

Step into a world of exceptional wellness

Enjoy pure relaxation in the comforts of your own home. Choose from our suite of bespoke spa, steam and sauna facilities, and luxuriate in absolute comfort and style.



Elevate your wellbeing

- Steam and aromatherapy encourages relaxation and relieves stress
- Promotes deep, restful sleep by increasing potential for natural sleep patterns



Enhance your health holistically

- Supports the removal of toxins and excess sodium from the body
- Soothes joint pain and discomfort
- Promotes the reduction of metabolic waste products in the body



Improve your respiratory health

- Hot mist aids in sinus drainage and promotes optimal breathing
- Acts as a natural expectorant and soothes the throat
- Provides temporary relief to respiratory symptoms



Boost your physical wellness

- Promotes an increase in blood circulation and may boost metabolism
- Reinvigorates tired muscles and promotes muscular flexibility
- Supports lactic acid breakdown in overworked muscles
- A 15-minute, >46°C session has shown to burn up to 150 calories




Achieve better skin

- Cleanses skin and opens pores
- Hydrates dry skin and leaves a healthy glow
- Prepares hair follicles for easier shaving and waxing

SteamSauna.sg is brought to you by Water+Plants Lab. Our technical team underwent training in Germany, Sweden and Finland and possesses 30 years of collective experience.

We're one of the most technically-competent organisations in Singapore and the region. We specialise in consultation, design, installation and maintenance of steam and sauna equipment and accessories. Only equipment and materials sourced and supplied by US and European suppliers are used to ensure quality and reliability.

 For an obligation-free consultation, drop us a text on WhatsApp 6747 5144

Bring the spa experience home and revel in comfort and luxury like never before.

Connect with us

  @steamsaunasg

Scan to visit our website



Your very own
**home spa
experience**

#myhomespa

 STEAMSAUNA.sg

brought to you by **Water+Plants**

Steam

Enjoy the benefits of a steam shower with personalised sensory experiences, including aroma-, chroma-, and audiotherapy.

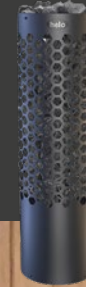
- A steam-filled room promoting relaxation and cleansing
- 40°C — 55°C
- 100% humidity
- Construction of steam room is similar to a shower cubicle
- Requires water supply and floor drain
- Starts from 3.0KW
- 15A/240V
- S\$3 per 30min session



Sauna

Revel in your very own personal sauna cabin. Accommodates 1 pax or more, subject to unit space.

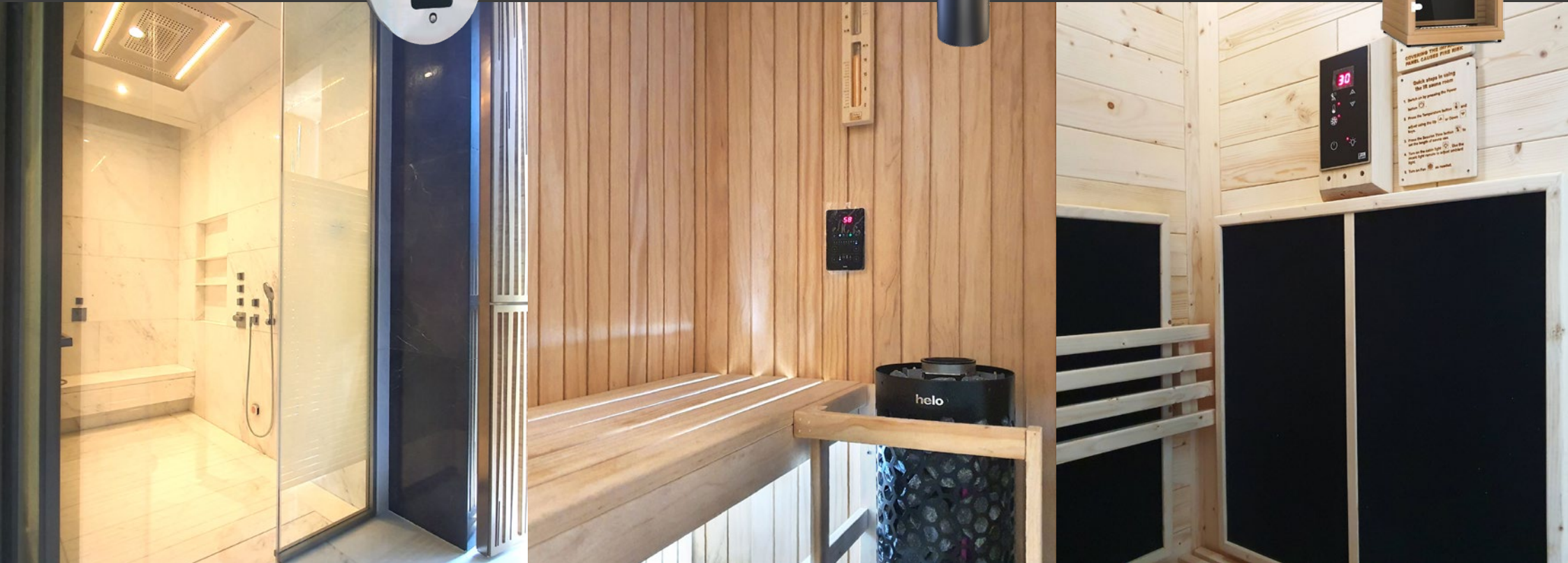
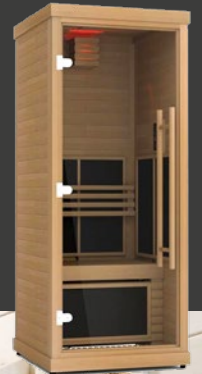
- Enjoy dry or wet heat sessions
- 60°C — 120°C
- Low humidity, high heat
- Custom-built or knock-down units available
- Requires floor drain
- Starts from 3.0KW
- 15A/240V
- S\$3 per 30min session



Infrared

Delight in a luxurious, private infrared cabin. Accommodates 1 pax or more, subject to unit space.

- Uses infrared radiation heat for a rich wellness experience
- 50°C — 60°C
- Dry low heat
- Custom-built or knock-down units available
- Starts from 1.2KW
- Home plug point
- S\$2 per 30min session



Can be built within the shower cubicle with recommended ceiling height of **2.4m**.



Recommended space of **1.4 x 1.4** with ceiling height of **2.1m**. Suitable for **2 pax**.



Recommended space of **1.0 x 1.0** with ceiling height of **2.1m**. Suitable for **1 pax**.