

The invention relates to medicine and the embodiment of sanitary-and-prophylactic devices as saunas, baths and steam rooms. The inventive autonomous phyto-sauna comprises a wooden cabin for placing a man provided with a swinging door, a phyto-vessel for arranging an aqueous infusion of medicinal herbs embodied in the form of a sealed reservoir which is provided with a lid and connected to the cabin with the aid of tubes passing through holes and supplying phyto-steam, and a heating unit for forming phyto-steam. The inventive cabin is embodied in the form of a prefabricated cylindrical structure or a polygonal prism and fastened with hoops. The holes are embodied in the bottom part of the cabin and/or along the perimeter of the side surface thereof. The cabin can be provided with forced ventilation and a lid arranged in the top part thereof. The heating device can be disposed inside or outside the phyto-reservoir.