things surrounding us.

A steam shower is the perfect addition to any routine to help mind, body and soul. The best part is, you can have a steam shower right in your own home.



HEALTH

skin•hair•circulation•cardiovascular•musculoskeletal•allergies•lungs•breath

Over a lifetime, most people spend hundreds of thousands of dollars on skincare products. Steam can actually take the place of many products on the market today, and help our skin in ways you might not realize.

Sweating is the best thing you can do to help your skin. It provides extreme cleansing by flushing out the toxins and contaminants that are deep within your skin and pores. These contaminants are picked up with everyday life - our environment, food we consume, and products we use. These contaminants are what cause pimples and impurities on the skin. You can sweat as much as a pint of fluid during a 15-minute steam shower, releasing the toxins our skin consumes.

It's shown that a heat treatment, such as steam, also helps to stabilize the surface pH of the skin by maintaining water capacity in the epidermis, or outer protective layer of skin. A dry epidermis leads to damaged cells, leaving your skin rough, flaky and even more prone to acne. A steam shower helps to hydrate your skin and keeps you fresh even hours after a session.

If these reasons weren't enough to convince you that a steam shower is highly beneficial for your skin, the anti-aging capabilities should. Circulation of the bloodstream and lymphatic system are essential for keeping your skin nourished, and steam can help with that. Discolored skin, age spots, and wrinkles are all caused by poor circulation.

Cleansing, hydration and an increase in circulation all leave you with the healthy, glowing skin everyone is looking for.

SKIN

HAIR

- 1 Opens Your Pores**

The scalp consists of hundreds of blood vessels and glands, all of which help to keep hair and skin conditioned. Steam penetrates through the skin to bring therapeutic moisture to your hair follicles and opens the pores to cleanse your scalp.
- 2 Strengthens Hair**

Steam helps to strengthen hair and support scalp health thanks to the improved blood flow or “epidural blood perfusion.”
- 3 Nourishes & Repairs**

With the exposure to harmful toxins in everyday life, and potentially in the hair products we use, our hair becomes damaged, dry and brittle. Opened pores and improved circulation, thanks to steam therapy, helps the scalp to repair and nourish damaged and dry hair.
- 4 Prevents Frizz**

Nourished hair is less prone to frizz. Our best tip to prevent frizz is wrap your hair in a towel during your steam shower. Near the end of your session, apply an acid-balanced conditioner and rinse with cold water.



CIRCULATION

Maintaining a healthy blood flow is critical for your bodies health. A daily steam shower can help with boosting the circulation throughout your body. Studies show that blood flow can increase up to two times after a short steam therapy session.

Good circulation helps the movement of white blood cells, which are critical in keeping your immune system healthy and strong. It also helps to rid of waste that causes inflammation.

The benefits of good circulation can also help your brain health. As blood flows, more oxygen and neurochemicals are able to reach your neurological system.

CARDIOVASCULAR

Studies have shown that, for some, regular heat therapy sessions, such as a steam shower, may help to reduce the risk of high blood pressure and overall improve cardiovascular function.

While it's not fully clear on how it works, steam therapy does increase the resting heart rate, allowing more blood to pump into your arteries. It also helps to dilate small blood vessels.

Hormonal changes and reduction of stress may also play a part. Steam showers may increase the production of aldosterone, a beneficial hormone that helps to reduce high blood pressure and stress.



MUSCULO

Regular steam therapy can help to maintain muscles and joints. Every day life and exercise can take a toll on your musculoskeletal system, and it's important to take care of your body in order to avoid injury. While the most common ways of doing this are stretching, staying hydrated, and eating right, daily steam showers should be added to the list.

Studies show that heat can be beneficial in increasing muscle, joint and tendon flexibility, reducing the possibility of injuries such as torn ligaments and pulled muscles. Heat can also help at a cellular level by preventing protein degradation, keeping your body strong.

Stiff joints are a common pain we experience. Since heat can increase blood flow, sitting in a steam shower for 10-15 minutes a day can help to loosen up joints, relieving stiffness and pain.

The intense heat from a steam helps to trigger various regenerative processes in the body that help with recovering from physical stress, reducing soreness and keeping joints loose and flexible. Increased circulation can help to bring needed nutrients to muscles, accelerating recovery. It can also help to remove lactic acid from sore muscles that often follows intense workouts.

SKELLETAL

LUNGS & BREATH

It's important to have a strategy for bettering respiratory health. Daily, we inhale contaminants and poor air that can give us asthma, allergies, and other respiratory issues.

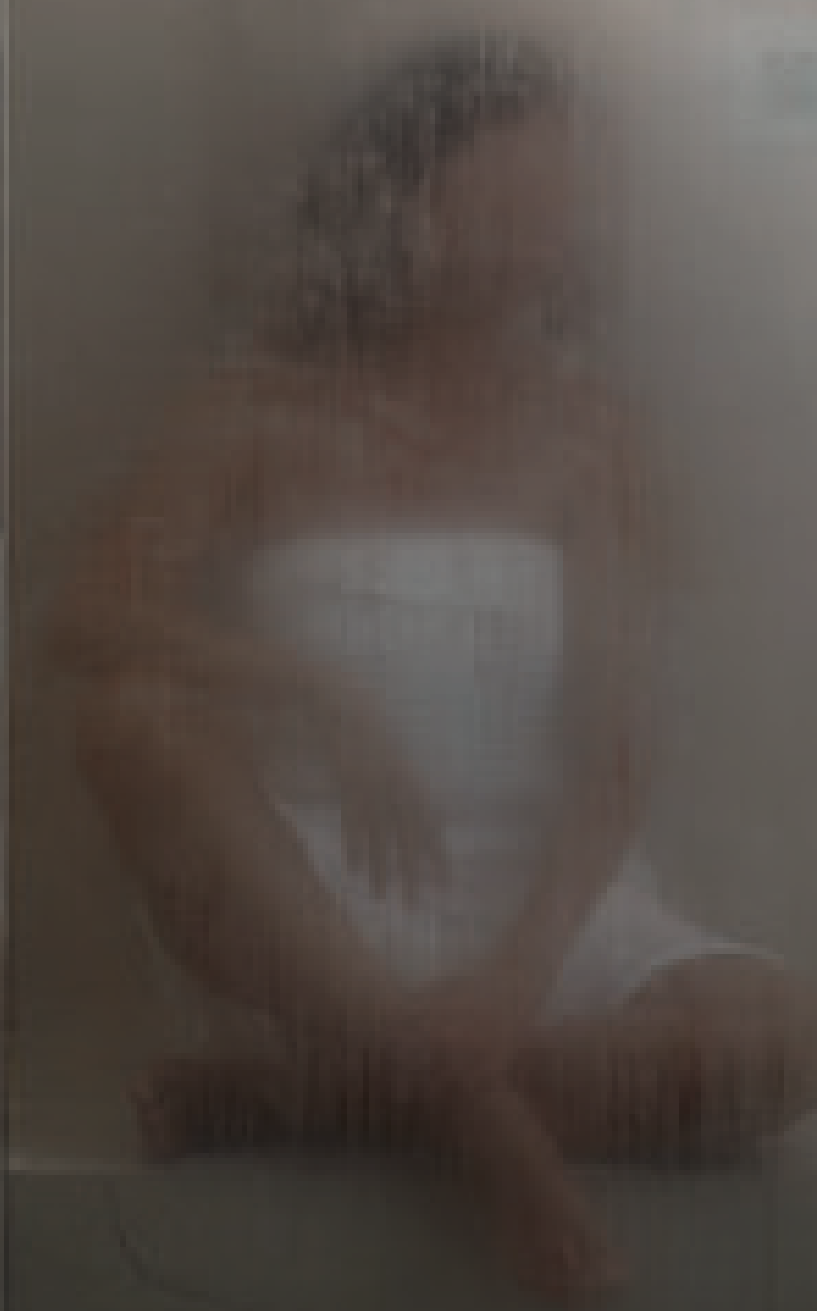
Steam therapy can help with fighting off allergy symptoms. The American College of Allergy, Asthma, & Immunology (ACAAI) reports that up to 60 million Americans suffer from nasal allergies a year. Steam actually flushes away the allergens that leads to sneezing, itching and nasal congestions that come with allergy season.

It is also shown that a regular steam therapy session can help with all types of lower and upper respiratory issues such as asthma, the flu, and bronchitis. According to The Asthma and Allergy Foundation of America, up to 40 million people suffer from asthma, and about 9 million adults suffer from chronic bronchitis every year. Steam can reduce swelling in your throat, sinuses and lungs, which can help you recover quicker.

A daily steam shower helps to clear your throat, lungs and airways to allow more oxygen transfer when you breath. Proper breathing promotes a full-body health, allowing oxygen to flow to critical organs such as your heart and brain. It also helps to improve your muscle recovery.

WELLNESS

mental health and cognitive function



Steam has many benefits to our physical health, but it also is widely beneficial for mental health. Your mind also needs to repair itself after a long day, and a steam shower can help with that.

When you indulge in steam therapy your mind starts to slow, and hormones begin to balance. Cortisol, or the stress hormone, begins to lower, and mood-elevating endorphins are released. As stress drops, so does anxiety, leaving only positive vibes that can ultimately improve sleep, work performance and overall mental health.

According to the World Health Organization, 50 million people suffer from dementia, 60-70% of which have Alzheimer's Disease. Studies show that steam therapy can help with dementia by raising the brain-derived neurotrophic factor, stimulating neurogenesis, or the rebuild of brain cells. Steam can also help with the production of prolactin, a hormone that rebuilds myelin, which protects the integrity of neurons and brain cells.



PERSONAL STEAM

A woman with dark hair is seen from the back, leaning over a white ledge in a steamy shower. She is wrapped in a white towel. The background is a soft, hazy white, suggesting steam. The overall mood is relaxing and serene.

To have your own private steam shower is the best form of therapy. It allows you to fully unwind and relax in your own sanctuary. The best part about an at-home steam shower is that one can be installed in any size shower, no major renovation is needed. You can also fully customize your steam therapy experience with the addition of music therapy, chroma-therapy and aromatherapy.

Overall it's a positive investment for your health & wellness, and honestly for your property value.

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