

ABSTRACT

Provided is a steam heating mask (100) that includes a mask (110) which includes a mask body portion (101) covering a nose and a mouth of a wearer when wearing the mask, and a pair of ear hook portions (102) provided at both left and right ends of the mask body portion (101), and a steam generator (120) on the mask body portion (101), in which a proportion of an area occupied by the steam generator (120) is equal to or greater than 30% and equal to or less than 80% with respect to an area of an entire surface of the mask body portion (101) on a side of the wearer, the steam generator (120) accommodates inside a steam generating portion, the steam generator (120) includes a first sheet on a surface of the steam generating portion on the side of the wearer, and a second sheet on a surface opposite to the surface of the steam generating portion on the side of the wearer, a degree of air permeability of the first sheet is equal to or less than 7,000 sec/100 ml, and a degree of air permeability of the second sheet is greater than 8,000 sec/100 ml.