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HEALTH BENEFITS
OF TRADITIONAL SAUNAS

If you've ever bathed in a sauna before, you already know how incredibly relaxing and re-invigorating it can be. It doesn't end with simple relaxation, though - the health benefits of a sauna are wide-ranging, from deeper sleep, flushing bodily toxins, to even a 65% reduction of Alzheimer's incidents. Over 10,000 years of history in practice speaks for itself.

Clearly it's working. In the fast pace of the modern world, we all need to take some time for ourselves and soak in the healing power of a time tested tradition.

We've done the research for you and put together a list of 6 amazing health benefits of saunas. Read on to learn more.

6 BENEFITS

CARDIOVASCULAR HEALTH

Only 30 minutes in a sauna lowers both systolic and diastolic blood pressure. Systolic is the pressure on your blood vessels when your heart beats. Diastolic is the pressure caused between beats. This greatly reduces the risk of vascular diseases, such as high blood pressure, cardiovascular disease, and neurocognitive diseases.
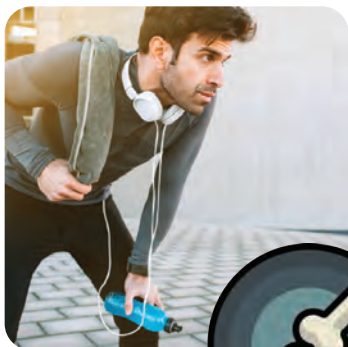
RECOVERY AFTER WORKOUT

Saunas help improve "vascular compliance", which means how effectively your blood vessels respond to changes in pressure. This helps with blood flow and how efficiently blood travels through your body and to your brain. By improving blood circulation and carrying oxygen-rich blood to exhausted muscles, the process of muscle recovery is greatly enhanced. The heat of the sauna also helps to further relax muscles, aiding in the recovery process.

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FLUSHING BODILY TOXINS

A great way of maintaining your health is through detoxification, and sauna bathing is one of the best ways to do this. Some toxins are released through the skin while sweating; however, most of this process actually happens through your liver and kidney.

When your body temperature rises, your heartbeat increases and your skin becomes flushed. This triggers a process called lipolysis, which breaks down fat cells and releases toxins into the bloodstream, which are then pushed to the liver and kidney and naturally excreted from the body.

This can remove up to one-third of the toxins in your body, and help with exhaustion, insomnia, headaches, fuzzy thinking and even mood swings. It's always good practice to drink lots of water and rinse before and after the sauna, as well.

DEEPER SLEEP

Muscle tension caused by stress is a common complaint with our fast-paced lifestyles. Just 15 minutes in a sauna before bed can dramatically improve your sleep by melting away all that stress and relaxing your muscles, which in turn relieves the tension held in your body. As well as increasing blood circulation, the high heat of a sauna increases the body temperature and causes the body to release endorphins.

Endorphins can reduce pain and cause mild feelings of euphoria and peacefulness, acting as a sort of tranquillizer. You'll be amazed at how refreshed you feel after a good deep sleep.

65% REDUCTION OF ALZHEIMER'S INCIDENTS

In 2016, researchers in Finland released results of a 20-year study that found regular sauna use - 30-minute sessions 4 to 7 times a week - reduced the risk of Alzheimer's disease by 65% and dementia by 66%, compared to those who used the sauna only 1 time per week showing a 20% reduced risk of Alzheimer's and 22% reduced risk of dementia.

Recent research has found that inflammation and oxidative stress can contribute to the development of dementia and Alzheimer's, and sauna use is known to reduce inflammation and stress, which is believed to be the reason for the study results.

More studies are needed to provide further information; however, the results are quite strong and supportive of incredible health benefits and overall wellness.

WEIGHT LOSS & MAINTAINING HEALTHY WEIGHT

We're not going to try to tell you that you can melt away all that extra weight just by sitting in a sauna. However, sauna bathing can aid in weight loss. The high temperatures of a sauna cause elevated heart rates, similar to when working out, and can burn up to 100 calories per 30-minute session.

This happens because the high temperatures cause your metabolism to kick into overdrive and burn calories. To truly leverage the benefits of this, it's best paired with a good diet and some light exercise. Sweating alone will only shed water weight; however, the boost in heart health helps your body burn calories more efficiently for better overall results than those who do not use a sauna.

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