

STRESS RELIEF & MORE

An infrared sauna is proof that technology can do wonders for human health. Because of this device's ability to send heat deeper into the layers of the skin, it can "shake up" the body and get rid of harmful substances that often cause disease and pain. A large number of people, especially athletes and those who are ill, can enjoy the benefits of infrared saunas.

For the Athletes

Spending time inside an infrared sauna regularly is good for people who participate in sports or other physical activities. In fact, sports medicine practitioners and coaches insist that their athletes do pre- and post-workout sauna sessions to help prevent injuries and deal with existing bodily pain caused by strenuous physical exertion.

The heat of the infrared sauna eases muscle tension, greatly benefiting the athlete's body. It also increases flexibility, allowing them to execute a range of motions that would normally strain muscles or tissues. Joint and muscle pain caused by strain, overuse, and repetitive motion can also be addressed with regular sauna use, which promotes faster muscle repair.

Athletes will find that they feel well rested and re-energized from the sauna session, helping them get through tough workouts without getting physically and mentally exhausted. This allows them to return to training in a much shorter time after an injury.

For the Stressed

After a hard day at work, you can relax inside an infrared sauna while reading a book or listening to music. Since the body isn't equipped to be in constant high gear, it will instantly benefit from the calming effect of the heat. You can visualize this process as loosening your grip under extreme situations. This relief allows the body to deal more effectively with the nervous system's response to stressful situations, and ease any adverse effects.

Infrared heat is also considered a good therapy for depression. Because it balances the stress hormones in the body, it is able to enhance mood. In fact, studies reveal that patients who undergo infrared heat therapy show marks of improvement in their pain and anger levels. Some 77% of patients who went through infrared therapy became well enough to go back to work after two years of treatment.

With all these benefits, there's no doubt that infrared saunas are helpful to almost all people. However, just to be on the safe side, consult with your doctor before beginning a sauna therapy routine if you have underlying medical conditions or are taking medications.