



Spokane Holistic  
Healing

## Spokane Holistic Healing Client Handout

### Infrared Sauna for Menopause Symptom Relief

Infrared saunas can potentially offer relief for menopausal symptoms in several ways. Here's how they might help:

**Improved Sleep:** Many women going through menopause struggle with sleep disturbances due to hot flashes or anxiety. The gentle heat from an infrared sauna may promote relaxation, improve sleep quality, and help with insomnia. The heat can trigger the body's natural relaxation responses, which could help you unwind before bedtime.

**Hot Flash Relief:** While infrared saunas mimic the heat associated with hot flashes, the heat is usually more soothing and less overwhelming than the sudden spikes in temperature during a hot flash. Some people report that regular sauna use helps regulate body temperature and reduces the frequency or intensity of hot flashes over time.

**Mood Enhancement:** Menopause can bring about mood swings, irritability, and anxiety. The relaxation benefits of infrared saunas can reduce stress levels, helping to stabilize mood. The release of endorphins, which can be stimulated by heat exposure, may also improve feelings of well-being.

**Joint and Muscle Pain Relief:** Menopause is often associated with increased joint and muscle discomfort due to hormonal fluctuations. The heat from infrared saunas penetrates deeper into the body than traditional saunas, which can help relax muscles, reduce stiffness, and alleviate pain.

**Detoxification:** Infrared saunas promote sweating, which is often thought to help detoxify the body by expelling toxins. Some believe that this can help with the overall sense of well-being and energy, which might be lower during menopause.

**Skin Health:** Hormonal changes during menopause can affect the skin, leading to dryness or changes in texture. The infrared sauna can improve circulation and hydration, potentially benefiting skin health.

However, it's important to note that the effects of infrared saunas may vary from person to person, and while many find them helpful, they should not replace medical treatments. Consulting with a healthcare provider before using infrared saunas, especially if you have any pre-existing conditions, is always a good idea.