

Plume

Model No.: HM20

User Manual

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caring mill by aura

Steam. Breath. Soothe.

Thank you for choosing Plume: dual-function vaporizer and steam inhaler, designed to bring relief, clarity, and calm to your daily routine.

Whether you're easing congestion, soothing the senses, or indulging in a restorative facial moment, this guide will help you get the most out of your device.

Take a moment to read through this User Manual before your first session.

content

safety guidelines	6
why Plume	8
your wellness companion	9
what's in the box	10
key specifications	12
before use	12
using the aroma basket	13
steam mode	13
using the towel warming chamber	14
after use	15
descaling (anti-calc)	15
tips & routines	16
troubleshooting	18
care & maintenance	19
need help?	19

safety guidelines

To get the most out of your Plume vaporizer, please read these safety instructions carefully before first use. This device is designed to provide gentle respiratory relief and deep steam inhalation for sinus, cold, and flu symptoms. It can also be used for facial care as a secondary, optional benefit.

- Only fill the tank with distilled or purified water. Do not use tap water or add any other liquids.
- Always turn off and unplug the device before adding water.
- Keep the power cord away from hot surfaces.
- Only dried flowers and water-soluble essential oils may be added to the aromatherapy basket. Do not insert other objects.
- Do not place your hands inside the machine during use or while adding ingredients. Avoid overfilling the aroma basket, and never touch it while hot.
- Your vaporizer may emit a light odour when first used. This is normal. We recommend running one or two

- cycles with distilled water before your first use.
- The steam emitted is high-temperature. Keep a distance of approximately 25cm (10 inches) from the nozzle. Adjust based on comfort and sensitivity.
- If you experience any discomfort, stop using the product. If symptoms persist, consult a healthcare professional.
- Use on a flat, stable surface. Do not move the unit while it's in operation.
- Never submerge the machine, cord, or plug in water. Avoid using or storing it near wet surfaces or in damp environments.
- This product is not recommended for individuals with severe respiratory conditions unless advised by a physician. Extra caution should be taken with children and the elderly.
- Always unplug the device immediately after use and before cleaning.
- When travelling, check this item in your luggage — not carry-on — as electronic components should be inspected when flying.

why Plume

- Plume is your two-in-one ritual for wellness and recovery — combining high-performance nano-steam technology for respiratory relief with optional skincare benefits.
- As a steam inhaler, Plume releases a warm, consistent mist that helps open airways, relieve sinus congestion, and ease symptoms associated with cold or flu. The soothing steam naturally supports easier breathing while calming the senses.
- With the included aroma basket, you can infuse sessions with dried herbs or water-soluble essential oils such as eucalyptus or chamomile — transforming respiratory therapy into a mindful moment of relaxation.
- As a secondary use, Plume can also be incorporated into your skincare routine. The gentle micro-steam helps open pores, boost circulation, and improve absorption of skincare products, leaving the skin refreshed and hydrated.
- Whether used for relief or renewal, Plume brings comfort and clarity in equal measure.

your wellness companion

Plume fits effortlessly into your self-care ritual—morning or evening.

For respiratory relief:

- Use Plume during moments of congestion or discomfort.
- Inhale the warm steam for 8–10 minutes to help loosen mucus and clear the sinuses.
- Add a few drops of eucalyptus or peppermint essential oil to the aroma basket for added soothing effects.

For skincare:

- After cleansing, position your face comfortably above the steam for 5–8 minutes.
- Allow the mist to open pores and soften the skin.
- Follow with your favourite serum or moisturiser for enhanced absorption.

what's in the box



nozzle head	adjustable for directional steam
water tank	170ml capacity for up to 22 minutes of use
aroma basket	for essential oils or dried botanicals
main unit	with integrated heating chamber
power cord	standard plug
user manual	you're holding it now

key specifications

- Model: NB8318B
- Rated Power: 430W
- Tank Capacity: 170ml
- Working Time: Approx. 22 minutes
- Frequency: 60Hz

Only use distilled or purified water to avoid mineral build-up and extend the life of your device.

before use

1. Wash your face before using if you plan to combine inhalation with skincare.
2. Remove the water tank from the main unit by lifting it gently upward.
3. Twist the tank cap counterclockwise to open.
4. Fill with distilled or purified water to the max line (170ml).
5. Close the tank cap clockwise to secure.
6. Reinsert the water tank firmly into the base of the unit.

using the aroma basket

Note: When using Plume for the first time, you may notice a small amount of residual water near the tank. This is harmless and due to factory testing.

1. Unscrew the nozzle counterclockwise to remove.
2. Add dried herbs or water-soluble essential oils into the aroma basket.
3. Place the aroma basket back into its compartment.
4. Reattach the nozzle by aligning it and turning it clockwise until secure.

steam mode

1. Plug Plume into a power outlet.
2. Slide the switch upward to turn on. The white indicator light will illuminate.
3. After approximately 80 seconds, steam will begin to release.
4. Adjust your distance (minimum 9.8 inches) for comfort and safe inhalation.

5. Once finished, slide the switch downward to turn off. The indicator will turn off.
6. Unplug the unit after use.

using the towel warming chamber

Note: If no water is present in the tank, Plume will not produce steam. Always allow it to cool for at least 5 minutes before refilling.

1. Unscrew the nozzle counterclockwise and remove.
2. Take out the aroma basket if inserted.
3. Place a small, damp towel or one of the included compressed facial towels into the warming chamber.
4. Turn Plume on by sliding the switch upward. The white light will appear.
5. Wait approximately 8 minutes for the towel to warm.
6. Carefully remove and unfold the towel before applying gently to your face or over the nose and mouth for sinus relief.
7. Slide the switch downward to turn off. Unplug the device.

Each kit includes 10 compressed towels. Refills are available for purchase online.

after use

- Allow the device to rest for 5 minutes to cool before handling.
- Remove the water tank and nozzle from the main unit.
- Tilt the unit carefully to empty any residual water.
- Wipe the device with a damp, soft cloth to keep it clean and dry.

Note: Mineral content in tap water may vary.

To maintain performance, only use distilled or purified water.

descaling (anti-calc)

If you notice a drop in steam output, your device may need descaling. Perform this process in a well-ventilated area.

What you'll need:

Citric acid (0.06oz) or a 50/50 mix of distilled water and white vinegar

Steps:

1. Pour the citric acid or vinegar solution into the tank.
2. Fill to the max line with distilled water.
3. Let the solution sit inside the unit for 5 minutes.
Gently shake the unit to loosen residue. Allow it to steam briefly, then drain.
4. Refill with distilled water and steam again to rinse.
5. Repeat if necessary until output is restored.

tips & routines

For Sinus & Congestion Relief

- Add eucalyptus or peppermint essential oil to the aroma basket.
- Inhale the steam for 8–10 minutes to help open airways.

- For extra comfort, follow with a warmed towel over the nose and mouth.

For Cold & Flu Comfort

- Use 1–2 sessions per day during seasonal illness to soothe the respiratory tract.
- Ensure hydration and rest alongside use.

For Facial Care (Optional)

- Add chamomile or rose essential oil for a gentle, skin-softening experience.
- Steam for 5–8 minutes to open pores and improve product absorption.
- Apply serums or moisturisers afterward while skin is still warm.

troubleshooting

Issue: No steam produced

- Ensure the device is plugged in and switched on.
- Check that the water tank is filled and properly seated.
- Allow the unit to fully heat before expecting steam.
- If output remains weak, calcium build-up may be present. See Descaling (Anti-Calc).

Issue: Water leaking

- Do not exceed the max fill line (170ml).
- Ensure the device is on a flat, stable surface.
- Check that the tank and nozzle are securely attached.

Issue: Spitting or splashing steam

- Only use distilled or purified water.
- Empty and dry the tank after each use.
- Rinse thoroughly after descaling before the next session.

care & maintenance

- Never submerge the unit, cord, or plug in water.
- Do not add detergents or cleaning agents to the tank.
- Keep the power cord away from heat and moisture.
- Handle with care when steam is active.
- Unplug after use and before cleaning.
- Avoid abrasive materials or harsh chemicals.
- Wipe with a damp cloth and dry with a soft towel.
- Clean the aroma basket after each use to prevent residue.

need help?

At Caring Mill™ by Aura, we care deeply about your experience. If you have any questions, concerns, or if your Plume device isn't performing as expected, we're here to help.

Contact our support team at support@camar.com and we'll make it right.

