

STEAM THERAPY TREATMENT



HEALTH BENEFITS OF STEAM THERAPY

- *Reduces tension and stress

- *Relaxes muscle tissue

- *Detoxifies the body

- *Increases circulation

- *Stimulates the Immune system

- *Revitalizes the skin

The skin is the largest organ of the body. Together with the liver and kidneys, it has a key role in detoxifying and cleansing the body. Cleansing is important to maintaining good health, especially in today's polluted world. Steam therapy opens the pores of the skin and promotes the release of toxins and wastes. Many claim that it is one of the most effective and enjoyable detoxifying treatments available.