



ΑΓΛΙΟΣ ΧΟΡΟΣ

STEAM BATH

WHAT'S THE STEAM BATH?

Steam bath is a closed and watertight habitation designed to be occupied by several users seated or lain down, built with the combination of various materials whose common characteristic is the resistance to the rusting and to the temperature. This habitation incorporates electrical equipment with main function is the generation and injection of steam in the interior of the cabin altogether with the control and the automatic regulation of the amount of steam and temperature. This is the most important factor of the steam cabins.

STEAM SPECIFIC CLIMATE: *Temperature: 43 - 46°C. Humidity: 100% RH (Relative Humidity).*

BENEFITS

Nervous stretching.

Relaxation.

Respiratory ramifications dilation.

Oxygenation.

Respiratory ducts humidification.

Softening.

Peripheral vasodilating.

Stimulation of the circulation.

Skin toxins cleaning.

Sweating.

Avoids skin drying out.

Delays wrinkle appearance.

Moisturizes the skin and gives to it more smoothness, evenness and beauty.

HOW TO TAKE A STEAM BATH:

The steam bath beneficial therapeutic effect is not immediate; due to it the sessions must be done regularly.

Warm water shower. Start of the pore opening process.

Wipe away correctly the whole body.

Entrance in to the cabin.

Stay in the cabin between 10 – 35 minutes. Before leaving and if you have taken the bath lain down is advisable to stay seated 2-3 minutes.

Leaving the steam bath. Shower bath with cold or warm water according to your own liking.

A warm feet bath helps the blood circulation.

Start phase 3. Repetition phase.

Repose phase: this phase is important as it complements the relaxation process.

Moderate water shower again to eliminate all the sweating.

If you want you can take water.



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