PRESS RELEASE

GBC Kitchen & Bath Publishes Steam Shower Planning Guide

GBC Kitchen and Bath - Columbia

November 23, 2026



COLUMBIA, MD - GBC Kitchen & Bath has published a planning guide on steam shower installation. The article, dated November 17, 2026, says a steam shower should be designed from the inside of the walls out, with the enclosure, ceiling and generator settled before tile is chosen.

The guide draws on planning guidance from two generator manufacturers, ThermaSol and MrSteam, and notes that the two brands differ on several details, including steamhead and control heights and how far the generator may sit from the shower. When those instructions differ, the article says the manual for the generator that will be installed should govern the design.

The finished room has to contain vapor, heat and condensation, not only running water. The piece describes a fully enclosed and sealed room, a vapor barrier behind the finishes, non-porous wall and ceiling surfaces, vapor-sealed lighting, and a sloped ceiling that directs condensation. Standard shower framing, or a glass panel that stops short of the ceiling, is treated as insufficient.

Ceiling height and slope are part of that early plan. MrSteam guidance cited in the article recommends limiting the steam room ceiling to about 8 feet, because a taller ceiling may need a larger generator and can keep warm vapor above the person sitting below it. ThermaSol guidance cited in the same article recommends a ceiling slope of 1 to 2 inches per foot so condensation runs to the wall rather than dripping; MrSteam materials, the guide notes, are not identical on whether a slope is always required.

“Decisions about the enclosure, the ceiling and the generator need to be made before framing and waterproofing, not when tile samples arrive,” said Esin Mills, director of operations at GBC Kitchen & Bath. The article also lists a dry, accessible generator location and a dedicated 208 or 240 volt circuit among the items to plan first.

Both manufacturers allow the generator to sit away from the shower, with distance and clearance limits that depend on the unit. Generator size depends on the volume and construction of the room, not only the floor area. A bench is common, and both manufacturers place the steamhead away from seating, so the seating location has to be decided before the steamhead is set.

Electrical and plumbing work usually brings permit review, because the work adds fixtures and a new circuit. The guide tells readers to confirm the path for the property address rather than assuming one county rule applies everywhere. Homeowners served by the Columbia showroom can compare bathroom materials in person at the Berger Road showroom and can review the company's bathroom remodeling services .

GBC Kitchen & Bath lists the Columbia location at 9204 Berger Rd Ste E, Columbia, MD 21046, with telephone +1 410-417-6060. Showroom hours are Monday through Friday, 9 AM to 5 PM, and Saturday, 10 AM to 3 PM; the showroom is closed Sunday. The full planning article is on the company website, and the Google Maps listing identifies the same address.

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