

The History of Steam Therapy

Since ancient times steam therapy has been used by traditional healing systems around the world to improve and maintain good health, wellness and beauty. Turkish Baths, Native American Sweat Lodges, Finnish Saunas, Japanese Steam Rooms and Roman Greek Bath Houses are good examples of how different cultures have used steam therapy.

Hippocrates recognized that by creating an 'artificial fever' (which naturally occurs during a Steamy Wonder™ Spa treatment) he could cure many illnesses. It is no surprise that thousands of Day Spas, Massage Therapists, and Health Clubs use steam therapy as an essential part of their program.



Ancient Turkish Steam Bath using steam, aroma therapy, and massage for health and wellness.

The Steamy Wonder™ Spa

The best way to steam is lying down on a comfortable soft massage table so your body is evenly heated for maximum blood flow. It is important that your neck and head are kept cool outside the tent, as recommended by Ayurvedic Health Professionals. Special organic herbs and essential oils, such as rose and lavender, can be added to the steam to enhance your experience.

Weight Loss & Cellulite Reduction

An average person can easily lose 500 grams of sweat in a sauna (the equivalent of running three to four miles) or 475 to 600 calories. The water loss is regained by re-hydration, while the calories and fatty tissue remain burned off.

Weight loss and cellulite reduction will vary based on the individual body type. It is very important to remember to eat properly and exercise regularly. This is an ideal process to enhance any good weight loss program.



As you relax in the Steamy Wonder™ Spa, your body is actually working to eliminate toxins and burn fat. Weight loss is enhanced because body fat becomes water soluble and the body can more easily eliminate fats, toxins, and heavy metals. During the treatment circulation is dramatically increased allowing more profound detoxification and purification.

Because the metabolism increases you are burning calories, not just water! As you lose weight through purification many of the toxins stored in the skin and other tissues will be dissolved and eliminated as well.

Cellulite Reduction

The Steamy Wonder™ Spa will also add to the reduction of hard to remove cellulite. When used in conjunction with special detoxifying mud and essential oils with manual manipulation of the tissues it will greatly accelerate effective cellulite reduction.

Maximum Detoxification

The moist heat experienced during The Steamy Wonder™ Spa treatment speeds up the chemical processes in the body. As the pores open up and the millions of sweat glands start to excrete, the body rids itself of metabolic waste. This makes it one of the most simple and comfortable ways to rid the body of accumulated toxins.

The skin is sometimes called the third kidney because sweat contains much of the same elements as urine. This is why sweating is such an effective way to detoxify, and why some physicians recommend home saunas to supplement kidney machines. Sweat also draws out lactic acid which causes stiff muscles and contributes to general fatigue. This is why you will feel even more relaxed and rejuvenated after your Steamy Wonder Spa treatment.



Mr. Gilbert Rivera has been a Licensed Nurse Massage Therapist & Instructor for over 15 years as well as a Group Health Claims Adjuster with 10 years training experience.

"I have been using the Steamy Wonder Spa for 10 years as a detoxification unit for all my clients, including cancer patients. It is a great way to detoxify these patients once they have completed their chemo treatments. As a Nurse Massage Therapist I have been fortunate to work with some great physicians who believe in alternative healing. I also have used seaweed and mud treatments with the Spa, and all my clients love it".

Gilbert C. Rivera
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