



News: Optimizing Your Post-Sauna Session Hydration

Donna Jolly | June 12, 2024

Sauna sessions are renowned for their multitude of health benefits, ranging from improved circulation to enhanced detoxification. However, the practices that follow these sessions are just as crucial for maximizing their benefits, one such practice is proper hydration. While the instinct might be to immediately reach for an ice-cold drink or a caffeine pick me up, experts suggest that non-caffeinated tea or still, room-temperature water may be more beneficial. Let's explore why.

Understanding the Body's Response to Saunas

Saunas induce a state of hyperthermia, where the body's core temperature rises as it absorbs more heat than it can release. The increased body temperature will trigger various physiological responses, including sweating to cool the body down and increasing the heart rate to maintain circulation. During a sauna session, the body can lose significant amounts of fluids and electrolytes through the sweat process, thus post-sauna, hydration becomes essential to replenish the losses and support recovery.

The Downside of Ice-Cold Water and Caffeine After a Sauna Session

Despite the initial allure of guzzling ice-cold water after a hot sauna session, or while it might be tempting to reach for a caffeinated beverage for a quick pick-me-up, both can be counterproductive to the wellness work your body encountered during the sauna session, especially if you want to extend the effects of your session.

Drinking ice-cold water post session may create an abrupt temperature change in the body as cold water is known to reduce body temperature based on results of a [2012 study](#). The sudden change acts as shock to the system and may lead to blood vessel constriction. The vessel constriction counteracts the benefits of improved circulation gained from the sauna session. So, while cold water is good for gym workouts to help keep the body from overheating by lowering the core temperature, this may be counterproductive for sauna sessions where the intent is to put the body in a state of hyperthermia. In addition, according to Ayurvedic principles, the body prefers water that is closer to its natural temperature, 98.6°F (37°C). This is under the belief that still or warmed water can be absorbed more quickly and efficiently by the body to support rehydration and continued circulation, where cold beverages slow digestion and constrict flow. Drinking still water post session and allowing your body to gradually cool prolongs the effects of your session allowing you to get the optimal benefit.

It's also best to steer clear of caffeine after a sauna session due to its nature of being a diuretic, meaning it increases urine production and can lead to further dehydration. Since the body is already in a state of fluid loss from sweating, additional dehydration can be counterproductive and potentially harmful. Moreover, caffeine can stimulate the nervous system, counteracting the relaxing effects of the sauna. Caffeine is also known to increase heart rate and blood pressure, which might not be advisable immediately after a session that already elevates these parameters.

So, if you shouldn't grab an ice-cold drink or a cup of coffee, what should you do?

Benefits of Non-Caffeinated Tea and Room Temperature Water

Opting for non-caffeinated tea or room temperature water provides several advantages that support the body's recovery and overall well-being post-sauna, namely: gentle rehydration, enhanced detoxification, continued state of relaxation, and electrolyte balance.

- **Gentle Rehydration:** Room temperature water is absorbed more efficiently by the body, ensuring faster and more effective rehydration. This helps in quickly restoring the fluid balance and maintaining optimal physiological functions.
- **Enhanced Detoxification:** Herbal teas, especially those known for their detoxifying properties like chamomile, peppermint, or ginger tea, can support the body's natural detoxification processes. These teas provide additional antioxidants and nutrients that may further enhance the detoxification process initiated by the sauna session.
- **Relaxation Effects:** Non-caffeinated teas allow for maintaining the relaxed state achieved following a sauna session. Some herbal teas, like chamomile or lavender, have calming properties to further enhance the effect.
- **Electrolyte Balance:** Herbal teas can also contribute to replenishing electrolytes lost during the process of sweating. For instance, nettle tea is known to be rich in minerals and can help in maintaining electrolyte balance.

Practical Tips and HaloHeat Sauna Studio's Commitment to Optimal Hydration

Prioritizing your post-sauna session hydration is just as important as the session itself to support overall wellness. At [HaloHeat Sauna Studio](#), we have carefully selected complimentary beverages to align with your body's post-session needs. We provide organic, locally sourced peppermint tea and filtered still water to ensure you receive the maximum benefits from your sauna session. Peppermint tea is not only refreshing but also supports digestion and helps in calming the body and our filtered, still water is kept at room temperature to facilitate gentle and efficient rehydration.

By understanding the body's needs and making informed choices, you can maximize the positive impacts of your sauna experience. To do this, keep in mind the following tips for your post-sauna hydration:

- **Prepare Ahead:** Have your non-caffeinated tea or room temperature water ready before you start your sauna session. This ensures you can start rehydrating immediately after you finish.
- **Choose the Right Teas:** Opt for herbal teas that are known for their health benefits. Chamomile, peppermint, ginger, and nettle are excellent choices. Avoid caffeinated teas as caffeine can act as a diuretic, potentially leading to further dehydration.
- **Hydrate Gradually:** Instead of chugging a large amount of liquid at once, drink small sips. This approach helps the body absorb the fluids more effectively and prevents any potential digestive discomfort.
- **Monitor Your Body:** Pay attention to your body's signals. If you feel thirsty or experience symptoms of dehydration like dizziness or headache, continue to hydrate until you feel better, seek medical attention if symptoms persist.

Incorporating the right hydration practices post-sauna can significantly enhance the benefits of your sauna sessions. So, while ice-cold water may still seem tempting, non-caffeinated tea or still, room temperature water provide superior benefits. These options ensure gentle and efficient rehydration, support detoxification, and contribute to your overall relaxation and well-being. Cheers to your health!

References and Additional Reading

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