

Top 10 Healthful Benefits of Sauna

1. Relaxes Muscles & Soothes Aches & pains

- Under high heat, the body releases endorphins
- Blood vessels dilate and circulation increases which accelerates the body's natural healing process
- Following sporting activity, heat aids muscle relaxation by reducing muscle tension and eliminating lactic acid and other toxins.

3. Induces Deeper Sleep

When body temperature is raised in the late evening, it will fall at bedtime, facilitating sleep.

5. & 6. Flushes Toxins & Cleanses Skin

- Deep sweating in a sauna can help reduce levels of lead, copper, zinc, nickel and mercury
- Skin is cleansed & dead cells are replaced, keeping your skin in good working condition
- Sweat rinses bacteria out of the epidermal layer & sweat ducts

8. Burns Calories

In a sauna, calories are expended in at least two ways:

- According to U.S. Army medical research (Ward Dean, M.D.), "A moderately conditioned person can easily sweat off 500 grams in a sauna in a single session, consuming nearly 300 calories in the process."
- The body consumes calories by way of accelerated heart activity (cardiovascular section). As heart activity increases, demanding more oxygen, the body converts more calories into energy.

10. Feels Good

A sauna not only feels good, it's good for you.

A sauna truly makes you "Feel Better", "Look Better" & "Sleep Better".

2. Relieves Stress

"Stress relief" is the most commonly cited "primary benefit" of sauna.

- It's a warm quiet space without distractions.

• The heat of the sauna relaxes the body, improves circulation, and stimulates the release of endorphins—the body's natural feel good chemical.

4. Recreational & Social Benefits

Sauna can be a private personal retreat or a relaxing environment for socializing with family and friends.

7. Improves Cardio Performance

• Medical research shows the heart rate can rise from 60-70/min. to 110 to 120/min. in the sauna

• Every time you rapidly change temperature (from sauna to pool or shower), your heart rate increases by as much as 60% - comparable to moderate exercise.

9. Fights Illness; Relieves Congestion

• As the body is exposed to a sauna's heat & steam, it produces white blood cells more rapidly—which help fight illness & help kill viruses.

• Saunas can relieve sinus congestion from colds or allergies—especially when used with steam (add eucalyptus to the water for added benefits and enjoyment).

