

## GENERAL OVERVIEW::

- \* Average duration: about 10-15 minutes
- \* Temperature: 40-50°C
- \* Humidity level: about 90%
- \* Frequency: not more than 1-2 sessions

## BENEFITS:

Essential oils extracted from herbs dissolved into steam. They penetrate the body through the skin and the respiratory system and work their positive effect.

Steam baths has an optimale smoothing effect on:

- \* Rheumatic trouble
- \* Lumbago
- \* Metabolism disorders
- \* Cardiovascolar disorders
- \* Women's problem
- \* Colds
- \* Catarrh and bronchitis
- \* Hayfever
- \* Skin problems



# STEAM BATH