

# COMPLETE SAUNAS AND STEAM

## Main benefits of steam generators:

**A therapeutic lifestyle to *feel better and look good.***

- Improves circulation
- Naturally lowers blood pressure
- Improves breathing
- Aids tired muscles in recovery & increases flexibility
- Helps promote drainage in the sinusus
- Cleanses, hydrates & softens the skin
- Opens pores
- Loosens stiff joints & helps with joint discomfort
- Relief from arthritis
- Detoxification & rids body of toxins & excess sodium
- Relief from colds, allergies & asthma symptoms
- May help boost metabolism
- Burns calories while in use
- Stress reliever & relaxant
- Encourages deep and restful sleep
- Costs cents to operate while increasing the value of your home

