

The ChromaSteam Fragma AromaSteam systems enable you to renew mind, body and spirit while transforming your shower into a personal sanctuary, providing you with the ultimate holistic steam bathing experience.

Color & Essence

Color and light have capof the greatest thinkers in history most notably Hippocrates, the Father of Western Medicine. He is known to have incorporated Chroma and Aroma Therapy into

Mr.Steam® has now revitalized the healing powers of color

from organic flowers and plant material designed to balance your body to its maximum wellness the corresponding ChromaSteam™

The use of essential oils and colored

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body's seven energy centers in the spinal correspond to slors and to slors and the spinal correspond to slore and the slore and the spinal correspond to slore and the slore and the spinal correspond to slore and the slore a Let's explore the body's seven major Chakras or energy centers



FIRST CHAKRA

MULADHARA

Located at the perineum



COLOR: Red Vitality

AROMA: Cedarwood, Lavender, Clove Bud, Ho Leaf, Rosewood, Patchouli, Copaiba Balsam and Frankincense

ELEMENT: Earth

This Root Chakra is associated with survival instincts, strength, courage, health, vigor and sexuality. Feeling a bit sluggish?

Combine the ChromaSteam™ light and essence of Red Vitality and get ready to take off!





SECOND CHAKRA

SVADHISTHA

Located below the nave



AROMA: Ylang Ylang, Atlas Cedarwood, Clary Sage, Mandarin Orange, Palmarosa and Nutmeg

ELEMENT: Fire

This Sacral Chakra is associated with passion, confidence, enthusiasm, striving and self-motivation.

Are you feeling inhibited?

Turn the ChromaSteam* light to orange and introduce the essence of Invigorating Orange for a motivating experience that may help lessen sexual inhibitions.

Now let the party begin!



THIRD CHAKRA

MANIPURA

Located behind the stomach



AROMA: Clary Sage, Sweet Orange, Patchouli, Ylang Ylang, Cardamon, Peru Balsam and Nutme

ELEMENT: Air

This Sacral Chakra is associated with intellect and communication, confidence, attention to detail, academic achievement, discipline and mental discrimination.

Having difficulty staying Focused?

Introduce the Yellow Awakening essence into the steam room and activate your ChromaSteam* light to help improve memory and concentration.

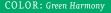




FOURTH CHAKRA

ANAHATA

Located in the middle of the chest



AROMA: Rosewood, Patchouli, Geranium, Litsea Cubeba, Sweet Orange, Pettigrain and Ylang Ylang

ELEMENT: Water

This Heart Chakra is associated with the heart, hope, healing, compassion for others and for self-forgiveness and growth.

Feeling stressed out?

Turn your ChromaSteam* System to Green Harmony and infuse the steam with Mr.Steam's Green Harmony essence. Together this dynamic combination may help to reduce stress and restore a sense of balance.





TIFTH CHAKRA

VISHUDDHA

Located at the throat



AROMA: Atlas Cedar, Lime, Vetiver, Grapefruit, Clove Bud, Lavender, Copaiba Balsam, Ginger, Spearmint, Lemongrass & Allspice

ELEMENT: Ether

This Throat Chakra is associated with self-expression, creativity, inner peace, loyalty and truth.

Feeling nervous about a presentation?

Used in tandem, the Celestial Blue ChromaSteam[®] light and essence will have you speaking more calmly and eloquently.





SIXTH CHAKRA

AINA

Located in the center of the forehead



AROMA: Lavender, Tangerine, Cedarwood Virginia, Clary Sage, Peru Balsam, Tanacetum and Frankincense

ELEMENT: Light

This Third Eye Chakra is associated with psychic awareness, intuitive thought, spiritual insight and clairvoyance... the ability to "see the big picture".

Having a creative block?

Turn your ChromaSteam" System to Mystic Indigo and bring in the Mystic Indigo essence to get your creative juices flowing.





SEVENTH CHAKRA

SAHASRARA

Located above the head

COLOR: Violet Nirvana

AROMA: Orange, Mandarin Orange, Lime, Lemon, Myrtle and Green Myrtle

ELEMENT: Air

This Crown Chakra is associated with spiritual connection, inner voice, transcending of self and bliss.

Looking for a way to unwind?

Simply turn your ChromaSteam™ System to Violet Nirvana and introduce the Violet Nirvana essence to calm your agitated nerves.