



## Why humidify?... For Steam Rooms

### Steam Rooms with Humidifiers are Full Steam Ahead of the Competition

- Accurate and consistent humidity control
- Cost effective
- Minimal installation and maintenance

Steam rooms in health and athletic clubs, hotels, and homes are becoming increasingly popular with societies growing focus on health and wellness.

When sitting in a steam room, as you are inhaling the warm steam, it can help with sinuses, allergies, congestion and other respiratory conditions. It can also open and cleanse the pores, increase circulation, relax the muscles and joints, and promote healthy skin. Sitting in a steam room can aid in reducing stress after a long day and make you feel invigorated. For these many reasons steam rooms are growing in popularity.

A steam room is designed for wet heat, and is not to be confused with a sauna that uses dry heat. Steam rooms need to maintain a saturated condition, and an elevated temperature of 113°F (45°C). Since wet heat is the key to a successful steam room it only make sense that more owners are turning to steam humidifiers for a successful operation.

#### **Benefits of a Humidifier in Your Steam Room**

In the past many facilities used electric boilers to produce the steam required in steam room applications. This type of application requires the use of boiler treatment chemicals to reduce scale build-up with their heat exchangers and can be expensive to run.



Steam room owners are now seeing the benefits and advantages of using humidifiers which provide clean hygienic steam, reducing air-borne contaminants and minimizing subsequent health-related issues. Humidifiers are also a preferred supplier of steam due to their ease of installation and minimal maintenance. As well, the heating elements within electric steam humidifiers are able to provide accurate and consistent humidity control that is essential to steam rooms.

### Inside the Application

The idea behind a steam room is to maintain the room at a saturated condition and elevated temperature. The best control system is to use a thermostat set for 100°F to 125°F (37.7°C to 51.6°C).

A timer can be installed to restrict the time in the room. Since the room is under saturated conditions, the heat given up by the excess steam beyond saturation will maintain the elevated temperature.

### Your Humidifier Installation

The humidifier for your steam room should be installed on an adjoining room wall, not directly in your steam room, and at a height that allows access for service. Steam piping between the unit and the outlet should run outside the room. The humidifiers steam should be injected into the room at a low level. The following is a guideline for the size of humidifier that is required in your steam room, keep in mind that room construction and traffic will also have an effect on the amount of steam required.

Room Size (ft.)	Room Size (cu. ft.)	Approximate # of People	Capacity (lbs/hr)
<b>Commercial</b>			
6 x 8 x 8	384	6 to 8	17
8 x 8 x 8	512	8 to 12	30
8 x 10 x 8	640	12 to 15	45
10 x 10 x 8	800	15 to 18	50
10 x 12 x 8	960	18 to 20	60
12 x 12 x 8	1152	20 to 26	90
<b>Residential</b>			
3 x 4 x 8	96	1 to 2	8
6 x 4 x 8	192	3 to 6	10

### About Condair

Condair manufactures a comprehensive range of humidifiers and evaporative cooling systems across all humidification technologies. With years of experience working within a variety of building types, Condair's humidification engineers will provide the right solution to meet the unique needs of your steam room.



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**Chat with us today and request your free humidity assessment.**

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