



Sauna benefits

THINGS TO KNOW ABOUT THE SAUNA

“ The sauna experience is different for everyone; but all will agree it provides a restorative environment for mental and physical health.”

- **BURNS CALORIES** – Because of increased metabolic rates and the energy required for sweating, up to 300 calories can be expended in a single sauna session (that is roughly equivalent to running 2-3 miles).*
- **CONDITIONS YOUR HEART** – The heart rate increases when the body is exposed to high temperature, which also improves circulation.
- **INDUCES A DEEPER MORE RELAXING SLEEP** – Sauna can be used before bed to promote a deeper, more restful sleep. It also can offer some relief from sinus congestion.
- **RECREATIONAL & SOCIAL BENEFITS** – The sauna experience can be a very personal enjoyment, and can also be shared with family and friends. Sharing a sauna with a special person can mean time for openness, quiet conversation and intimacy.
- **RELAXES MUCSCLES** – Can also give temporary relief to the pain of arthritis and rheumatism.
- **FLUSHES TOXINS** – Through sweating, the sauna can help remove such toxins as lead, nickel and mercury.
- **CLEANSSES SKIN** – Will give you a more youthful appearance. With the opening the pores and cleansing of the skin, you will not only have cleaner skin, it will look better as well.
- **RELIEVES STRESS** – It helps us to relax and affords us some relief from every day stress and anxiety in our lives.

*Richard B. Pearce, PH.D., U.S. Army Research, “Sauna vs. Steam”, SHAPE, Feb, 1987