

# Humidity Solutions Ltd

.....the solution is clear

## Don't Lose H<sub>2</sub>O!

Humidity Solutions have helped the fitness of the nation by installing a Electrode boiler Steam Humidifier at several of the Bikram Hot Yoga Studio's throughout the country.

Hot yoga takes place in a room held at over 42°C which protects muscles by allowing for a deeper stretch while also detoxifying the body by opening the skins pores to let the toxins out in sweat.

Ambient air being brought in to the studio and heated to 40°C could drop the humidity down to below 10%rh which would make exercise very uncomfortable. Humidity is therefore introduced to bring the studio up to a comfortable 40%rh allowing the students to benefit fully from the class and not to suffer from dry skin, sore eyes or excessive dehydration of the body.

The installation and commissioning, is normally carried out by Humidity Solutions experienced installation team within a single day causing little disruption to the Yoga studio or the customers.

Controlled by a Carel duct sensor and wired back to the humiSteam X-Plus the internal controller allows the customer to set the operational time of the unit with the integral 7 day timer. The controller constantly monitors the humidity required by comparing the controlling sensor to the high level sensor readings in the supply air. This ensures that over humidification does not take place in the supply duct and that the room conditions remain tightly controlled.



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