



Spokane Holistic  
Healing

## Spokane Holistic Healing Client Handout

### Infrared Sauna Information

Infrared saunas offer several **physical health benefits**, including:

#### 1. Detoxification

- Infrared heat helps the body sweat at a lower temperature than traditional saunas, promoting the release of toxins such as heavy metals, BPA, and other environmental pollutants.

#### 2. Improved Circulation

- The heat increases blood flow, similar to light cardiovascular exercise, which can support heart health and muscle recovery.

#### 3. Pain Relief

- Can help reduce inflammation and ease muscle and joint pain, making it beneficial for conditions like arthritis, fibromyalgia, and general soreness.

#### 4. Relaxation & Stress Reduction

- The deep, penetrating heat promotes relaxation, lowers cortisol (stress hormone) levels, and encourages better sleep.

#### 5. Skin Health

- Sweating helps unclog pores, increase collagen production, and improve skin elasticity, reducing acne and signs of aging.

#### 6. Weight Loss & Metabolism Boost

- Increased sweating and heart rate may help burn calories, mimicking the effects of exercise. Some studies suggest infrared saunas can support metabolism.

#### 7. Immune System Support

- Raising the body's core temperature can stimulate white blood cell production, helping the immune system fight infections more effectively.



## 8. Enhanced Athletic Recovery

- Helps with muscle recovery by reducing lactic acid buildup and increasing oxygen flow to tissues.

Infrared saunas offer several **mental health benefits**, helping with relaxation, stress reduction, and overall emotional well-being. Here's how they can positively impact mental health:

### 1. Reduces Stress & Anxiety

- Infrared heat **lowers cortisol** (the stress hormone) while increasing endorphins, creating a calming effect similar to meditation.
- The warm environment **activates the parasympathetic nervous system**, which promotes relaxation and reduces anxiety.

### 2. Improves Mood & Fights Depression

- Infrared saunas can boost levels of **serotonin and dopamine**, which are associated with happiness and emotional balance.
- Some people experience a mild "**sauna high**" due to the release of feel-good hormones.
- **Light therapy** (especially with near-infrared) may help with **Seasonal Affective Disorder (SAD)**.

### 3. Enhances Sleep Quality

- Regular sauna use helps **regulate circadian rhythms** and **lowers nighttime cortisol**, making it easier to fall asleep and stay asleep.
- The drop in body temperature after a sauna session **mimics natural sleep processes**, promoting deep, restorative sleep.

### 4. Boosts Mental Clarity & Focus

- Increased circulation and oxygenation **improve brain function**, leading to better concentration, focus, and cognitive performance.
- Some studies suggest sauna use can help **reduce brain fog and mental fatigue**.

### 5. Supports PTSD & Trauma Recovery

- The deep relaxation and heat exposure may **calm the nervous system**, making infrared sauna therapy beneficial for those recovering from PTSD or chronic stress.
- It may help reduce **hypervigilance and promote emotional regulation**.



## 6. Encourages Mindfulness & Relaxation

- Taking time to sit in a sauna encourages **mindfulness and self-care**, helping to disconnect from stressors and practice deep breathing or meditation.

## 7. Reduces Inflammation Linked to Mental Health Issues

- Chronic inflammation is associated with **depression and anxiety**—infrared saunas help reduce inflammation, which may contribute to improved mental well-being.

## How Often Should You Use an Infrared Sauna for Mental Health?

- **3-5 times per week for 20-45 minutes at 120-150°F (49-65°C)** is ideal for most people.
- Consistency is key—regular sauna use leads to long-term benefits.

Here are some **safety tips and best practices** for using an infrared sauna effectively:

### Before Your Session

- ✅ **Stay Hydrated** – Drink plenty of water before and after to prevent dehydration. You can also drink electrolyte-rich fluids if you sweat a lot.
- ✅ **Avoid Heavy Meals** – Eat a light snack if needed, but avoid heavy meals right before your session.
- ✅ **Check with Your Doctor** – If you have any medical conditions (e.g., heart issues, low blood pressure, pregnancy), consult your doctor first.

### During Your Session

- 🔥 **Start Low & Slow** – If you're new to infrared saunas, start with **10-15 minutes at 110-130°F (43-54°C)** and gradually work up to **20-45 minutes at 120-150°F (49-65°C)**.
- 🔥 **Listen to Your Body** – If you feel dizzy, lightheaded, or uncomfortable, exit immediately.
- 🔥 **Use a Towel** – Sit on a towel to absorb sweat and prevent slipping.
- 🔥 **Relax & Breathe Deeply** – Avoid distractions and focus on relaxation, meditation, or light stretching.

### After Your Session



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Healing

💧 **Cool Down Slowly** – Let your body return to normal temperature before showering or doing any intense activity.

💧 **Rehydrate** – Drink at least **16-24 oz (500-700 mL)** of water or an electrolyte drink.

## Bonus Tips

✅ **Use 3-4 Times Per Week** – This frequency is great for most people; daily use is fine if your body adapts well.

✅ **Enhance Benefits** – Try sauna sessions after workouts, or incorporating light yoga/stretching inside.

Infrared saunas come in three main types based on the **wavelengths** they emit:

### 1. Near-Infrared (NIR) Saunas

✅ **Best for:** Skin health, wound healing, and collagen production.

✅ **How it works:** Penetrates the skin's surface, stimulating cellular repair and improving circulation.

✅ **Ideal for:** People looking for anti-aging benefits, skin rejuvenation, and mild detox.

### 2. Mid-Infrared (MIR) Saunas

✅ **Best for:** Pain relief, circulation, and inflammation reduction.

✅ **How it works:** Penetrates deeper into tissues and muscles, making it great for recovery and reducing stiffness.

✅ **Ideal for:** Athletes, those with chronic pain (e.g., arthritis, fibromyalgia), and muscle recovery.

### 3. Far-Infrared (FIR) Saunas (*Most Common*)

✅ **Best for:** Deep detoxification, weight loss, and cardiovascular benefits.

✅ **How it works:** Heats the body from the inside out, promoting intense sweating and deep detox at a cellular level.

✅ **Ideal for:** People wanting full-body detox, stress relief, and metabolism boost.

## Which One Should You Choose?

- **For overall wellness:** A **full-spectrum** sauna (combining NIR, MIR, and FIR) is the best option.
- **For skin & healing:** Go for **near-infrared** light therapy.



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- **For pain relief & deep tissue benefits:** A **mid-infrared** sauna is a good choice.
- **For detox & weight loss:** A **far-infrared** sauna is the most effective.