

The 15 Major Health Benefits of Sauna Bathing

1. Reduces stress
2. Relaxes muscles by reducing tension
3. Warms muscles before or after exercise reducing injury
4. Soothes aches and pains in muscles and joints by increasing endorphins – your bodies natural pain relieving chemical
5. Increases circulation by raising your body temperature
6. Increased circulation helps eliminate lactic acid and other toxins in muscles
7. Clears your mind. A warm & quiet space to think without any distractions.
8. Sleep better- warmth before bed induces a deeper sleep
9. A great private retreat or a relaxing environment for socializing with family and friends
10. Deep sweating in a sauna can help reduce levels of lead, copper, zinc, nickel and mercury – all toxins commonly picked up from our environment
11. Cleanses skin- By deep sweating skin is cleansed and dead cells are replaced. Sweat rinses bacteria out of the epidermal layer and sweat ducts.
12. Improves cardiovascular performance. Medical research shows the heart rate can rise from 60-70/min to 110-120/min
13. Burns calories. The sweating process takes energy and that energy is derived from the conversion of fat and carbohydrates in a process that burns up calories.
14. Fights illness. Medical research shows the saunas significantly reduce the incidence of colds and influenza. Saunas can relieve sinus congestion from colds or allergies.
15. Feels good! Provides a pampering retreat – where you can relax and restore body and soul.