

Steam Life Plus Aroma Therapy

Can Make Wonders For You.

STEAM LIFE, a personal portable steambath requiring no installation, no plumbing and to specialized electrical hookups. Steam bath which originated from Finland has been popular among many areas especially north Europe, Japan, Australia, USA and now it's popular in the world for its outstanding functions for beauty and health. The STEAM LIFE produced is an excellent combination of ancient ways of bathing and modern science and technology.



Steam Life Where Modern Technology Shakes Hands With Ancient Tradition

Since the dawn of civilization mankind has recognized the importance of eliminating harmful toxic waste from the body through perspiration. Over the ages various methods have been developed. Sweating without the necessity of strenuous physical exertion, in the ancient orient, health-conscious individuals built earthen domes that could be heated from the outside with burning wood, thereby originating the concepts of the modern sauna. So strong was their belief in the curative powers of these relaxing heat baths that medical practitioners of the time advised patients to spend regular sessions inside the ceramic domes to purge their systems of the poisons that contributed to their poor health. Obviously that advice still makes good sense.



Aromatherapy For Healing Soothing of Your Mind Body & Spirit

Aroma Therapy as the name suggests is therapeutic treatment with aromatic essential oils.

Essential oils are the gift of nature to us, they are the volatile extracts of different parts of the plants like flowers, leaves, seeds, bark, wood, roots & even gum resins. They are the most potent representation of the plants therapeutic & healing properties. They are highly aromatic & have a balancing effect on our mind, body & emotions, through inhalations & application on skin. Therefore Aroma Therapy oils work on us at two levels; one is our psychological level through inhalation and another is physiological level through skin.

Few drops of these oils either separately or in combination of 2 to 3 types of essential oils can be added to the water in the steamer & then one can take the steam bath so that the aroma / medication with the steam enters your body through body pores & stays for a long time giving you physiological benefits of freshness / fitness throughout the day.

Psychological benefits can be obtained by inhalation of steam mixed with aroma / medication.



Commonly used essential oils & their effects on body are given below.

- 1) Tulip, Neem - Anti Allergic, anti Cough
- 2) Aanvala - Anti Allergic
- 3) Allovira - Soft Skin, Anti Wrinkle
- 4) Sandle - Anti allergic, Provides Coolness to body, Skin Glow
- 5) Nilgiri - anti Cough
- 6) Shatavari - Glow Skin, Useful for dry skin
- 7) Ashwagandha - Sex Power
- 8) Ganti Caha, Nirgudi - Arthritis, Anti Pain, body Pain
- 9) Amogha - Anti Stretch Mark, Skin Glow

Prevent Disease Glow Skin Look Young & Slim

Steam Life - Your Personal Health Club

Detoxifying Your Body

STEAM LIFE at 45 to 55 degrees Centigrade makes you sweat from the core of your body thus discharging harmful matters such as lead, cadmium nickel, cholesterol, salt, lactic acid etc. this can help the body to resist illness.

Burn Fats

Use of STEAM LIFE will help to discharge excess body fluid, subcutaneous fat as well as salts out of the body. This would balance your weight through the consumption of the extra calories.

Feel Fresh & Stress Free

Stress occurring from the continued tension of the nervous system is a major factor to poor health. STEAM LIFE has the effect of expanding the capillary vessels and increasing the blood circulation, resulting in overall calming effect. The calm and comfortable environment will also have the effect of dissolving your stress.

Glow Skin Look Young

STEAM LIFE improves the metabolic function, stimulates the sebaceous glands, removes subcutaneous dirt and discharges the fat from the sebaceous glands. This will keep the skin moist, smooth and glossy.

No Exercise No Efforts - Only Steam Life

For people who are unable to exercise regularly, STEAM LIFE presents the ideal solution. As 10 to 15 minutes use of STEAM LIFE make you perspire the same amount as if you had run for kms.

Improves Metabolism & Digestion

STEAM LIFE stimulates the blood circulation and activates the stomach, liver and all other intestines.