

RELAX **A** MIST

®

QUALITY STEAM BATH EQUIPMENT



PRODUCT CATALOG



Turn Your Shower Into a Spa



Proudly Canadian
Owned & Operated






Who we are

We have been proudly manufacturing residential and commercial steam bath equipment for over 40 years in Canada and we always stand behind our products.

We make sure we source the highest quality raw-materials to build our *Copper Core** steam generators. Throughout the entire production and manufacturing process, we are constantly testing our products to maintain excellence and durability.

We strive to provide a healthier way of living and detoxification by making it possible for anyone to have a steam bath in the convenience of their own home.



* *Copper Core*: All of our boilers are made out of copper, which is an inherently anti-microbial material.

Health Benefits

Steam bathing can be an effective means to improve health and wellbeing, allowing you to live a more active lifestyle.

Reduces stress

Feeling stressed? If so, your cortisol levels are probably high. Cortisol is the hormone that regulates the amount of stress you have. Steam bathing can decrease cortisol levels in your body, allowing you to relax.

Improves circulation

Spending time in a steam room may significantly improve your cardiovascular health. It can also help you relax by lowering high blood pressure.

Promotes skin health

Our environment today exposes our bodies to all sorts of toxins. These toxins become stored under your skin. Steam bathing opens your pores naturally, helping release these toxins by sweating, resulting in cleaner and healthier skin.

Helps in workout recovery

The muscle pain you feel from working out is called "Delayed Onset Muscle Soreness" (DOMS). Steam bathing can help by allowing heat to penetrate deep into your muscle tissue and relieve the symptoms of DOMS.

Boosts the immune system

Warm steam stimulates your White Blood Cells (WBC). These cells are essential to the immune system, as they are the ones that are in charge of fighting infections.

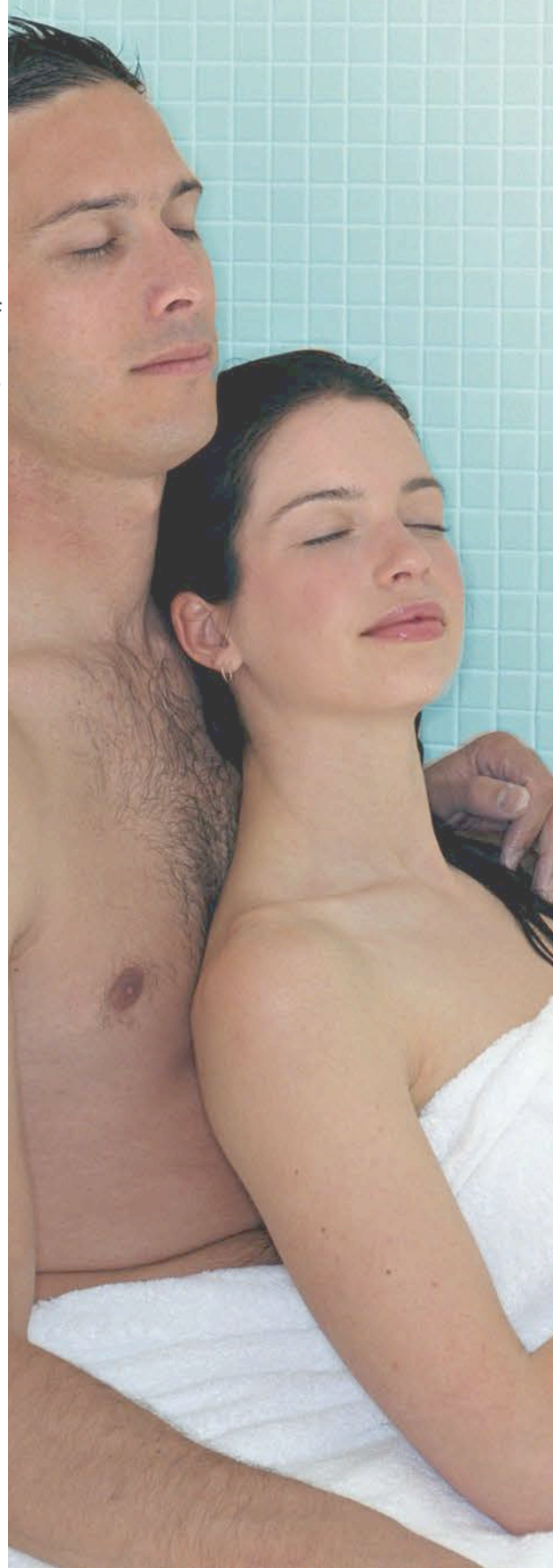
Loosens stiff joints

Increase your mobility during workouts or just in general by using a steam bath as part of your daily routine.

This information does not substitute medical advise. Please consult your physician.

Source: <https://www.healthline.com/>
Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT —
Written by Kathryn Watson

Steam
showers
are more
than just
a luxury
amenity



Our Products

JR-series

Our most compact household units

JR - 1

(Heats up to 90 *Calc. cu ft**)

JR - 2

(Heats up to 175 *Calc. cu ft*)

JR - 3

(Heats up to 260 *Calc. cu ft**)

JR - 4

(Heats up to 375 *Calc. cu ft**)



CR-series

Our high output household units.

CR - 9

(Heats up to 375 *Calc. cu ft**)

CR - 11

(Heats up to 460 *Calc. cu ft**)

CR - 12

(Heats up to 575 *Calc. cu ft**)

CR - 14

(Heats up to 630 *Calc. cu ft**)



What are "Calc. Cubic Feet" ?

Cubic Feet:

Depth x Width x Height

v.s.

* *Calculated*
Cubic Feet:

Depth x Width x Height
+ **Adjustment factor**

The adjustment factor accounts for the heat loss through materials. Different materials absorb heat at different rates, therefore, we need to account for this heat loss so your selected generator is able to warm your room in a timely fashion.

Residential Models



Customize your steam shower...

Like every person, each steam room is unique. Choose between our different finishes to match your bathroom fixtures.

Finishes



Venetian Bronze



Brushed Nickel



Gold



Chrome



Matte Black

Controls

Time & Temperature



Venetian Bronze



Brushed Nickel



Gold



Chrome



Matte Black

Quick Touch Timer



Venetian Bronze



Brushed Nickel



Gold



Chrome



Matte Black

Steam Diffusers



Venetian Bronze



Brushed Nickel



Gold



Chrome



Matte Black

Steam Nozzles & Escutcheons



Venetian Bronze



Brushed Nickel



Gold



Chrome



Matte Black

Selecting the right steam generator

Now that you are ready to enjoy all the benefits of having a Steam Shower in your home or business, you will require the following information:

- Room dimensions (Width, Depth and Height)
- Wall materials of the room (if it's tile, you'll need to know how thick).
- Voltage & Phase of your electrical supply.

You can use our online calculator at the following link:



<https://relax-a-mist.com/calculator/>

or you can follow the steps below :

Step 1.

Follow this formula to calculate the Cubic Footage

**Width x Depth x Height =
Cubic Footage**

Step 2.

Add the appropriate adjustment factor to account for heat loss through materials to get the

Calculated Cubic Footage (Calc. cu ft)

▪ Acrylic or Fiber Glass	+ 0%
▪ Glass or glass block wall	+ 15%
▪ Steam lines over 20 ft. (insulate heavily)	+ 25%
▪ Ceramic or Porcelain title (1/4")	+ 30%
▪ Exterior walls subject to freezing	
▪ Ceramic title (3/8" or thicker)	+ 100%
▪ Natural stone (Marble, Onyx, Slate, etc)	

Step 3.

Check for electrical and plumbing details like:

- Voltage and Phase
- Power supply wire size
- Water supply size
- Drain line size

Example:

A steam room is 3' wide , 5' long and 7' high with 3/8" ceramic tile
(3 x 5 x 7 = 105 Cubic Feet), plus the adjustment factor (+ 100% to account for 3/8" thick ceramic tiles: 105 + 105) = **210 Calculated Cubic Footage = Model: JR-3.**

DISCLAIMER: The above information represents suggestions only. Each steam room is unique. Relax-A-Mist manufactures steam generators only and therefore cannot warrant information given regarding steam room materials or construction techniques. Final selection of the steam room temperature and the duration of stay is at the discretion of the operators or owners.



Residential units Specification sheet

Model	Dimension & Weight				Plumbing Requirements			
	Depth	Width	Height	Weight	Steam Lines Required	Steam Line Size	Water Supply Size	Drain Line Size
JR - 1	12 3/4"	9 1/4"	9"	21 lbs	1	1/2 "	1/2 "	3/4"
JR - 2	16"	9 1/4"	9"	23 lbs	1	1/2 "	1/2 "	3/4"
JR - 3	16"	12 1/2"	9"	30 lbs	2	1/2 "	1/2 "	3/4"
JR - 4	16"	12 1/2"	9"	31 lbs	2	1/2 "	1/2 "	3/4"
CR - 9	16"	16 5/8"	11"	48 lbs	1	3/4"	1/2 "	3/4"
CR - 11	16"	16 5/8"	11"	49 lbs	1	3/4"	1/2 "	3/4"
CR - 12	16"	16 5/8"	11"	49 lbs	2	3/4"	1/2 "	3/4"
CR - 14	16"	16 5/8"	11"	50 lbs	2	3/4"	1/2 "	3/4"



Model	Electrical Requirements					
	Breaker / Fuse Size	Power Supply wire size	Watts	Volts	Hz	Phase
JR - 1	20 Amps	#12 AWG	3000	208/240	60	1
JR - 2	30 Amps	#10 AWG	4500	208/240	60	1
JR - 3	40 Amps	#8 AWG	6000	208/240	60	1
JR - 4	60 / 50 Amps	#6 / #8 AWG	9000	208/240	60	1
CR - 9	60 / 50 Amps	#6 / #8 AWG	9000	208/240	60	1
CR - 11	70 / 60 Amps	#6 AWG	10500	208/240	60	1
CR - 12	80 / 70 Amps	#4 / #6 AWG	12000	208/240	60	1
CR - 14	90 / 70 Amps	#4 / #6 AWG	13500	208/240	60	1



Relax-A-Mist steam generators are designed for easy concealment and can be installed up to 25 feet away from the steam room.

Depending on the model specified for your steam room, your plumber will install one or two copper steamlines from the generator to the nozzle(s) inside the steam room.

Part # Structure

Our packages include a control and steam head(s) of your choice in your selected finish. Please consider the nomenclature below when you are placing an order for a Relax-A-Mist steam generator package.

Example:	FG	JR 1	–	208V	(blank)	–	Q	MB	D
	TYPE	MODEL		VOLTAGE	PHASE		CONTROL	FINISH	DIFFUSER
	FG= Finished Goods AS= Assembly RM= Raw Material	JR 1 JR 2 JR 3 JR 4 CR 09 CR 11 CR 12 CR 14		208 volts or 240 volts	Specify for CR only*: 1 or 3		Q= Quick Touch Timer T= Time & Temperature	C=Chrome BN=Brush Nickel VB=Venetian Bronze G= Gold MB=Matte Black X= Custom	Optional for JR series Included in CR packages.**

* JR series is only manufactured in the 1 Phase option
** For CR units, there is no need to add the diffuser option, as it is already part of the basic CR package.



Commercial Models

Our Products

SG-Series

Relax-A-Mist also provides steam generators for use in several sectors such as yoga studios, hotels, residential towers, fitness centres, country clubs, spas, community centres, golf clubs and even universities all across Canada.

COMMERCIAL MODELS

SG -9

Heats up to 390 cu ft

SG -14

Heats up to 570 cu ft

SG -18

Heats up to 750 cu ft

SG -23

Heats up to 930 cu ft

SG -27

Heats up to 1125 cu ft

SG -36

Heats up to 1685 cu ft



For more information, or to obtain a quote, please
call Relax-A-Mist at 1-800-Y-U-STEAM
(1-800-987-8326) or contact one of
our authorized agents.

Commercial units Specification sheet

Model	Dimension & Weight				Plumbing Requirements			
	Depth	Width	Height	Weight	Steam	Steam	Water	Drain Line
					Lines Required	Line Size	Supply Size	Size
SG - 9	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 9	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 9	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 9	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 9	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 14	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 14	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 14	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 14	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 14	29"	22"	28"	150 lbs	2	3/4"	1/2"	1"
SG - 18	29"	22"	28"	175 lbs	2	1"	1/2"	1"
SG - 18	29"	22"	28"	175 lbs	2	1"	1/2"	1"
SG - 18	29"	22"	28"	175 lbs	2	1"	1/2"	1"
SG - 18	29"	22"	28"	175 lbs	2	1"	1/2"	1"
SG - 18	29"	22"	28"	175 lbs	2	1"	1/2"	1"
SG - 23	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 23	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 23	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 23	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 23	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 27	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 27	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 27	29"	22"	28"	175 lbs	2	1 1/4"	1/2"	1"
SG - 36	29"	22"	28"	185 lbs	2	1 1/2"	1/2"	1"
SG - 36	29"	22"	28"	185 lbs	2	1 1/2"	1/2"	1"
SG - 36	29"	22"	28"	185 lbs	2	1 1/2"	1/2"	1"

Part # Structure

Please consider the nomenclature below when you are placing an order for a Relax-A-Mist commercial steam generator.

Example:

FG	SG 14	—	575V	,	1
TYPE	MODEL		VOLTAGE		PHASE
FG= Finished Goods	SG 09		208 volts		1
AS= Assembly	SG 14		240 volts		
RM= Raw Materials	SG 18		480 volts		or
	SG 23		575 volts		3
	SG 27				
	SG 36				

Electrical Requirements					
Breaker / Fuse Size (Amps)	Power Supply wire size	Watts	Volts	Hz	Phase
60	#6 AWG	9000	208	60	1
40	#8 AWG	9000	208	60	3
50	#8 AWG	9000	240	60	1
20	#12 AWG	9000	480	60	3
20	#12 AWG	9000	575	60	3
90	#3 AWG	13500	208	60	1
50	#8 AWG	13500	208	60	3
80	#4 AWG	13500	240	60	1
30	#10 AWG	13500	480	60	3
20	#12 AWG	13500	575	60	3
110	#2 AWG	18000	208	60	1
70	#4 AWG	18000	208	60	3
100	#3 AWG	18000	240	60	1
30	#10 AWG	18000	480	60	3
30	#10 AWG	18000	575	60	3
140	#1/0 AWG	22500	208	60	1
80	#4 AWG	22500	208	60	3
120	#1 AWG	22500	240	60	1
40	#8 AWG	22500	480	60	3
30	#10 AWG	22500	575	60	3
100	#3 AWG	27000	208	60	3
50	#8 AWG	27000	480	60	3
40	#8 AWG	27000	575	60	3
130	#1 AWG	36000	208	60	3
60	#6 AWG	36000	480	60	3
50	#8 AWG	36000	575	60	3

Please note: Leisure Baths Ltd. shall not be held responsible for any errors in catalogues, brochures or other printed materials. As we are continuously improving and developing our products., we reserve the right to alter products, or introduce modifications to the technical data at any time, without notice; therefore, we cannot accept legal liability for the information given, nor for any printing mistakes that may have occurred.



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