

A PERFECT DAY AT CARE FITNESS CENTRE
Rejuvenating YOURSELF



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Health Massage & Steam Bath

Some Specific Questions which people ask

1. Should we shower after Steam Bath
You are planning on sweating for 10 to 15 minutes after all. Take a shower. Having a shower before your steam bath will get rid of surface dirt and oils on your skin and make the detoxifying process more efficient. ... At the end of the session, you might want to take another shower to cool your body down.
2. How Many times you can take a Steam bath in a month
A regular steam bath may be once a week for one healthy adult, but three times a week for another.

3. Is Steam good for your Body

It also helps to improve circulation throughout **the body** which can give **the** skin a healthy glow making **your** skin look and feel **great**.

2.) Relieves Tension: **The** heat from **the** sauna soothes **your** nerve endings and also relaxes **your** muscles. ... Removes Toxins: **The** heat from sauna and **steam** rooms makes **your body** sweat.

4. Is it Good to take a Steam Bath after GYM

So only stay in the sauna or **steam room** for 30 minutes max. Any more time can harm you or cause you to pass out. Overall sauna **bathing after a workout** is a **good** thing. ... Certainly it is **good to take a steam bath after** a work out since it relaxes the muscles.

5. Is Steam bath Good for Weight Loss

Sitting in the **room** makes you sweat copiously. Water lost through sweating contributes to the **weight loss**. You have effectively lost water **weight** and not **fat**. **Steam bath** for a duration of 30-45 minutes is said to decrease up to 5 pounds.

What are the benefits of a steam room

A steam room is a heated room that people use for relaxation and to relieve some medical conditions. They are often found in gyms or spas.

A steam room is created when a water-filled generator pumps steam into an enclosed space so there is moisture in the air when people are sitting in it.

The temperature inside a steam room is generally between **110°F and 114°F** with a humidity level of **100 percent**.

Benefits

There are several health benefits associated with a steam room, each of which is described here.

Improves circulation

Sitting in a steam room has been shown to have beneficial effects on the cardiovascular system, particularly in older people.

A [2012 study](#) found that moist heat, such as that provided by a steam room, can improve circulation by dilating the small blood vessels or capillaries. Blood can then flow more easily and transport oxygen around the body.

Steam room therapy has also been shown to reduce [blood pressure](#) and keep the heart healthier, as well as help to repair broken skin tissue caused by wounds, such as ulcers.

Skin health



Steam rooms may help to remove toxins from the skin, and are popular for improving skin health.

Both steam rooms and saunas will make a person sweat due to the heat. The sweating opens up the pores and helps cleanse the outer skin.

Warm condensation will help rinse away dirt and dead skin and has been used in the treatment of [acne](#).

However, what a steam room also does that a sauna does not is help remove the toxins trapped below the skin.

Workout recovery

Often, after a workout, a person's muscles will feel sore. This pain is known as delayed onset muscle soreness, and it is important to relax the muscles to promote a quick and healthy recovery.

A [2013 study](#) showed that the immediate application of moist heat after a workout helped reduce pain and preserve muscle strength. The heat soothes nerve endings and relaxes the muscles.

Loosens stiff joints

A steam room can also be used before a workout, as it helps to loosen up the joints and increase flexibility, just as a pre-workout warm-up does.

A [2013 study](#) showed that the application of heat to a joint can decrease the force needed to move the joint by up to 25 percent compared to cold application.

Steam rooms can also help reduce joint pain.

Reduces stress

Being in the heat of a steam room can make the body release endorphins, which are known as 'feel good' hormones because they help to reduce the feeling of [stress](#) in the body.

A steam room can also decrease the level of cortisol, which is the hormone released in response to stress. When the cortisol level drops, people can feel more in control, relaxed, and rejuvenated.

Opens up sinuses

The heat from a steam room opens up the mucous membranes around the body. This will make someone breathe more deeply and easily.

Steam rooms will break up the congestion in the sinuses and lungs and therefore can be used to help treat colds, unblock sinuses, and aid breathing.

Burns calories



Steam rooms may help to burn calories, although they have not been proven to aid weight loss.

When a person is inside a steam room their heart rate increases. If they use a steam room after exercise, then their elevated heart rate can be prolonged.

[Experts have found](#) that when used alongside a healthy exercise program, the heat generated by the steam room and the sweating it causes can stimulate the body and increase wellness.

It is worth noting that there is [no scientific evidence](#) to support the belief that using a steam room aids weight loss.

This is because the weight lost after using a steam room is merely water weight and must be replaced by drinking water afterward to avoid [dehydration](#).

However, alongside a healthy diet and exercise plan, the use of a steam room can help burn [calories](#).

AT CAREFITNESS WE TAKE CARE OF UR HEALTH & FITNESS & BEAUTY

REJUVENATE BY HEALTH MASSAGE & STEAM BATH

FEEL FRESH & SEE THE BEAUTY ON YOUR FACE