



# THERE'S ROOM FOR STEAM IN EVERY SHOWER

A Bathroom Remodel Checklist



mr.steam® | Feel Good Inc.



Sometimes what we don't know can scare us, especially when it comes to bathroom remodeling. So – before you hire the experts, such as a designer, contractor, plumber and electrician – check out our checklist to help you understand everything you need to know to install a home steam shower system.

Dreaming of a steam shower in your bathroom remodel but afraid your existing space might be too small? If your shower stall is at least 3x3 feet – and it's difficult to find one smaller than that! – you can install and enjoy the many benefits of steam in no time at all.

Of course, you might have a more spacious area to work with. One of the great things about steam is that you can go as big or as small as you like!

Once you review this 7-point checklist, you'll be ready to start building your steam shower wellness retreat with confidence!

# STEP 1

## Selecting the Right-Sized Steam Shower Generator



The right-sized generator means you'll have the perfect amount of steam to fill your enclosed space. The best way to decide which generator size is right for you is to use **MrSteam's Virtual Spa System** on the MrSteam website.

Still worried about a very small bathroom? The size of the shower enclosure is really all that matters. The minimum size enclosure we recommend is **3'x3'x7'**. This gives you enough space to stand or sit on a [fold-up seat](#).

But how do you know which size is right? It depends of two key factors:

- *The size of your shower enclosure*
- *The type of material you use in that enclosure*

First, measure the length, width, and height of your steam enclosure in feet:  
**LENGTH X WIDTH X HEIGHT = ROOM VOLUME** in cubic feet.

Now, consider the construction materials you'll use:

- *Natural marble, stone, glass block or concrete: add 110%*
- *The type of material you use in that enclosure*
- *Ceramic, porcelain or glass tile: add 40%*
- *Fiberglass and/or acrylic: deduct 15%*

**ROOM VOLUME + CONSTRUCTION MATERIALS = TOTAL ADJUSTED VOLUME**

Either calculate the right sized generator yourself using our generator chart, or let our online Virtual Spa do the work for you.



### CHECKLIST ITEM #1

*Now that you know which generator you'll use, move on to Step 2.*



# STEP 2

## How high can the steam ceiling be?



How high can the steam ceiling be?

This one is easy! The ideal steam shower has a maximum ceiling height of 8 feet. If your bathroom has a higher ceiling or vaulted design, you may need a higher-rated and more powerful steam generator to fill the additional room volume.

The important thing to remember about ceiling height is that steam rises. If you design a room with a grandiose 13' ceiling, the laws of physics dictate that the steam will collect near the ceiling – over your head.

You can go higher than 8' – say up to 10' – but you'll need to bump up the size of the generator to compensate for that increased height.



### CHECKLIST ITEM #2

*Now that you've measured the height of your bathroom ceiling, you're either fine with a standard generator or know you'll need to adjust it to a more powerful one if you exceed 8 feet. Move on to Step 2.*

# STEP 3

## Waterproofing and sealing the steam shower enclosure



It's important to make sure the enclosure is waterproofed, even the ceiling. Here are some good options:

- *A vapor barrier – a plastic or foil sheet used for damp proofing*
- *Hot mopping – asphalt and tar paper creating an impermeable layer*
- *A shower membrane - a pliable sheet-applied waterproofing membrane and vapor-retarder*
- *An underlayment - a rigid, light weight, waterproof backer board designed to easily hang on walls*

Your shower needs to be properly enclosed so water vapor doesn't escape and lessen your steam experience. Glass shower doors and glass panels should reach all the way to the ceiling, while any windows in the shower should be double-paned.

Although the shower needs to be water-tight, it does not have to be air-tight. Some air infiltration, especially around the shower door, produces the puffy white vapor that is so much a part of the steam experience.



### CHECKLIST ITEM #3

*Now that you know how to keep the steam in, move on to Step 4.*

# STEP 4

## Pick the control that's right for you

MrSteam offers a full range of steamshower controls that caters to every consumer type. Our top-of-the-line controls push the technology and user envelope, making steam bathing a fully personalized experience. Our more basic controls are push-button friendly, giving you the comfort and convenience of stepping into a steam shower without all the bells and whistles.

Of course, all of our controls offer these features:

- *Controls temperature settings*
- *Works with all MrSteam eSeries Generators*
- *Works with SteamLinux to be able to set the control remotely*
- *Integrates with Amazon Alexa if SteamLinux is installed*

Here's a quick description of all of the options.

**iSteam3®** – Our most comprehensive control, gives you absolute control over your steam experience with unsurpassed swipe touch functionality in a sleek, contemporary package. The award-winning iSteam3® touchscreen Steam Shower Control serves as a command center, allowing for personal settings for up to eight steam shower users and six languages. Duration, temperature, MrSteam therapy systems and other favorites are available with a touch.

**AirTempo®** – Powered by replaceable, long-lasting lithium batteries, the AirTempo Control communicates wirelessly, eliminating the time, hassle, and expense of running a cable from the control to the generator. Once you decide where to place the control – which can be on tile, granite, marble, and even glass surfaces – your installer will be able to install it in seconds – no tools required!

**iTempoPlus®** – the perfect control if two individuals in your household want to pre-set their time and temperature settings in a straightforward, less complicated steam shower control. In addition to supporting two users, iTempoPlus controls both AromaTherapy and ChromaSteam systems with an integrated on/off feature.

**iTempo®** – The iTempo® control features a digital display, with adjustable temperature settings. This is the control to select if you want a great steam shower with push-button simplicity.



### CHECKLIST ITEM #4

*Now that you know the importance of a non-slip floor, move on to Step 5. Now that you have an idea about the range of controls you can choose from, move on to Step 5*



# STEP 5

## Where can you install your steam shower generator?



Here are some do's and don'ts to help you plan where to locate your steam shower generator:

### DO INSTALL IT:

- *In a closet, vanity cabinet, heated attic, or basement*
- *Within 60 feet of the steam shower*
- *In an upright position on a solid, level surface or mounted to a wall*
- *With clearance of at least 12 inches from the top and sides for servicing*

### DON'T INSTALL IT:

- *Inside the steam shower enclosure*
- *Outside or anywhere that it might be affected by the environment*
- *In an unheated attic or anywhere that water might freeze*
- *Near flammable or corrosive materials or chemicals*
- *In areas with a high concentration of chlorine*



### CHECKLIST ITEM #5

Now that you know where you might locate your steam generator, move on to Step 6.

# STEP 6

## What are the electrical requirements needed?



You'll need enough dedicated electric power to operate the generator and will want to work with a certified electrician. Unless you have your own electrician's license, MrSteam strongly discourages you from making this part of the project DIY!

So you'll know what to expect, here are the electrical requirements:

- *If you live outside the US, consult with a licensed electrician.*
- *All of MrSteam's in-shower controls operate on low-voltage, separate from the generator.*
- *A separate, dedicated circuit breaker must be installed to power the steam generator.*
- *Place an easily accessed cutoff switch within sight of the steam generator.*
- *If you switch out the lighting for vapor-sealed steam shower lighting, it should be protected with a ground fault circuit interrupter (GFCI) to shut off the power if moisture is detected in the fixture.*



### CHECKLIST ITEM #6

*Now that you know enough to hire a certified electrician, move on to Step 7.*



# STEP 7

## Planning ahead for the steam shower's controls and seating



You should locate the steam head approximately 12" above the floor on a wall opposite the seat, away from the entrance. A cool-to-the-touch steam head helps guarantee your comfort.

You'll want to decide the most convenient spot to control your steam experience. As a rule, keep the control between 4-5 feet above the floor and away from direct steam flow. MrSteam also offers remote control options that allows you to start up the steambath from anywhere.

To relax and fully embrace the benefits of steam, consider installing a seat. A fold-up seat helps maximize space. Otherwise, install a built-in bench, slightly sloped for drainage. Do make sure you locate the seat out of the direct path of the steam head!



### CHECKLIST ITEM #7

*Now that you have a good idea of where to place the interior components of your steam shower, you're done!*



Of course, there are other options you may want to consider – such as whether to add such amenities as **Aromatherapy, Chromatherapy, in-shower lighting,** and **audio.** And the floor surface you choose is also important. Flooring needs to be textured to prevent falls. Or you may want to add anti-skid strips on your steam-room floor. But now you have a basic understanding of what it takes to remodel your existing shower – no matter how large or small. And you recognize that it's a completely doable project, bringing you hours of personal enjoyment, enhancing your lifestyle and improving your wellbeing.

## STILL HAVE QUESTIONS?

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*MrSteam offers you plenty of planning resources, such as live chat, the **Virtual Spa sizing system** and the ability to locate **an authorized MrSteam dealer in your area.** Being well-informed about the process means you can now engage professionals – designers, builders, plumbers, and electricians – with the utmost confidence!*