



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Skin Issues

Infrared Sauna Therapy

Infrared saunas can help with skin disorders by using infrared light to penetrate deep into the skin, promoting healing, reducing inflammation, and improving overall skin health. Here's how they can be beneficial:

1. Reduces Inflammation & Redness

Infrared heat can calm inflammatory skin conditions like **eczema, psoriasis, and rosacea** by reducing cytokine activity and oxidative stress, which contribute to redness and irritation.

2. Promotes Detoxification

Sweating induced by infrared heat helps eliminate toxins, heavy metals, and impurities that may contribute to **acne, breakouts, and skin irritation**.

3. Increases Circulation & Oxygenation

Infrared therapy improves blood flow, delivering more oxygen and nutrients to the skin, which can help speed up healing for wounds, scars, and conditions like **dermatitis**.

4. Boosts Collagen Production

The deep heat stimulates fibroblasts to produce more collagen and elastin, which can improve **skin elasticity, reduce wrinkles, and enhance overall skin texture**.

5. Helps with Acne & Bacterial Infections

The increased sweating helps clear out clogged pores, and infrared heat has antibacterial properties that may help reduce **acne-causing bacteria** and support clearer skin.

6. Supports Wound Healing & Scar Reduction

Infrared therapy promotes faster cell turnover and tissue regeneration, which can help minimize the appearance of scars and speed up the healing process for **burns, cuts, and post-surgical wounds**.



7. Balances Oil Production

For people with oily skin, infrared heat can help regulate sebum production, potentially reducing excessive oiliness that leads to acne.

8. Alleviates Itchiness & Dryness

For conditions like **eczema and psoriasis**, infrared therapy helps keep the skin hydrated by improving circulation and reducing inflammation, leading to fewer flare-ups and less itching.

While infrared saunas can be beneficial, they should be used alongside a proper skincare routine and medical treatments if needed.

Infrared saunas can help with various **skin disorders** by promoting circulation, reducing inflammation, and supporting detoxification. Here are some of the most common skin conditions that may benefit from infrared therapy:

1. Psoriasis

- Infrared heat reduces **inflammation and scaling** associated with psoriasis.
- Improves blood flow, which can help with **skin cell turnover** and healing.

2. Eczema (Atopic Dermatitis)

- Helps soothe **dry, itchy, and inflamed skin** by improving hydration and circulation.
- Reduces immune system overactivity, which is often a trigger for flare-ups.

3. Acne & Oily Skin

- Increased sweating helps **unclog pores and remove toxins**, reducing breakouts.
- Infrared heat has **antibacterial properties** that may kill acne-causing bacteria.

4. Rosacea

- Infrared therapy can improve **circulation and reduce redness**, but should be used carefully since excess heat may trigger flare-ups in some individuals.

5. Dermatitis

- Helps calm **itchy, irritated skin** by reducing inflammation and supporting natural healing.
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- Improves moisture retention in the skin.

6. Wound Healing & Scarring

- Stimulates collagen production, which helps **fade scars and speed up wound healing**.
- May reduce **post-inflammatory hyperpigmentation (PIH)** and keloid formation.

7. Vitiligo

- While not a cure, improved circulation and detoxification may **support melanocyte function**, which is responsible for pigment production.

8. Fungal Skin Infections (e.g., Athlete's Foot, Ringworm)

- Infrared heat creates an environment that may help **inhibit fungal growth** and boost immune response.

9. Sun Damage & Premature Aging

- Stimulates **collagen and elastin** production, helping to reduce **fine lines, wrinkles, and sunspots**.

10. Hives & Chronic Itching

- Infrared therapy may help calm **histamine response**, reducing itchiness from conditions like urticaria.

While infrared saunas can be beneficial for skin health, it's essential to **monitor your skin's response** and stay hydrated. Some conditions, like rosacea, may require lower heat settings to avoid flare-ups.

Red Light Therapy (RLT)

Red light therapy (RLT) can help with various **skin conditions** by promoting healing, reducing inflammation, and stimulating collagen production. Here's how it benefits specific skin disorders:

1. Acne & Breakouts

- Reduces **inflammation and redness** from acne.
- Helps regulate **sebum (oil) production**, preventing clogged pores.



- May kill **acne-causing bacteria** when combined with blue light therapy.

2. Psoriasis

- Decreases **inflammation and scaling** by modulating immune response.
- May help slow down **rapid skin cell turnover**, reducing flare-ups.

3. Eczema (Atopic Dermatitis)

- Helps reduce **itching, redness, and dryness**.
- Supports skin barrier repair and **reduces inflammation**.

4. Rosacea

- Can help calm **redness and visible blood vessels**.
- Reduces skin sensitivity and inflammation, though **lower-intensity light is recommended** to prevent irritation.

5. Wound Healing & Scars

- Stimulates **collagen and elastin** production, improving scar appearance.
- Speeds up healing of **cuts, burns, and post-surgical wounds**.

6. Vitiligo

- May support **melanocyte activity**, potentially helping to restore pigment.
- Works best when combined with other treatments like UVB therapy.

7. Anti-Aging (Wrinkles, Fine Lines, Sun Damage)

- Increases **collagen production**, improving skin elasticity.
- Reduces **wrinkles, fine lines, and sunspots**.

8. Dermatitis & Skin Irritation

- Helps **calm inflammation** and repair the skin barrier.
- Reduces **itching and flaking** for conditions like contact dermatitis.

9. Cold Sores & Herpes Simplex Virus

- May **reduce healing time** and discomfort by stimulating cell repair.
- Some studies suggest it helps **suppress viral activity**, reducing outbreak frequency.



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10. Fungal Skin Infections (e.g., Athlete's Foot, Ringworm)

- Can **enhance immune response** in the skin, making it harder for fungi to thrive.

Red light therapy is **non-invasive and drug-free**, making it a great option for managing chronic skin conditions. However, results vary by individual, and it often works best as a **complementary treatment** alongside traditional skincare.