

An Age-Old Fountain of Youth

Multiple Rejuvenating and Healing Benefits with Steamy Wonder™ Steam Therapy

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For thousands of years, people of cultures world-wide have indulged in the soothing warmth of the sweat bath. The elaborate bathing traditions of the Romans are well known. The wealthy of ancient India did not consider their mansion complete unless it included ayurvedic steam facilities. The Muslim Hamman, or bathhouse, with its domed, central steam chamber, is still an integral part of life in Muslim countries.

□ In addition, the sauna and steam bath have been popular in Europe and America for centuries. The sauna, integral to Finnish culture and ritual, was also called "the poor man's apothecary". Many Native American tribes use sweat lodges as part of their religion, making steam therapy one of the oldest spiritual practices in America.

□ Hippocrates, the founder of Western medicine, more than two thousand years ago said, "Give me the power to create a fever, and I shall cure any disease." Research shows that the 'artificial fever' of a steam treatment stimulates the immune system, increasing the number of white blood cells and improving lymphatic drainage, circulation and cell growth.

Just like an ordinary fever, the raised body temperature during the Steamy Wonder™ treatment slows the growth rate of most bacteria and viruses, giving the immune system time to mobilize its own forces. Indeed, many regular steam bathers report that a sweat treatment at the early onset of a cold or flu helps ward off the illness before it manifests as actual symptoms.

□ Apart from the immune-stimulating effects of the Steamy Wonder™, steam is also an effective detoxifier. Steam therapy stimulates the skin, opens pores and naturally moves toxins out of the system.

For maximum results, keep the head cool and the body supine.

Veronica Butler, M.D., author of *A Woman's Best Medicine*, and Maharishi Vedic health professional, recommends herbal steam treatments, called swedhanas, to clients as part of Ayurvedic purification treatments, known as 'panchakarma'.



The Steamy Wonder™ Steam Canopy

According to classical Ayurvedic texts, a swedhana requires keeping the head cool and the client supine. The Steamy Wonder™ is the only widely available equipment which provides this crucial Ayurvedic prescription.

"A swedhana clears the shrotas, the channels through which the biological intelligence flows," says Dr. Butler. "If impurities clog these channels, the body becomes more susceptible to disease."

Sweating - As important to our health as eating and breathing

□ “Many people, in this sedentary age, simply don’t sweat enough, making sweat bathing particularly desirable now. Anti perspirants, artificial environments, smog, synthetic clothing, synthetic skin care products and a physically idle lifestyle all conspire to clog skin pores and inhibit the healthy flow of sweat.” SWEAT, by Mikkel Aaland

These detrimental effects quickly reverse in a Steamy Wonder™ steam treatment, which:

- Encourages circulation, stimulates the immune and lymph systems
- Promotes the elimination of toxins
- Tones and improves the functioning of all the body’s organs, especially the skin

During a steam bath the body's temperature increases; the resulting perspiration allows for the excretion of toxins and impurities, including toxic metals, which can severely compromise one's health. Stress and fatigue melt away, and you will look and feel balanced, energized and rejuvenated.

Doctors estimate that up to 90% of their patients are seeking care for stress-related disorders---including anxiety, depression, insomnia, fatigue, weight gain, headaches, and high blood pressure. People are increasingly looking for natural ways to reduce stress and to improve the quality of life.

Stress affects everything from the common cold to cancer. It blocks the free flow of intelligence in the body/mind, making the body less resistant to disease. A Steamy Wonder™ steam treatment gently relieves the negative effects of stress. The result is a sense of deep relaxation for mind and body and a radiant, youthful look that lasts for hours after the treatment.

Regular steam treatments allow you to make stress reduction a self-perpetuating activity. Gently untwist and relax those frazzled nerves, while the internal cleansing power of natural steam therapy strengthens the immune system and naturally removes the tiring effects of a stressful day.

“For prevention, for health maintenance and as a powerful aid to detoxification, nothing beats a Steamy Wonder™ steam treatment. It is probably the most beneficial and effective tool in my practice.”

Frank Berg, Spa Educator and Owner
Beauty Resort Day Spa

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More articles on the benefits of the Steamy Wonder and steam therapy have appeared in the following leading journals:

- * Dayspa Magazine "Turn Up the Heat" January 2003
- * American Spa "Sampler Platter- The Steamy Wonder" September 1998
- * Massage Magazine "Steam and Sauna Therapy" May/June 1997
- * Skin, Inc. "The Value of Steam Therapy" October, 1997
- * les nouvelles esthetique "Magical Mists- The Wonders of Steam Therapy" January 1995
- * Natural Health Magazine "The Joy of Sweating" November/December 1994