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Steam Sanctuary: The Benefits of Steam Rooms

4 Major Benefits from Utilizing a Steam Room

Dating back to the Roman empire steam rooms have long been utilized for their multipurpose benefits. And while steam rooms and bathhouses have been around for a very long time, this traditional method of healing has so much to offer even in the present-day era. The benefits of a steam room experience can not only affect the physical body but can bring harmony to the mental body as well. So why should you try a steam room?

Steam rooms are exactly what you may be thinking — a steam-filled room that may have an upper and lower seating area, sometimes composed of wood or tile. The room is heated to somewhere around 100 degrees Fahrenheit. The room may also be infused with essential oils or eucalyptus and lavender plants that are hung around the room as well.

Most professionals recommend that you sit in the steam room for no more than 20 minutes in one session to avoid dehydration. The higher you sit the more likely you are to feel the intensity of the heat as steam does rise. Many times your local gym or spa wellness center will have one and this is the easiest way to try out a steam room and all it has to offer.

Now let's talk about all those amazing benefits!

WORKOUT RECOVERY

Not only do steam rooms help improve your body's circulation, but it doubles as a great post-workout recovery. Sore and tense muscles don't stand a chance when it comes to utilizing your local steam room. By using a steam room you can improve your flexibility and relieve muscle tension through the power of this heated place. Steam and heat can cause your blood flow to increase, thereby infusing your achy muscles with fresh, new blood for revitalization. It's a win-win!

SWEATING IT OUT

For those of us who aren't too keen on sweating it out on the treadmill, the steam room may be just the place for you. The steam room's temperature plus added humidity is bound to get your body sweating. The benefits of using a steam room often allow you to shed some quick water weight without even trying. Through all the sweating, it is possible to shed a quick few pounds while taking in all the other amazing benefits of a steam room.

SKIN HEALTH

And let's not forget the importance of happy and healthy skin. Steam rooms may be beneficial for bringing back that rosy glow even during cold, winter months. With the combined temperature and the moisture from the steam, your skin will look revitalized and refreshed.

When our bodies get warm our blood flow increases, incurring the warm, flushed look most of us desire. Steam rooms allow you the benefit of healing your skin and giving it all the moisture it needs, especially for those of us who live in dry, desert-like climates.

PEACE AND QUIET

Another benefit of using a steam room regularly is that it can double as your time for some quick meditation or practicing breathwork. It also allows you a chance to disconnect from the outside and take a few minutes away from your phone and everyday life stressors. Steam rooms can also clear your sinuses and allow blocked passageways within the brain to feel invigorated and open. The power of a steam room can help you reduce stress and learn to let your anxieties pass as you take in the relaxing time.

Steam rooms can offer major benefits if you are open to it. From helping relieve cold symptoms to giving you the glow you always wanted, steam rooms can be beneficial for everyone. Their benefits are varied and give you a chance to take some time to reflect while you shed off a few pounds. Be prepared and drink plenty of water and get ready to reap the easy benefits of the steam room's power! Steam rooms are an easy way to get your skin glowing and your body revived and ready to go. Go with an open mind and you are sure to gain some benefits from just one session.