

## AromaSteam FAQs

We have assembled a few replies to some of the more common questions, should you require further information; please contact your specialist vendor.

### **How long does AromaSteam take to assemble?**

AromaSteam is designed for home-user installation and takes less than 20 minutes on the first occasion, with no tool. With practice this can be done in less than 10 minutes.



### **I'm not technical! Is the unit easy to use?**

Yes, operating the unit could not be simpler; the unit is ready to go in just 4 easy steps



Fill the steam generator with 2 ½ pints of clean water



Add a few drops of your chosen essential oil (optional)



Set the Time and Temperature using the panel or remote



When AromaSteam is at temperature get in and enjoy!

### **How hot does AromaSteam become and how long does it take to reach temperature?**

AromaSteam will comfortably operate up to 112° F and dependent upon ambient conditions and the initial temperature of the water reaches temperature in just 8 -10 minutes.

### **How much space do I need to allow?**

The dimensions are 43" diameter x 66" tall

About 4 square feet, you need to be able to get in and out of the unit comfortably, so a corner is always a good option. Also to the right side you need an extra foot to be able to drain off the water.

### **Where can I put AromaSteam?**



AromaSteam, due to its inherent uniqueness as the only full body, portable steam room in the world can be cited anywhere as long as it is in the vicinity of a standard electrical plug. We strongly suggest that the plug is not shared due to the relatively high power required from the socket.

### **How long does the water last in the reservoir?**

On average the reservoir will create enough steam for 25 minutes.

### **Will the AromaSteam cause condensation/water damage?**

AromaSteam is a self contained unit and designed to hold all the steam inside the unit. The only steam that escapes is when the unit's door is opened and closed. Due to steam's large volume compared to actual mass of water, very little water actually escapes during this action.

### **What is the maximum height that a person can comfortably sit inside?**

We have had several large clients; the unit will accommodate comfortably anybody up to 6'4" in height.

### **Can two people fit inside?**

It depends upon how big you both are and how well you know each other! Two average sized adults can comfortably steam together, but for maximum relaxation we recommend bathing alone.

### **How often and for how long should I use AromaSteam?**

The average is 3 times per week, but it is really dependent upon the user. The average steam bath session is 12-15 minutes and we recommend no more than 20 minutes.

### Water and electricity, is the unit safe?



Yes, if the water runs out, there is both an electronic and mechanical means of shutting the power off. The first is the electronics. In the water reservoir there are two sensors which work by ion exchange. If there is no water, the circuit is broken, power to the heating element is shut off and the unit will stop heating.

In the second instance should the electronics not cut the power off there is an anti dry-boil control fitted to the back of the water reservoir. The elevated heat of the un submerged heating element causes the anti dry boil control to cut the power off. As the element cools the control is reset automatically and with the addition of water the unit can be used again immediately.

### How can I clean the unit?

The unit can be simply cleaned with warm soapy water. It is important that non abrasive cleaners or products containing bleach are used. In our experience an excellent and natural alternative is pure, natural tea-tree oil, diluted with 5 parts water.

### We live in a hard water (high calcium) area, how can I clean the water pot?

We recommend distilled water, with just a dash of tap water (to help the water sensors). The user can use tap water, but descaling must be undertaken after every 30 uses.



Descaling can be done with any mild acid, in Japan they use distilled vinegar, or lemon juice. There are also a number of extremely effective commercially available products. In each case, the reservoirs need to be left for a couple of hours. After cleaning the water must be completely removed. An easy way to do this is to remove the water by use of a common turkey baster (not supplied)

### What Aromatherapy Oils can I use for AromaSteam?



Any *pure* essential oils can be used. It is important however that the user uses the oil receptacle and not added directly to the water reservoir (oils and water don't mix!). AromaSteam do not recommend the addition of scented emulsions to the water reservoir.