:: Everything you need to know about steam ::

What exactly is steam?

What are the benefits of steam?

How should I use the steam room?

What other materials will I need to complete installation?

Where does the generator go?

What power supply do I need?

What door should I use?

What shower tray should I use?

Do I need to use special tiles or grout?

Do I need special steam proof lights?

How long does the steam shower take to get hot?

Do I need special ventilation?

How do you control the steam temperature?

What about the ceiling for my steam shower?

Do I need to insulate the room?

Still got a question?

What exactly is steam?

When you boil water you produce water vapour otherwise known as steam. Steam in its pure form is clear, however when it mixes with cooler air it starts to condense and this is the condition, when it is visible, that most people associate with steam. Filling a shower with steam increases both the humidity and the temperature. Humidity is the key to heat sensation – the higher the humidity, the hotter you will feel at the same temperature. This is why a steam shower will feel hot at 40°C, whilst a dry sauna needs to be 70-80°C to feel as hot.

What are the benefits of steam?

A steam room has a physiological effect on the body which is very similar to that of a sauna. The steam opens up the pores, increases the metabolism, elevates the heart rate, and the body begins to sweat. This can result in health benefits, especially when a steam room is used safely and frequently.

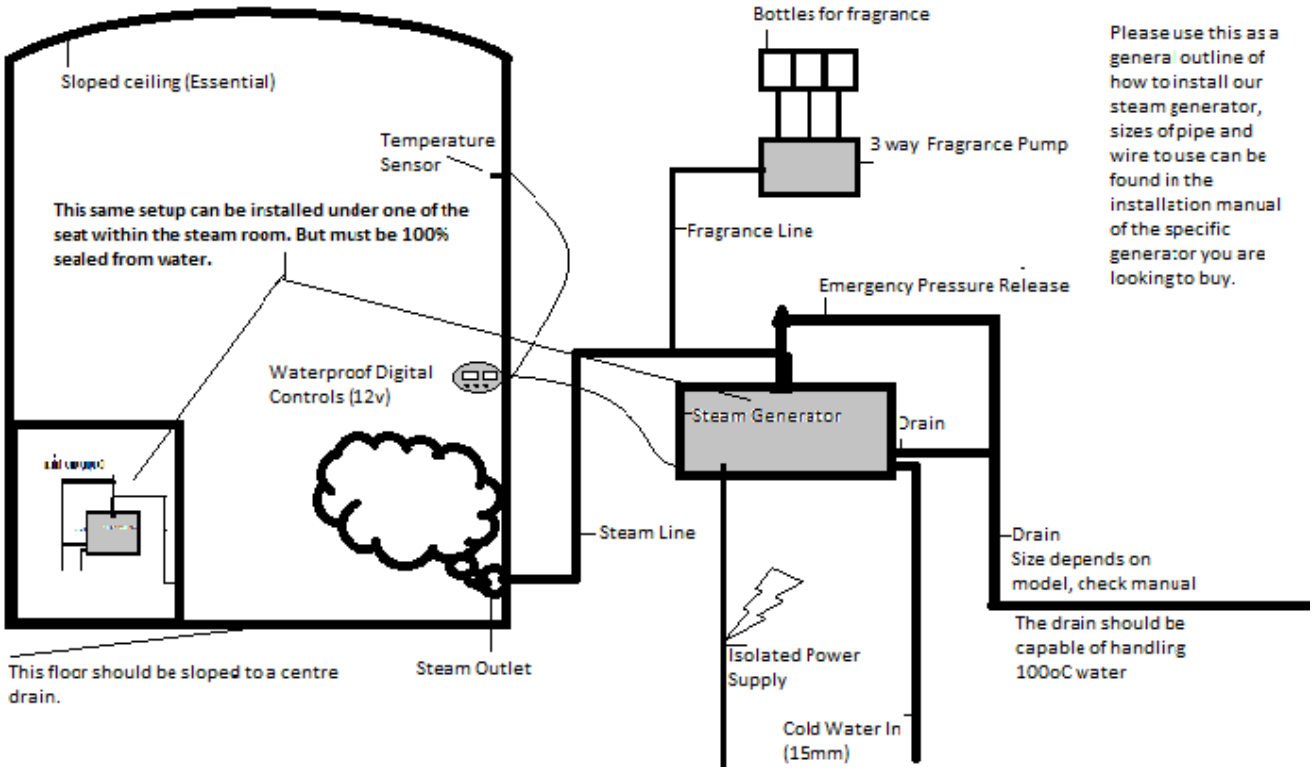
The warm, moist air increases the body's circulation and also loosens and relaxes muscles and joints. After a workout, a session in the steam room will help to keep the body relaxed and flexible, so that it will not lock up as a result of hard exercise. The steam room will also help the body eliminate toxins, forcing them out through the resulting sweat. The skin will be cleaner, softer, and healthier, especially if an exfoliating scrub is used in the steam room to remove the outer layer of dead skin.

Steam rooms are also very helpful for people who suffer from asthma and respiratory conditions. The dry heat of a sauna is sometimes too intense for the lungs to handle, and the gentler moist heat of a steam room helps to relax and open up the lungs and bronchial tubes. In addition, a steam room can help to reduce joint pain and the

symptoms of arthritis. After a session in a steam room, the bather usually feels more relaxed, which can help to reduce problems related to insomnia and poor sleeping.

How should I use the steam room?

To steam safely, the bather should take a warm shower before entering the steam room. Stay seated in the steam room for up to 15 minutes before exiting to cool off with room temperature air and cool water in the form of a shower or plunge. Allow the body to return to a normal temperature before embarking on another round, and do not steam more than three times in one session. Lots of water should be consumed throughout the process and the bather should exit if he or she feels dizzy, nauseous, or uncomfortable at any point. As a steam room is not healthy for some medical conditions, a doctor should be consulted before using one.



What other materials will I need to complete installation?

Water in - 15mm plastic or rubber flexi-hose
Water out - 15mm copper (Domestic, light duty commercial), 22mm (Heavy Duty Commercial)
Steam Pipe - 15mm copper(4,6), 22mm (8,9,10.5,12,15,18)

Where does the generator go?

The generator can be put anywhere outside of the room away from any contact with water. Such as: cupboard, mounted on wall, floor, loft space, under stairs.
The most important thing is that the steam must not go up, as this causes condensation and water runs back into the generator.
The control panel can go inside or outside of the room; it's 12v and waterproof.

What power supply do I need?

You will need a dedicated power supply. (Same as for an oven)
Our generators can work on [220v 1N~] or [380v 3N~]

Domestic Generator

Sizes	Amps (Mono)	Amps (Tri)	Cable Size	Steam Outlet (mm)	Drain (mm)	Inlet (mm)	Dimensions
4	17	5.6	4	15	15 Male	15 Male	390 x 190 x 335
6	26	8.6	6	15	15 Male	15 Male	391 x 190 x 335
8	35	11.6	6	22	15 Male	15 Male	450 x 190 x 353
Light Duty Commercial							
6	26	8.6	6	15	15 Male	15 Male	391 x 190 x 335
8	35	11.6	6	22	15 Male	15 Male	450 x 190 x 353
9	39	13	10	22	15 Male	15 Male	450 x 190 x 353
10.5	46	15.3	10	22	15 Male	15 Male	390 x 206 x 415
12	52	17.3	10	22	15 Male	15 Male	391 x 206 x 415
Heavy Duty Commercial							
6	26	8.6	6	15	22 Female	15 Male	530*180*330
9	39	13	10	22	22 Female	15 Male	530*210*370
12	52	17.3	10	22	22 Female	15 Male	530*210*370
15	65	21.6	3 x 6mm	22	22 Female	15 Male	530*230*460
18	78	26	3 x 6mm	22	22 Female	15 Male	530*230*460

What door should I use?

When choosing a door the main thing to consider is a watertight seal, with a commercial room the door should also have a slight air gap at the bottom of the glass for air circulation.

Do I need a special shower tray?

No

Do I need to use special tiles or grout?

No, normal wet room tiling and grout materials can be used. When choosing tiles make sure they are non-porous.

Do I need special steam proof lights?

No basic shower lights can be used, IP65 low voltage lights. We also sell chromatherapy lights on the site, a popular choice for most customers.

How long does the steam shower take to get hot?
Usually about 10-15 minutes but can be longer depending on the size of the room, ceiling height, wall material.

Do I need special ventilation?

No ventilation is really needed an external ventilation fan in the room outside of the shower should suffice but for commercial a static vent is recommended to keep a clean airflow.

How do you control the steam temperature?

There is a thermostatic digital control, which can change temperature between 30-60^{o}C. A common operating temperature is about 45^{o}C.

What about the ceiling for my steam shower?

The ceiling must be curved so that the water runs down the walls instead of falling like hot rain. This can be made using plastic acrylic panels or tiles.
We recommend using a low ceiling as heat rises and you are usually sat in a steam room. Optimum height is about 2000mm.

Do I need to insulate the room?

Insulation isn't needed but using tile backer board like (Wedi) is recommended for a quicker heat up time.

Still got a question?

You can call at anytime Mon-Fri 9-5 to speak to our technical department.