



just breathe



**Aromasteam**

portable steam therapy





## imagine

... a special place that's yours and yours alone. Imagine your own private spa where you can relax and unwind. Where stresses and strains just drift away, leaving you refreshed, calm and rejuvenated. Aches, pains and the myriad thoughts of a busy day are gently soothed, revealing the essential you once again.

For thousands of years, many cultures have understood the benefits that the soothing warmth of steam and the healing power of plants and herbs can bring. Think of the elaborate baths of the Romans, the fabulous bathhouses and steam rooms of the wealthy Indian mansions, the Muslim Hamman with its domed steam chamber and the famous Turkish baths, popular in Europe for centuries.

They all recognised that the combination of aromatherapy and steam is a powerful one, naturally opening the pores, enabling the skin to absorb the benefits of the essential oils. With every breath you take, their gentle, effective qualities are dispersed throughout the body, seeking out the parts of you that need their healing touch.

AromaSteam is your own portable sanctuary, a personal aromatherapy and steam treatment spa that merges the ancient knowledge of aromatherapy and steam bathing to give you a unique experience that uplifts and rejuvenates mind, body and soul.



# a personal sanctuary





## breathe

... in the benefits of Aromasteam aromatherapy, the practice of using aromatic plant extracts to facilitate healing.

The most common plant extracts used are pure essential oils, ours are designed to work in sympathy with your own body systems to relax and treat the areas of need. They evaporate at room temperature and each oil or blend of oils has its own characteristic aroma.

A human being should be able to recognise between 3,000 and 10,000 different aromas. Recognition takes place in the olfactory

system, within which there are over 1,000,000 receptor cells. As the cells receive different smells they send messages to the brain. The body will react accordingly in most cases.

Steam enhances this reaction, as it carries droplets of essential oil onto the body, allowing the skin to absorb these tiny molecules through the pores on the hair shafts. They bind with the lymphatic fluid which carries the oil molecules into the blood stream to the different organs where the oils are identified.

Their regulating properties swiftly seek areas in the body that need treating. For example Tea Tree will seek out and find infection and fungi and Lavender will find almost everything.

Essential oils can also be used when there is no physical pain or specific condition as the aromas from our special blends can promote a variety of mood-enhancing benefits.

The range includes:

- |                 |   |
|-----------------|---|
| <b>Breeze</b>   | to work with your respiratory system  |
| <b>Detox</b>    | to give an uplifting clarifying feeling                                     |
| <b>Energise</b> | to help relieve intellectual fatigue, mental fatigue and uplift the spirits |
| <b>Relax</b>    | to help relieve nervous tension, stress and anxiety related symptoms        |



## blended aromas







## experience

... an intense feeling of well-being each time you enjoy the unique AromaSteam spa. From simple relaxation, to relief from aches, pains and respiratory problems, the combination of modern technology with the age-old healing powers of essential oils and steam treatment, will always deliver the benefits you need.

As you sit in the warm, penetrating heat, the steam gently raises your core temperature creating an 'artificial fever'. Fever is actually part of the body's natural healing response and is known to produce a positive effect on a number of bodily processes.

### **Relaxation**

By allowing the steam heat to reach deep inside muscles and joints, it helps relieve tension and soothes aches and pains, allowing a blissful sleep.

AromaSteam is used worldwide to relieve Arthritis and Rheumatism, reducing inflammation and increasing muscular flexibility.

### **Deep cleansing and skin rejuvenation**

As the steam gets to work on your body, it produces powerful therapeutic effects simply by increasing blood circulation (but not blood pressure). The pores of the skin are gently opened, purging the body of impurities and re-hydrating tired cells. It's one of the simplest ways to detoxify the body, leaving the skin feeling healthy and glowing.

Over its 4,000 years of history, steam has been widely used for the relief of many skin conditions such as Eczema and Psoriasis.

### **Raising your body's defenses**

Steam gently raises your body's core temperature - stimulating your metabolism and naturally boosting your immune system by increasing the number of white blood cells in the body.

### **Easing respiratory conditions**

Steam inhalation helps to relieve congestion and is a proven treatment for respiratory conditions such as asthma, bronchitis, hayfever and other allergies.

In combination with our specially blended essential oil, AromaSteam quickly breaks a head cold and by gently rehydrating the respiratory tract offers rapid relief from spasmodic coughing and croup, along with continued relief from sinusitis.

Enjoy your personal AromaSteam spa treatment anytime you need a cardiovascular workout, a soothing, deep-cleansing treat for the body, an immune system booster, or as an invigorating mental refreshment.

# intense well-being







## simplicity & style

An AromaSteam treatment spa is simple to assemble, a pleasure to use and easy to clean and maintain. It is compact yet comfortable, fully collapsible for easy storage and transportation, and is made from durable, high quality materials. No specialist installation, plumbing or wiring is needed - just plug it in, fill the water pot, add a few drops of your chosen aromatherapy oil, set the time and temperature and you're ready to have a wonderful AromaSteam experience. **AromaSteam is the only portable full body steam room in the world.**

### Features include:

- fully collapsible and will fit under a double bed
- easy to use digital temperature and time controls with convenient fully functional remote control
- ergonomic & innovative fixed bench seat for comfort
- built in drain which collects all the condensate
- detachable spout connection allowing simple cleaning and emptying of the unit
- a complimentary set of specially blended aromatherapy oils



### AromaSteam Super

<b>Power</b>	1500W 100, 110, 220v
<b>Warranty</b>	1 year
<b>Size</b>	1.10m (43") diameter 1.70m (57") high
<b>Includes</b>	Set of specially blended aromatherapy oils
<b>Shipping</b>	3 boxes 0.95 cubic metres gross weight: 55kg (122lbs) net weight: 37.5kg (83lbs)



# Aromasteam

portable steam therapy

**FREEPHONE 0800 0835668**

manufactured, marketed  
& distributed by:

### Vanity Fayre International Ltd

40 Quakers Lane Tel: +44 (0)1707 659 485  
Potters Bar Fax: +44 (0)1707 660 345  
London EN6 1RJ email: info@aroma-steam.com  
United Kingdom web: www.aroma-steam.com



**Vanity Fayre**  
LIFESTYLE & INNOVATION

dealer stamp

Warning: AromaSteam should not be used by pregnant women, elderly persons or those suffering from heart disease, diabetes or high or low blood pressure without first seeking medical advice.

AromaSteam should not be used while under the influence of alcohol, medication or immediately after a meal. Technical specifications may change without prior notice as part of our policy of continual improvements.

The distinct product design of AromaSteam Portable Steam Spa, is the exclusive trademark and symbol of identification of Certikin International Ltd. AromaSteam is tested to International electrical approval standards.

Protected by: US patent number 5,416,931; British patent number GB2241165. British registered design. US registered trademark 2,962,232. Details of additional foreign patents and trademarks available on request.