

Health Benefits of Traditional Sauna Use

Sauna enthusiasts recognize the many health benefits that result from regular sauna use. While the specific health benefits will vary depending on the individual and how the sauna is used, there is no debate in the sauna community that sauna use enhances both lifestyle and wellness. The following is based on information published by the North American and Finnish Sauna Societies and is provided to assist you in determining if a sauna is right for you. Be sure to consult your doctor for specific health benefits or risks that may apply to you.

Improved Circulation and Lower Blood Pressure

As blood vessels expand to accommodate increased blood flow, circulation improves and blood pressure gets lower. Research shows that frequent sauna bathing can assist in temporarily lowering blood pressure.

Cardiovascular Workout

Finnish researchers have reported that regular sauna use helps maintain the health of blood vessels. Vessels become more elastic and pliable due to the process of heating and cooling the body repeatedly. Medical research shows that the heart rate can rise from 60-70/minute to 110-120/minute in the sauna, and to 140-150/minute with more intensive bathing. The elevated heart rate burns calories and creates a mild workout for the heart. Following the sauna, the heart rate will decrease, often to a lower rate than what was normal before using the sauna.

Immune System

Finnish and German studies have shown that regular sauna bathing can reduce the chance of cold and influenza by up to 30%. Sauna heat puts the body into an artificial fever state, and fever is part of the body's natural healing process. This "fake fever" stimulates the immune system resulting in an increased production of disease-fighting white blood cells and antibodies.

Respiratory Benefits

Sauna bathing can relieve sinus congestion from colds or allergies—especially when used with steam (water on the heater rocks!). The steam vapor action helps clear up uncomfortable congestion.

Removal of Toxins and Impurities

Sauna use creates sweating and high body temperature that causes the pores of the skin to open, helping to reduce the levels of toxins and impurities like lead, copper, zinc, nickel and mercury — all commonly picked up from our environment.

Relieved Tension, Stress and Mental Fatigue

Stress has become a significant problem in the course of modern day life, and it is a primary reason behind several serious illnesses. Sauna bathing greatly relaxes body and mind, and promotes a sense of wellbeing.



Burning Calories

U.S. Army research shows sauna use can burn as many as 300 calories during one sauna session. This happens both due to the sweating process itself, and due to increased heart rate. Even though most of the weight lost in sauna is water, regular sauna bathing can complement a weight-loss program



Maintaining Clear and Healthy Skin

In the sauna, skin is cleansed and dead cells are replaced, keeping the skin healthy. Sauna heat also relaxes facial tensions, and improves skin elasticity. Sweating rinses bacteria out of the epidermal layer and sweat ducts.

Relief for Sore Joints and Muscles

In a traditional sauna the entire body is immersed in the heat of the sauna room. Sauna use is very helpful in reducing the pain of sore joints and muscles. Additionally, those suffering from arthritic pain may also find substantial relief when using a traditional sauna due to the pain-reducing effect of heat.

