

# How a steam room benefits your skin, muscles, joint pain, stress levels, and more...

Steam baths are known for their relaxation and deep skin cleansing, but steam room benefits also include:

- relief from muscle soreness
- relief from stiff joints
- immune system enhancement
- lymph detoxification
- blood circulation improvement
- sinus congestion relief

Regular use of a steam room can have an impact on your health *and* appearance.

## Respiratory Benefits

Both sauna and steam baths are therapeutic, but the high moisture content in a steam room is especially good for respiratory problems.

For generations, doctors have recommended breathing steam for all kinds of respiratory issues.

Steam baths have been proven to be effective for conditions such as...

- asthma,
- bronchitis,
- sinusitis, and
- allergies.

Steam can help clear allergens and mucus from your lungs.

Vaporizers cannot compare. *Why?*

Because a steam room exposes you to a **higher concentration** of steam, making it more effective for providing relief from breathing problems.

Breathing passages are soothed because of increased moisture content in your lungs, throat and nose.

Dr. Darrell L. Wolfe, Ac, Ph.D, wrote a good article about the [therapeutic health benefits of steam rooms](#).

A visitor of this site named Dustin swears by the benefits of steam bathing. He says it helps him [stay well throughout winter time](#).

## Skin Benefits

*Nothing* is better for your skin than a heavy sweat.

Dermatologists recognize the value of steam in creating a beautiful, healthy glow.

Heavy sweating cleanses your skin more thoroughly than soap and water. *How?*

Because it opens your pores and allows deep-seated grime and dead cells to be flushed out.

This is one reason steam baths can be helpful for [acne treatment](#) and some other skin conditions.

Also, the heat causes an increase in blood circulation, bringing more oxygen and nutrients to your skin surface. Over time, this can help contribute to a healthy, glowing appearance.

To better understand *why* a steam room benefits your skin, see my short article --> [Steam Rooms for Skin Care](#).

## **Pain Relief**

Heat has been known to be effective against joint and muscular pain.

It causes your blood vessels to expand, which increases blood circulation.

As a result, more oxygen and nutrients can reach damaged parts of your body.

This has the *double* effect of temporarily reducing or stopping pain *and* increasing your body's healing rate.

Spend 10 or 15 minutes in a steam room after you exercise for example, and you'll help speed up healing of damaged muscle tissue.

## **Stress Be Gone**

Many peoples lives are *filled* with stress, and we all know what stress can lead to...

- high blood pressure,
- cardiovascular disease,
- migraine headaches,
- muscle tension,

...and the list goes on.

Relaxing in a steam room is a great way to unwind and relieve stress.

The heat tells your muscles to relax, and the cloud of steam provides the perfect soothing atmosphere for calming your mind

I can't sit more than two minutes in a steam room and not feel completely relaxed.

Have you ever taken a steam bath before bed? If so, you already know that it promotes deep, restful sleep which is so important for recharging your batteries and healing your body.

Spending time in a steam room regularly can quite possibly have a noticeable impact on your health, appearance, *and* your state of mind.