



...wedi®

Home Steam & Shower Room



# With wedi, wellbeing begins at home

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There's no doubt about it – our lives are getting more stressful.

Every day, less and less time to do more and more, while modern technology invariably means it's hard to switch off.

Doctors acknowledge that mental stress can cause all sorts of physical illnesses. High blood pressure, heart disease and a weakened immune system among them.

Of course, there's a whole industry of luxury health clubs and spas to help us ease our strain and worry.

But what if we could bring this luxury into our own home, as a special space to relax, treat ourselves, and revitalise the mind, body and soul?

From an invigorating morning kickstart to a relaxing reward at the end of a busy day, a wedi steam and shower room is the ultimate in wellbeing at home.



# Experience the health benefits of steam and hydrotherapy in your home

The positive effects of steam and hydrotherapy on our wellbeing have been known since the days of ancient Rome. The stimulation of warm steam followed by the refreshment of cool water leaves us relaxed and reinvigorated.

## 1 For the skin

Steam moisturises, cleanses and rejuvenates the skin by opening up the pores and releasing trapped toxins. It can even help skin tissue heal more quickly.

## 2 For the circulation

By bringing blood to the surface of the skin, steam helps lower our blood pressure and improve heart health. Brief applications of cold water will temporarily narrow the blood vessels with subsequent vascular expansion promoting circulation throughout the body.

## 3 For stress

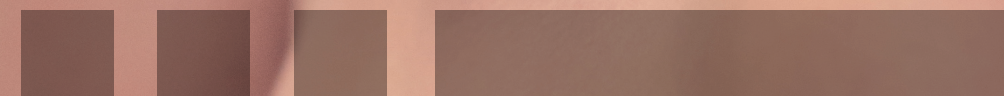
Besides creating a relaxing environment, moist heat reduces levels of cortisone, the stress hormone, making us feel less on edge and more in control.

## 4 For our breathing

Steam encourages deep breathing by gently warming our nose and throat. It can also ease congestion and may even aid recovery after respiratory illness.

## 5 For our muscles

Steam hydrotherapy is used to ease muscle strain and boost recovery from injuries. In fact, elite athletes, such as those at Premier League clubs, including as Manchester United, Liverpool and Leicester City, rely on the same wedi steam technology now available for your bathroom. Following a home work out, what better way to set yourself up for the rest of the day than the relaxing and reinvigorating luxury of your wedi home steam and shower room.





# Explore your wedi home steam & shower room

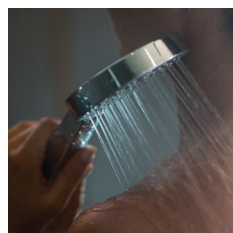
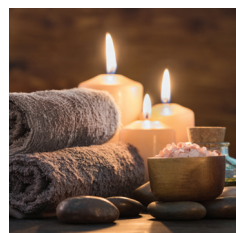
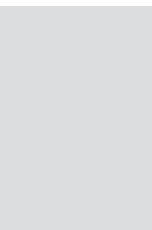
Imagine all the indulgence of a luxury spa in your bathroom, whenever you want it. That's exactly what we deliver.

Your wedi home steam & shower room is designed and manufactured in Germany to exactly the same specifications as our commercial spas, so you enjoy all the performance, quality and style usually reserved for luxury hotels and exclusive leisure clubs.

Yet it's compact enough to take up no more space than a conventional shower unit.

You can personalise your wedi home steam & shower room from our range of natural stone effect Top Line panels adding further individual touches with your choice of tiles and shower brassware.

Then, just sit back and enjoy your relaxing steam therapy session as it soothes away the stresses of the day.





# Choose wedi for your home steam & shower room



Add a touch of 5 star luxury with German engineering – upgrade your shower to provide steam as well.

wedi is known across the UK and Europe as the leading designer and manufacturer of spa and wellness facilities for the most prestigious health clubs and hotels.

You may even have enjoyed the wedi experience already. If you've stayed with the likes of Champneys, The Hilton Group, Marriott Hotels or the Intercontinental Park Lane, the chances are you've enjoyed their wedi spa and wellness suites.

Exclusive residential developments across the globe also specify wedi – you can be certain your own home steam and shower room will be truly second to none.

Because wedi means the ultimate luxury in home spa and bathing, wherever you are in the world.





# Key elements and parts for your wedi home steam & shower room

- 1** wedi Fundo Riolito neo tray. Includes an 800mm linear drainage channel alongside the wall with pre-defined even gradient.
- 2** wedi Vapor 85. A special building board with a factory applied vapour membrane barrier for use in areas with high levels of humidity.
- 3** Steam generator. Efficient, economical steam generating technology with control panel and two years' full warranty. Certified to the highest safety standards.
- 4** Doors. Stylish and maintenance-free. Supplied with air humidity-resistant aluminium chrome finish frame and 8mm glass.
- 5** Sanoasa Bench. Offers plenty of seating room and a choice of finishes to create design individuality.
- 6** Niche. Practical and attractive, wedi Sanwell Niches provide valuable shelf space in the steam room cubicle. Easy to clean and 100% watertight, they are installed directly into the wedi building board panels.
- 7** Lights. 2 stylish, fire-rated LED downlights, IP65 rated for shower and steam areas.
- 8** Sealing and jointing. 610 adhesive, 620 sealant, tapes and gaiters from wedi ensure the reliable sealing of connections, butt joints and intersections.
- 9** When installed wedi boards are ready for direct tiling or cladding onto.
- 10** Top Wall ceiling panel. A natural stone effect finish Top Wall ceiling panel is included as standard in Stone Grey.



wedi quality, design and manufacture is renowned in the hospitality and leisure industries. Those same high standards are found in every part of the wedi home steam and shower room, guaranteeing a seamless fit and impeccable bathroom styling.





wedi Systems (UK) Ltd  
Unit 4 Mercury Park  
Mercury Way  
Trafford Park  
M41 7LY

Telephone +44 161 864 2336  
fax: +44 161 864 1323  
enquires@wedi.co.uk  
www.wedi.co.uk



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