



Infrared saunas have been proven to aid in the acceleration of sweating which when combined with Hot Yoga can be beneficial in many ways both Physical & Mental leading to Body Wellness.



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Hot Yoga + Sauna = Wellness

Hot yoga has become a popular exercise in recent years. It offers many of the same benefits as traditional yoga, such as stress reduction, improved strength, and flexibility. But, with the heat turned up, hot yoga has the ability to give your heart, lungs, and muscles an even greater, more intense workout. Are you interested in learning more about the ways you can benefit from hot yoga? This article will take a closer look at what this sweat-inducing workout can do for you and how you can get started.

What is hot yoga?

Hot yoga, just means that the room is heated above normal room temperature. The heat can be set to whatever the yoga instructor wants, though it's typically between 80 and 100°F (27 and 38°C). Hot yoga sessions can include any variety of poses, and the time of each class will vary from studio to studio. Hot yoga often includes music and more interaction among the people in the class.

What are the benefits of hot yoga?

A heated environment can make the practice of yoga more challenging, but some of the benefits may be worth it, especially if you're looking to make progress in one of the areas outlined below. If done correctly and safely, hot yoga can provide the following benefits:

Improves flexibility

You may already know that stretching after you warm up your muscles is safer than stretching cold muscles. So, it follows that an environment like a hot yoga studio can make yoga poses easier and more effective. The heat allows you to stretch a little further and achieve a greater range of motion.

Burns more calories

A 160-pound person can burn around 183 calories an hour with traditional yoga. Turning up the heat can help you burn even more calories. According to researchers, the calorie burn can be as high as 460 for men and 330 for women during a 90-minute Bikram yoga session. Hot yoga, even if it's not quite as intense as a Bikram session, will burn more calories than a traditional yoga workout.

Builds bone density

Supporting your weight during a yoga pose can help build bone density. This is especially important for older adults and premenopausal women, as bone density declines as you age. Many worldwide studies have resulted in phenomenal results thus making people believe that hot yoga may be an effective option for reducing the risk of osteoporosis in women.

Reduces stress

Many people turn to yoga as a natural way to deal with stress. Hot yoga significantly reduces the stress levels. At the same time, it improved health-related quality of life, as well as self-efficacy - the belief that you have control over your behavior and social environment.

Ease depression

Yoga is a well known technique to help you relax and improve your mood. It may also be a helpful therapy for reducing the symptoms of depression. Additionally, different studies that focused on yoga as a treatment for depression concluded that yoga is an effective way to reduce depressive symptoms.

Provides a cardiovascular boost

Striking different yoga poses in high heat can give your heart, lungs, and muscles a more challenging workout than doing the same poses in a lower temperature. Just one session of hot yoga is enough to get your heart pumping at the same rate as a brisk walk (3.5 miles per hour). Hot yoga also revs up your respiration and metabolism.

Reduces blood glucose levels

While any type of exercise can help burn energy and reduce circulating levels of glucose (sugar) in your bloodstream, hot yoga may be an especially helpful tool for people at higher risk for type 2 diabetes.

Nourishes the skin

Sweating, and a lot of it, is one of the main objectives of hot yoga. One of the benefits of sweating in a warm environment is that it can improve circulation, bringing oxygen- and nutrient-rich blood to skin cells. This, in turn, may help to nourish your skin from the inside.

Weight Loss

Hot yoga addresses all aspects of physical fitness including muscular strength, endurance, flexibility and weight loss. While certainly not the easiest yoga path to follow, it is a great style of yoga for the beginner. The most unique benefits of hot yoga are detoxification (cleansing) and reduced injuries due to the greater flexibility of the body in a hot environment. There is no other style of yoga that addresses the overall health of the body in such a comprehensive way.

Good for your bones

While there's a lot of salt lost in sweat, only just a little bit of calcium is lost. So hot yoga is actually really good for your bones. However, We still recommend that fluid, sodium, and calcium are replenished after hot yoga practice.
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