



# Wellness starts with MrSteam.®

Nature's oldest therapy is a key to living well.  
Our innovative steam therapies have been shown  
to improve physical and mental well-being.

## **BODY**

- Helps maintain vascular function and health
- Supports cardiovascular health
- Helps maintain lung health
- Loosens stiff muscles and promotes flexibility
- Supports the removal of toxins from the body
- Prepares the body for relief from temporary joint pain and discomfort
- Promotes optimal breathing and opens nasal passages
- May provide temporary relief of respiratory symptoms
- Promotes sinus drainage by acting as a natural expectorant
- Cleanses and hydrates skin while opening pores
- Promotes an increase in blood circulation
- Supports lactic acid breakdown in overworked muscles
- May boost metabolism
- On average, has been shown to burn 150 calories in a 15-minute session at 114° F

mr.steam®

Feel Good Inc.

“I have long recommended steam therapy for its benefits and use it frequently myself. After trying a number of home steam therapy systems, I have found MrSteam products to be the best. They allow me to enjoy steam therapy regularly, just the way I like it.”

- ANDREW WEIL, M.D.,  
AUTHOR, “8 WEEKS TO OPTIMUM HEALTH”

## MIND

- Encourages relaxation
- Helps relieve stress
- Supports mental acuity and cognitive function
- May help promote deep, restful sleep
- Fosters a sense of well-being

## SPIRIT

- Provides a place for rest and renewal
- Helps create moments of quietude and reflection
- May elevate your mood

## ADDITIONAL BENEFITS

- Uses less than 2 gallons of water for a 1/2-hour steam bath
- Costs cents to operate
- Can be added to an existing shower
- May increase equity of the home



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