

Our answer to your frequently asked questions.

1. **Can we take steam on our face if the head is out ?**
Yes, you can. There is a zip in front of STEAM LIFE which you can be opened and enough steam comes out for the face to get steamed and to give you a glowing and clean face.
2. **Does the steam burn the body ?**
No, the temperature inside the chamber of the STEAM LIFE is maintained between 45-55 degree centigrade which is known to be the best temp. for the body. At this temp. the pores of the body open maximum so that the toxins and chemicals can easily come out. The aroma / medicated oils used penetrates maximum at this temperature.
3. **For how much time one should take steam bath in STEAM LIFE ?**
For a normal body it is around 10-15 min, 2 times a week, but it varies with person to person.
4. **Where does the waste from our body go in STEAM LIFE ?**
The waste and the steam which is condensed to water will settle down on the floor. STEAM LIFE can be also used with a towel placed at the base so that the water does not accumulate.
5. **Can we use aroma / medicated oils with STEAM LIFE ?**
Yes, it can be added to the water in the steamer and then one can take the steam bath so that the aroma / medication with the steam enters your body and stays for a long time giving you freshness / fitness through out the day.
6. **How do we fix the structure of the model ?**
The structural drawing of the model in mentioned in the brochure and accordingly labeled fitting are provided, it is very easy to fix it.
7. **How to use STEAM LIFE single-handed ?**
The chamber of STEAM LIFE :
It has a double side chain which helps you to open while sitting inside.
The steamer of pot of STEAM LIFE :
It has a auto timer and auto cutoff system which helps you to decide your time to take bath and if the steamer, pot, runs out of water then it will automatically switch off, hence, not damaging the steamer pot.
8. **Do we have to take a shower after we take STEAM LIFE ?**
Yes, the excretion and dirt if the body will wash off when you take a lukewarm water bath or wipe the body with a wet towel to clean up the dirt and you feel fresh.
9. **Do doctor's is suggest steam bath ?**
Yes, doctors do suggest their patient to take warm shake/steam bath. It is a part of natural treatment which is in practice by many doctor's and is considered to be highly effective and without side effect. E.g.
10. **What are the benefits of STEAM LIFE ?**
These are some benefits of STEAM LIFE. Discharging waste matter harmful to the body, weight-loss, less stress, cosmetic effect, solution to lack of exercise, better function of digestive system, better kidney function, healing soothing and preventing effects.
11. **Can STEAM LIFE relieve from stress ?**
Yes, stress occurring from the continues tension of the nervous system is a major factor to poor health. STEAM LIFE helps in expanding the capillary vessels and increasing the blood circulation, resulting in overall calming effect. The calm and comfortable environment sitting in a STEAM LIFE will also have the effect of dissolving your stress.

12. **Does it work in hard water ?**
Yes STEAM LIFE works in soft & hard water.
13. **Were can I take a steam bath ?**
STEAM LIFE is a portable unit. So you can take a steam bath in your personal room/watching a T.V., reading a newspaper, talking on phone and you can carry STEAM LIFE with you anywhere you feel like.
14. **Does steam bath help me lose weight ?**
Yes, use of STEAM LIFE helps you discharging excess body fuild, salts out of the body and STEAM LIFE helps in dissolving subcutaneous fat. This would balance your weight through the consumption of the calories, thus controlling obesity.
15. **Is STEAM LIFE bad for high blood pressure patients ?**
For very high blood pressure patients it is recommended that they should consult their doctor and then use STEAM LIFE as per his instructions.
16. **Can steam bath cure cough and cold ?**
While taking steam bath, the hot steam helps clear those congested airways, and it loosens you cough in the chest so that it becomes easier for the cough to come out. the steam helps you breathe easier.
17. **Could STEAM LIFE be a part of my exercise program ?**
Yes, 10 to 15 minutes use of steam bath regularly makes you perspire the same amount as if you had run for kms.
18. **How much water does STEAM LIFE need ?**
The steam generator of STEAM LIFE has a capacity of 1.5 Lts. and that can generate steam upto 60 min.
19. **Why should I buy a steam bath from your company ?**
This is the most modern way to keep you and your family healthy and fir with added benefits of saving money in medicines and health club.
20. **What is the material of the chamber made off ?**
The material of the chamber is made of a fabric mixture of polyurethane and nylon, which is resistant to the temperature of steam produced, it does not stink (bad smell), it is not damaged even after continuous use of water and heat.
21. **How is the temp. controlled ?**
STEAM LIFE is equipped with a thermostat which controls the temperature.
22. **Can we manually control the temperature ?**
NO, it cannot be controlled manually.
23. **Parts are available if anything goes wrong ?**
Yes, they are available with the company.
24. **What is the electric consumption of the steamer ?**
The electric consumption of the steamer is 750 watts. The cost per sitting will be approx. Rs. 1.00 / 1.25 per sitting. (if used for 15 min.)
25. **Does STEAM LIFE switches off if the water is over in the steamer ?**
Yes, STEAM LIFE switches off if the steamer runs out of water.