

Relaxation, Detoxification and Recovery: Tips for Using an Infrared Sauna



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If there's something that most of us enjoy, it's R&R. Who doesn't look forward to the weekend when one can have some downtime to indulge in destressing activities such as massages, facials, and steam baths? Somehow, we have established default ways to relax without even thinking about it.

But there are times when our bodies just seem to crave other means of winding down. It's possible that the usual ways of relaxing aren't cutting it anymore for you, that your anxiety is already at that level where it needs to be countered by more innovative forms of stress relief. Or perhaps, you want to spice up your R&R routine. And yet another reason could be that you'd like a calming activity that can provide a [full body detox](#) at the same time.



Whatever your purpose, an [infrared sauna](#) may be just what you're looking for. This article will explain what infrared saunas are all about and share tips to get you started on your "enlightening" infrared experience.

What is an infrared sauna?

Unlike traditional saunas that warm the air around you, infrared saunas use infrared or near-infrared light to directly heat your body, resulting in lower temperatures. Infrared saunas can therefore be more comfortable for those sensitive to high heat.

Although the average temperature range of infrared saunas is from 100°F to 150°F compared to the higher 150°F and 195°F of the usual saunas, it doesn't mean that they are less effective. In fact, the infrared heat penetrates more deeply into the skin, owing to the longer wavelengths of infrared light. Therefore, infrared light can reach further to release healing energy, even onto the muscles and tissues to heal the body at the cellular level. This makes it a potent recovery treatment for chronic muscle fatigue and pain. There are many other advantages of infrared sauna, such as improved circulation, detoxification, better sleep, and glowing skin.

Maximizing Your Infrared Sauna Experience

Get the most out of your infrared sauna sessions by applying these simple yet highly beneficial hacks.

Schedule in advance and according to your needs

Like any activity worth doing, it's best to schedule your infrared sauna sessions to ensure that they meet your specific needs. For instance, if you want to boost your morning routine, 10 minutes of being in an infrared sauna can give that quick pick-me-up that you need to jumpstart the day.



If it's relaxation or detoxification you're gunning for, then choose those days when you have a bit more time to indulge in extended infrared sauna sessions, so you can optimize your enjoyment and the effectiveness of the treatment.

An infrared sauna can likewise do you wonders if you have insomnia or have trouble falling asleep. The cutting-edge infrared technology can work just like a warm soak before getting into bed. Both activities can sharply raise your body temperature, then cause an equally sharp drop afterward, so you can cool down and be primed for deep sleep.

Ditch the alcoholic drinks

Because infrared saunas can make you sweat profusely, consuming alcohol can be particularly dehydrating before a session. Instead of gulping down some booze, go for your old, reliable H₂O instead. Water can also keep your body from overheating and reduce the risk of hypotension and arrhythmia.

Keep the mind clear by staying free of gadgets

To allow your mind to wind down and arrive at that state of tranquility you desire during your infrared sauna sessions, stay away from gadgets an hour or so before your treatment. Being alert 24/7 can be harmful to your physical and mental health. Unplugging from work entails disengaging from your devices that may remind you about all the pending tasks you have to do. Bear in mind that your list of to-dos can never entirely run out. So just chill and let tomorrow take care of itself as you sink into deep relaxation.

Bring down the temperature and shorten the session if it's your first time

Although an infrared sauna has a lower temperature than your average sauna, the heat emitted can produce a more vigorous sweat than the latter. Beginners may want to start at the lower ranges and take briefer periods, slowly increasing the temperature and stretching the minutes in the following sessions.



Post-Sauna Dos

Losing a lot of sweat can make you feel light-headed. Once done with your session, take it slow when getting up. Immediately rehydrate with two to four glasses of water. Wait a few minutes to cool down before you take a cold shower to cleanse and refresh your body.

The Wind-Up

Infrared saunas can be the best relaxation, detoxification, and recovery treatment you can have. Applying the tips above can ensure that you are well-prepared to get all the benefits from your sessions. Don't forget to ask your doctor ahead of your schedule, as safety should always come first. Taking this precaution can help you ease your worries, allowing for a more deeply satisfying experience. Enjoy!