WEIGHT LOSS BENEFITS

Infrared saunas are not a stand-alone weight loss machine, but they can be used in conjunction with exercise and a healthy diet as a catalyst to reach your goals. Anyone who claims that an infrared sauna is all you need, should be treated with caution.

Yes, you may see some weight loss after one session, but what you lost is mostly water weight. This short-term weight loss will more than likely be replenished once you start drinking water again immediately after your session. (We recommend drinking a glass of water prior to entering the sauna, a glass during, and follow up with another post-sweat. Electrolyte drinks can be substituted as well.) It is highly important to rehydrate yourself after using your infrared sauna. Unless you are also maintaining a balanced diet and consistent exercise, even 100 sauna sessions will not help you burn actual fat.

Based on a study published in the Journal of Photochemistry and Photobiology, women who suffer from obesity were tested with near infrared low-level laser therapy in combination with exercise to help lessen their cardiometabolic risk. In this research, they combined a form of infrared therapy with exercise, more specifically aerobic exercise with resistance training.

By doing so, the women who participated experienced a, " ... decrease in neck and waist circumferences; percentual of fat; [and] visceral fat area ... " (Duarte et al. 2015). In short: Yes, infrared saunas can help you lose weight when you integrate your sessions with a healthy lifestyle regimen.

During your weight loss journey while using an infrared sauna, you may notice other increased benefits that can increase weight loss:

- Increased blood flow: Saunas have been proven to increase tissue repair and blood flow which brings more nutrients and oxygen to your muscles. This leads to a faster recovery after exercise.
- Boosted metabolism: An increase in core body temperature can boost metabolism for the time that you are in the sauna session as well as up to 60 minutes after.
- Improved mental health: Infrared sauna wavelengths increase the brain's serotonin levels and endorphins. Dedicating at least 30 minutes a day can elevate and relax your mood. When you feel better about yourself mentally, it likely can result in more weight loss.