Steam

noun \'stēm\n
1. The invisible vapor into which water is converted when heated to the boiling point.

ThermaSol Steam

\'thər-mə-sāl,\'stēm\n
1. The daily luxury of being enveloped by the warm serenity of mist in the privacy of your own home.

Steam therapy has been used for thousands of years to promote physical well-being. First adapted by the Turks and Romans, steam therapy produces a moist heat, which is thought to have therapeutic benefits for the cardiovascular and respiratory systems.

Today you can find a version of a steam bath or steam room in almost any culture, from the Russian banya and the American Indian sweat lodge to the Finnish sauna and the Turkish hammam. In the United States, steam rooms are typically found in luxury spas or gyms, but thanks to modern technology and greater consumer awareness, steam showers are becoming an increasingly popular amenity in private residences.
Imagine yourself pampered in the luxuriousness of a premier spa or resort. Relaxing, unwinding, letting go, as the warm steam cascades over your body; soothing tense muscles, and invigorating you like never before. The experience is incomparable, and can be yours… daily… in your home… in your own private Steamshower.

And now, you can transform your bath or shower with the simple touch of a button. Adjust the temperature, lighting, music, and aroma, then store the settings. Your senses are captivated, and the beauty is… they can be summoned to return, any day, any time… from anywhere in your bathroom… all from the hand held remote provided by Ambiance.

Since inventing the electric steam bath generator more than four decades ago, ThermaSol continues to evolve. Dedication to research and development, has brought new innovations to improve our customers' home spa experiences. Our most recent... the incomparable Ambiance system.

ThermaSol has been the dependable choice of top designers, architects, builders and homeowners since 1958.
Since the time of the Greek and Roman empires, medical practitioners have advocated for the health benefits of steam therapy.

**Detoxification**
The soothing warmth of steam opens pores. When one begins to sweat profusely, the skin on the body can release toxins from everyday living.

**Stress Relief**
The heat and moisture combination in steam rooms offers a relaxing atmosphere to calm the mind and lower stress levels.

**Respiratory Health**
those with respiratory problems enjoy steam therapy because it has been known to help soothe throat irritation, loosen phlegm in the lungs and loosen mucous in the nose.

**Muscle Relaxation**
Steam showers generate heat, which in turn helps aching muscles relax. Widening blood vessels help release tension by allowing more oxygen to flow through the muscle tissue.

**Skin Rejuvenation**
Steam has been known to hydrate skin pores and open them up so that toxins can be flushed out. More efficient blood circulation also gives skin a healthy glow.

**Better Sleep**
There has been significant scientific data detailing the correlation between steam therapy and quality sleep patterns. Relaxing for just 20 minutes at the end of the day in a steam shower may help to regulate the body’s core temperature and increase blood flow.

**Overall Wellness**
Many individuals have attested to the positive effects steam showers have on their mental health, including such things as helping to relieve depression and anxiety.
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Multi-Sensory Steam Shower Experience

ThermaSol brings the steam shower experience full circle by combining hydrotherapy, chromatherapy and aromatherapy into one session. The combination of these three natural holistic remedies refreshes the mind and body while delivering a full dose of tranquillity through steam, sight and scent.

Hydrotherapy
For centuries, people have relied on the restorative power of water to soothe pain and remedy illness. Hydrotherapy is the use of steam and vapor to promote the ultimate relaxation. Conventional uses of hydrotherapy have been known to help stimulate circulation, tone body tissues, alleviate pain, relax nerves and enhance overall well-being.

Chromatherapy
This alternative healing method uses color and light to balance energy wherever the body is lacking. The underlying principle is that certain colors, or the absence of colors, can affect your body and mood.

Aromatherapy
Aromatherapy is the use of essential oils that are sourced from aromatic plants and flowers. These oils stimulate the sense of smell and are absorbed through the skin. Rejuvenating scents are believed to improve mood and promote wellness.

Sound Therapy
Music has long been known to affect the mood and aid in relaxation. Studies have shown that listening to music can help slow the heart rate, lower blood pressure and decrease stress levels.

Visualization
Watching tranquil imagery from nature can help create a calm and meditative environment to relax the mind and body.
The Soothing Power of Chromatherapy

Upgrade your steam session with the ultimate in color therapy. Chromatherapy is an alternative healing method that uses color and light to balance energy wherever the body is lacking – be it physically, emotionally, spiritually or mentally. Drawing from the theory of Indian Ayurvedic healers, ThermaSol has based their calming chromatherapy treatments on the chakras. Each of the seven chakras is associated with an organ or system in the body. Below is a description of each chakra, its corresponding color, location and physical/emotional association.

**Red / Lower Body**
Associated with courage, loyalty and perseverance. Red, the color of life and desire, is said to increase blood pressure and circulation.

**Orange / Pelvis**
Orange evokes compassion. It symbolizes the sun and makes us alert and cheerful. Orange is used to treat depression, discontent and pessimism.

**Yellow / Stomach**
Promote feelings of freedom. Believed to have effects that greatly assist the metabolism, strengthen the nervous system and combat glandular disease.

**Green / Heart**
Creates a harmonizing effect. Promotes relaxation and detoxification.

**Blue / Throat**
Promotes peace and infinity. Is believed to relieve headaches, migraines, stomach pains and muscle cramps.

**Indigo / Forehead**
Promotes perception and intuition. It is applied in health treatments for the eyes, ears, nose and is commonly used to treat addiction.

**Violet / Top of Head**
The most meditative color. Used to soothe organs, relax muscles and calm the nervous system.

Your chromatherapy experience is heightened when paired with the power of steam and the restorative effects of aromatherapy.
Imagine yourself pampered in the luxuriousness of a premier spa or resort. Relaxing, unwinding, letting go, as the warm steam cascades over your body; soothing tense muscles, and invigorating you like never before. The experience is incomparable, and can be yours… daily… in your home… in your own private Steamshower. And now, you can transform your bath or shower with the simple touch of a button. Adjust the temperature, lighting, music, and aroma, then store the settings. Your senses are captivated, and the beauty is… they can be summoned to return, any day, any time… from anywhere in your bathroom... all from the hand held remote provided by Ambiance.

Since inventing the electric steam bath generator more than four decades ago, ThermaSol continues to evolve. Dedication to research and development, has brought new innovations to improve our customers’ home spa experiences. Our most recent... the incomparable Ambiance system.

ThermaSol has been the dependable choice of top designers, architects, builders and homeowners since 1958.
Aromatherapy for the Mind and Body

TheraSol’s Essential Oils elevate the home spa experience to a higher level of complete renewal. Offered in a multitude of invigorating, calming and rejuvenating scents, our Essential Oils are 100% organic and sourced from plants and flowers from around the world. Simply add two to four drops of these aromatic oils to the steam head reservoir in the steam shower and enjoy the ultimate aromatherapy.

**Essential Oils**
- **French Lavender** Promotes calming and relaxing effects.
- **Portuguese Eucalyptus** Stimulates, soothes and cools.
- **Italian Bergamot** Citrus scent reduces anxiety, depression and insomnia.
- **Madagascar Ylang Ylang** Effective aphrodisiac with a tranquil, warm aroma.
- **French Rosemary** Calms nerves, improves memory, confidence and creativity.
- **Egyptian Geranium** Relieves stress, anxiety, fatigue and PMS symptoms.
- **Energize Oil Blend** Invigorates the senses, improves circulation and relieves headaches.

**Precious Reserve Oils**
- **Bulgarian Rose Absolute** Uplifting and a natural aphrodisiac.
- **Indian Jasmine** Eases worry, anger, depression and irritability.
- **Italian Neroli** Alleviates depression, insomnia, and is a natural skin beautifier.
- **French Roman Chamomile** Relieves emotional anxiety and tension.

The preceding statements and claims about TheraSol’s Essential Oils have not been medically evaluated.
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Daily Ritual Your Healthy Lifestyle Text Goes Here
The Science of Steam

Numerous scientific studies conducted over the last 20 years support centuries of traditional steam use.

• According to the National Center for Biotechnology Information (NCBI), steam inhalation alleviates the symptoms of cold and nasal congestion. The study was conducted at the Common Cold Unit at Harvard Hospital and published in the “British Medical Journal” in 1989.

• A research study performed at the University of Munich’s Institute of Medical Balneology and Climatology also found that steam therapy is useful to those with asthma, allergies, bronchitis and sinusitis.

• A study conducted by H.I. Robins at the University of Wisconsin found that the “mood states of cancer patients following whole-body hyperthermia show a significant improvement in depression.” This was attributed to the increased B-endorphins, the same endorphins released with exercise.

• Long-term steam room use may help lower blood pressure and improve heart function, according to researchers at the Department of Internal Medicine and Biocenter at the University of Oulu in Finland.
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Why ThermaSol is the Industry Leader

**Lifetime - Factory Limited Warranty**
Warranty: PRO and SSA – an industry first. Only from ThermaSol. After the in-home warranty is up, send the unit to the factory and ThermaSol will repair the failure, including parts and labor.

**Infrared Sensing Technology (patent pending)**
Reads temperature more accurately and much faster than standard contact temperature sensors. Available with the MicroTouch and ThermaTouch controls.

**SmartSteam™ (patented)**
The most desired feature of any steam shower system! You won’t see this cutting-edge technology, but you will feel it! The ultimate in temperature control and energy conservation.

**PowerFlush**
Specifically engineered to purge calcification build-up from the inner tank. This unique system uses a combination of household water-line force (40 to 80 lbs.) and specially designed inner tank “speed slots” to increase the water velocity. This concentrated thrust of water pressure effectively sweeps the bottom of the tank, removing build-up.

**FastStart™ Technology (patented)**
Steam in seconds, not four to eight minutes! For vacation homes, this feature can be enabled/disabled using a Signature Series controller.

**Whisper Quiet, Constant Steam at a Constant Rate (patented)**
Only from ThermaSol. No irritating steam lags and bursts.

**Digital Two Way CAN-bus Technology**
Only from ThermaSol. The safest and most reliable communication technology in the industry.

**State-of-the-Art Controls**
Channeling capacitive touch technology used on mobile devices, the in-shower MicroTouch steam only control allows you to easily control: power on/off, temperature, PowerFlush system or recall your previous steam setting. In addition, the new in-shower ThermaTouch 7” LCD touchscreen controller allows you to control steam, sound and user settings, access Tranquility, operate the Serenity Light, Sound, Rain Head and more.

**Tranquility**
With nine unique scenes to choose from, Thermasol’s Tranquility mode combines imagery and sound themes from nature to help create a totally immersive steam shower experience. Accessed and viewed on ThermaTouch and integrated with Serenity Light, Sound, Rain Head.

**Thermostatically Controlled Steamhead with Integral Aromatherapy Reservoir (patented)**
Only from ThermaSol. This sleek, minimalist design retracts into the shower wall when not in use.
Water Conservation – The Green Side of Steam
ThermaSol steam shower units use only one gallon of water to power a 20-minute steam session.

Superior Style
The only manufacturer that offers matching controls and steamheads to create a seamless look with virtually any faucet or shower fixture.

No Upsizing
ThermaSol generators can be installed up to 50 feet away from the shower without upsizing.

Simply Sized Only from ThermaSol
ThermaSol generators are easy to size: LxWxH = Cubic Feet. No complicated formulas.

ThermaSol is Available Through Authorized Resellers Only
To ensure product quality and service, ThermaSol products are only available through authorized resellers.
Over 55 Years of Steam Shower Innovation

ThermaSol has a 55-year tradition of steam industry firsts, beginning with the creation of the first residential steam bath in 1958 and continuing today with the launch of the ThermaTouch 7” LCD touchscreen controller, the Serenity Light, Sound, Rain Head, and Tranquility – all designed to bring a new multi-sensory experience to the home spa. Through it all, ThermaSol has emerged as an iconic industry leader, innovating the most technologically advanced steam shower products to provide the most seamless and serene spa experience possible.

MicroTouch is named one of “Best Products of the Year” by Architectural Record magazine
The SmartSteam Advantage

SmartSteam (patented)
The most desired feature of any steam shower system!
The most desired feature of any steam shower system! You won’t see this cutting-edge technology, but you will feel it! The ultimate in temperature control.

The SmartSteam Advantage
- The SmartSteam Advantage

You DON’T want this!
- TOO COLD
- TOO HOT
- Ultimate Comfort

Generations without SmartSteam! How annoying temperature fluctuations.

You DO want this!
- Ultimate Comfort

SmartSteam delivers the ultimate in temperature maintenance... without annoying temperature fluctuations! The optimum in user comfort.
Split Tank Technology

Providing constant steam at a constant rate while ensuring trouble free reliability!

How it Works: Water is pre-heated in the water reservoir and passes to the boiling side only at the exact rate of steam production. This highly efficient system delivers uninterrupted boiling, providing constant steam flow at a constant rate… and can’t be found on competitive brands.

PowerFlush

It’s like having your own service technician!

How it Works: PowerFlush was specifically engineered to purge calcification build-up from the inner tank. This unique system uses a combination of household water-line force (40 to 80 lbs.) and specially designed inner tank “speed slots” to increase the water velocity. This concentrated thrust of water pressure effectively sweeps the bottom of the tank, removing build-up.
The ThermaTouch 7” LCD touchscreen controller gives you complete control over your home spa experience. Set the desired steam session temperature and time and get ready to unwind. Control the Serenity Light, Sound, Rain Head and set the lights and music to your exact specifications or access Tranquility to play relaxing video and sound scenes from nature.
Imagine yourself pampered in the luxuriousness of a premier spa or resort. Relaxing, unwinding, letting go, as the warm steam cascades over your body; soothing tense muscles, and invigorating you like never before. The experience is incomparable, and can be yours… daily… in your home… in your own private Steamshower.

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**NEW**

**ThermaTouch Control**

- 7” in-shower LCD touchscreen controller
- Built-in Infrared Temperature Sensor (ITS) patent pending
- Date and time display
- Set steam session temperature
- Set steam shower time sessions
- Set and control preferences for two users
- Recall of previous settings
- Access diagnostic maintenance feature
- Compatible with Solitude Wireless Module
- Tranquility mode*
- Operates Auto PowerFlush™
- Operates with Serenity Light, Sound, Rain Head**
- Built-in Bluetooth®
- Audio settings include volume, treble, mid-range and bass
- Stereo audio output
- Ethernet connection
- Powered by Android™

Additional features if installed with Serenity Light, Sound, Rain Head:

- Tranquility – Pre-programmed natural sounds and visualization scenes with nine relaxing themes
- Shower head with 82 jets**

For more information visit: ThermaSol.com/ThermaTouch

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* Serenity Light, Sound, Rain Head or In-Shower Speakers are required for sound

** Rain head rated at 2.0 GPM; requires separate volume control or diverter port with shut off valve
Serenity Light, Sound, Rain Head

Delivering chromatherapy, sound therapy and a gentle falling water sensation from 82 jets, the all-in-one Serenity Light, Sound, Rain Head combines the multi-sensory home spa experience into one relaxing session. Mood Lighting mode generates a soothing spectrum of gradually changing colors, while a built-in, high-performance audio system can play your favorite music via the Bluetooth® enabled ThermaTouch controller. All features can be controlled within the home’s WiFi range with the addition of the Solitude Mobile App and Solitude Wireless Module.

ThermaSol’s Serenity Light, Sound, Rain Head provides a unique combination of high-performance LED colors, allowing users to create a variety of personal ambiances using shower lighting, as well as sound delivered via speakers and a rain spray. Controlled by ThermaTouch.
Experience Tranquility

Transport yourself to a new world through light, sound and visualization. Tranquility uses the Serenity Light, Sound, Rain Head and ThermaTouch controller to create a totally immersive home spa experience. Combining sound and imagery from nature, Tranquility features nine relaxing themes: Cascading Waterfall, Ocean Voyage, Island Getaway, Golden Sunset, Beach Zen, Crackling Fireplace, Spring Forest and Spa Lights.

To learn more visit: ThermaSol.com/Tranquility

Channeling capacitive touch technology used on mobile devices, the in-shower MicroTouch steam only control allows you to control power on/off, temperature, PowerFlush system or recall your previous setting. **NEW Infrared Sensing Technology*** reads temperature more accurately and much faster than standard contact temperature sensors. With a low profile, clear screen and high-end visual appeal, MicroTouch is offered in five styles and 14 finishes.

![MicroTouch Styles](image)

*Patent Pending

Named one of “Best Products of the Year” by *Architectural Record* magazine

For more information visit: thermasol.com/microtouch
A Perfect Match for Any Fixture: Signature Series

The Signature Series of controls allows you to control time and temperature, maintenance and the Serenity Light, Sound, Rain Head with the simple press of a button. There are also two preset memories for users to customize their experiences (and remember their settings). The Signature Series is available in five styles and 14 finishes to match nearly any bathroom fixture.
Stay Connected with the Solitude Mobile Application

Technology and the complete luxury spa experience truly go hand-in-hand. This is the guiding principle behind every ThermaSol product, and the company’s Solitude Mobile Application is no exception. As the steam shower’s first and only mobile control app, Solitude literally puts the ThermaSol steam shower system and the entire Web in the palm of your hands via Apple or Android™ mobile devices.

Key Features

- Available for download through the App Store and Google Play™
- Compatible with Apple iOS 4.3 and up; Android™ 2.2 and up
- Control the ThermaSol steam shower system or Bluetooth® enabled Serenity Light, Sound, Rain Head system from an array of smartphone and tablet devices
- Set and control steam shower preferences for multiple users
- Remotely activate steam and monitor current room temperature from anywhere within the home’s WiFi range
- Select from a dozen light settings, ranging from a soothing mood light or bright shower light to preset chromatherapy chakras for the ultimate personal shower experience
- Set steam shower time sessions
- Set desired steam session temperature
- Adjust volume in light and music mode
- Adjust bass, midrange and treble with the built-in equalizer
- Access all available diagnostic and maintenance features of ThermaSol products
ThermaSol Shower Seats: Sit Back and Relax

Enjoy the tranquil warmth and relaxation of steam while resting comfortably on a ThermaSol Shower Seat. Brazilian Walnut is three times stronger than Teak and naturally resistant to moisture, mildew and decay. Each seat has ADA compliant structural strength capable of supporting up to 500 pounds.

A slim 3” profile when folded keeps the seat safely out of the way when not in use.

For more information visit: thermasol.com/seats
Fog-Free Mirrors

Fog-Free Mirrors are both convenient and practical for the bath environment. From traditional to contemporary styles, they make a bold design statement in any bathroom. Fog-Free Mirrors can be installed inside or outside the shower, making them ideal for shaving. Available in four distinctive designs, Eclipse, Cupola and Avant feature a one-inch beveled edge, while Rhombus features a polished plain edge.

Choose the style that most complements your decor. Whether it be a new construction, remodeling project or an existing bathroom or shower, the tastefully understated Fog-Free Mirrors are amazingly simple to install. They are safe, convenient and a functional design element.

Fog-Free Mirrors

Cupola
12.5” x 22”

Rhombus
12.5” x 17”

Eclipse
14.5” x 22”

Avant
12.5” x 22”
Building a Steam Shower

Ready to build your own steam shower? ThermaSol has taken the guesswork out of the specification process, making it easier than ever to enjoy the relaxation of steam in your own home.

Calculate Shower Size Simple Sizing Formula:
L x W x H = Cubic Feet (CF)
EXAMPLE: 4’ x 5’ x 8’ = 160 CF

For every foot of ceiling height over 8 ft. use the next larger steam generator. All interior wall material is irrelevant.

Choose a generator.
Based on the Simple Sizing formula (L x W x H = Cubic Feet), select a steam generator and choose the generator’s location.

ThermaSol’s generators can be placed up to 50 feet from the shower. Attic, closet or below a sink are ideal locations.
Enhance your home spa experience with a variety of accessories from ThermaSol.

**Shower Seats**
New ThermaSol Shower Seats allow you to rest comfortably while enjoying the soothing warmth of steam.

**Matching Controls**
Match any faucet or fixture with ThermaSol’s controls, offered in a variety of styles and finishes.
Solitude Mobile App
The Solitude Mobile App puts the entire steam shower system and Web in the palm of your hands.

Serenity Light, Sound, Rain Head
Provides a unique combination of high-performance LED colors, allowing users to create a variety of personal ambiances using shower lighting, as well as sound delivered via speakers and a rain spray. Controlled by ThermaTouch.

Aromatherapy
Used with the retractable steamhead with integral aromatherapy well, ThermaSol’s Essential Oils elevate the home spa experience to a higher level of complete renewal.

Fog-Free Mirrors and More
Add more steam shower options, such as a remote, Easy Start Control for outside the shower or a Fog-Free Mirror for shaving inside the shower.
We’re Here to Assist You in Designing a Home Spa

Creating a home steam shower environment is easier than you think. We employ a large number of experienced customer service professionals to answer your questions – both before and after your purchase – either by phone, in person or via email. Installation instructions for all of our models are conveniently located on our website in PDF format for your review. We also have a facility-trained field support staff that aids in the development of each home spa, no matter what query.

Please contact us at phone: 800.776.0711  fax: 800.556.5257
www.thermasol.com
WARNING: Always have shower closed when steam shower is operating.

Do not use this product unless you have consulted with your doctor and received written permission to do so. Use of this product may be hazardous to your health.

Never attempt to fill aroma reservoir on the steamhead when unit is in the “ON” position. Severe burns will occur.

Steam is HOT! Do not touch or go near the steamhead from the time the unit is “ON”, up to one hour after it has shut off. Severe burns will occur if you come in contact with the steamhead or steam emitting from the steamhead.

Your shower may be a slip and fall hazard. Check with your contractor or flooring manufacturer regarding the safe use of your flooring in a steam application. Slipping and falling into the steamhead itself or into the stream of steam emitting from the steamhead will cause serious burns, or physical injury.

If you are feeling dizzy, faint or starting to fall asleep immediately exit the steam room.

Do not use steam room under the influence of alcohol or drugs, as this can be hazardous to your health.

Do not use aromatherapy oils or skin care products or any product in conjunction with your steam unit without consulting with your allergist or doctor before use. These products may be hazardous to your health.

Do not use steam room if you are under the age of 16 unless you are supervised by an adult.

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Proud Member of These Organizations

Superior Steamshower Systems Since 1958

1958 Steam Way, Round Rock, Texas 78665
Phone: 800.776.0711  |  Fax: 805.955.9591  |  www.Thermasol.com

Made in U.S.A.

All Steam Shower Equipment Proudly Made in U.S.A. Since 1958