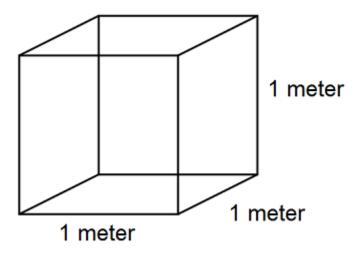
Sizing a steam bath

Sizing a steam bath is relatively simple, measure the volume of the room (W x D x H) in M this gives you a volume in M^3 .



For each $1M^3$ allow 1 Kg of steam or if you prefer each $1M^3$ allow 0.75 Kw e.g a steam room of $3m \times 5m \times 2.2m = 33 \text{ M}^3$ (33 Kg/hr steam) or $33M^3 \times 0.75 = 24.75 \text{Kw/hr}$ This is a guide only and consultation with an expert is highly recommended as different building materials hold differing thermal values.