

HEALTH BENEFITS OF SAUNA THERAPY

Saunas have long been a part of Finnish culture and tradition, dating back to the days when hot water and steam from stones were the only way that Finns could get warm in the winter. In more modern times, saunas have been re-imagined to provide health benefits that the original Finnish sauna visitors probably couldn't have imagined. Some of the health benefits are listed below. Recommended time in a sauna is 20-60 min. As always, If you are on medication, please consult your physician prior to utilizing a sauna.

Arthritis

Saunas can be used for treating forms of chronic arthritis, especially when used in conjunction with cool showers. Heat from the saunas has been shown to improve circulation and relax muscles in a way that provides relief from arthritis pain.

Circulation

Sauna treatments have been shown to increase circulation by safely raising the heart rate which boosts circulation and provides a form of cardiovascular exercise that is extremely effective for those unable to participate in strenuous activities.

Detoxification

Saunas have been found to reduce the level of toxins in the body, including metals, pesticides, solvents and other organic chemicals that are sweated off then washed away. The combination of warmth and relaxation also helps to break down fatty tissues and promote excretion of the toxins contained within.

Immune system

Time in a sauna followed by a cold shower has been shown to boost immune system responses. When hot skin is rapidly cooled, the immune system and blood flow are forced to compensate by reheating the inner layers of skin and muscle.

Cleanse & Purify

Time spent in a sauna clears sweat glands and purifies pores promoting healthier skin.

Spasms

Sauna therapy can benefit those suffering from chronic muscle spasms by helping muscles to relax and promoting blood flow through the afflicted muscles.