



Millennial Detox

If you believe that beauty and health are inextricably linked, there’s no better time to be alive. From facial acupuncture to Cryo therapy, the wellness space continues to expand in every direction. The hottest trend to hit the market is ‘Infrared saunas’. But what exactly is this steamy practice that has celebs, Instagram influencers, and—not to mention—brides taking sweaty selfies?

Infrared saunas use light energy—which we feel as heat—to gradually raise the core body temperature. Vibrating molecules loosen deeply stored toxins through sweat. This flushes out heavy metals, environmental pollutants, alcohol, etc. A sizzling session also optimizes blood circulation and floods the body with fresh nutrients. Unsurprisingly, devotees tout detoxification and rejuvenation among the myriad of health benefits.

“Infrared both relaxes and nourishes muscles. So, it’s great for healing, soreness relief, and recovery,” explains Lauren Berlinger, co-founder of Higher DOSE. Research suggests that this type of “hyperthermic conditioning”

enhances endurance, improves performance, and releases Human Growth Hormone (HGH). No wonder trainers and professional athletes are such big fans.

Of course, many people focus on the weight loss potential. This torrid treatment purports to stimulate metabolism and burns up to 600 calories in a single visit.

The Amazing Benefits of Infrared Saunas

You’ll flush out toxins

Sweating is a healthy and natural way to detox your body. In a sauna, when you sweat, you are ridding your body of toxins that have accumulated over time. Unlike a normal sweat (like when you are working out), saunas allow you to get a deep sweat at the cellular level, where the toxins are stored. With infrared saunas, the sweating is deeper and even more profuse, enabling your body to excrete a higher percentage of heavy metals, environmental pollutants, and anything else that’s stored deep within your fat cells.

You'll burn a few calories, effortlessly

After you've sweated it out in a sauna session, the immediate weight loss you see on the scale will be water weight, which will return as soon as you rehydrate. However, in one 30 minute infrared sauna session, you can burn up to 600 calories! So, while it won't directly result in weight loss, an infrared sauna session can support a sensible diet and exercise regimen by burning some calories while you literally sit and relax. And remember, hydration is essential if you're using a sauna, infrared or traditional, so never skip out on liquids for the sake of seeing lower numbers on the scale. Drink up before, during and after a sauna session – no exceptions!

You'll look younger

Infrared saunas have been shown to help improve skin tone and reduce signs of aging by stimulating better circulation, blood flow, increased collagen production and removing toxins – all of which improve the look of your skin while giving it a beautiful, radiant, more youthful appearance. In fact, celebrities like Jennifer Aniston, Gwyneth Paltrow, and Cindy Crawford all swear by infrared saunas for both skin care and overall health benefits!

Skin Repair

All of those chemicals and impurities in your environment get embedded in your skin. An infrared sauna will help you sweat, releasing these impurities and helping to shed dead skin cells. As a result, your skin will look rejuvenated and show a youthful glow. Increasing blood circulation can also draw your skin's natural nutrients to the surface. This will relieve acne, burns, lesions, cuts, eczema, and psoriasis. Heat therapy can improve the healing process and reduce scarring too.

Weight Loss and Metabolic Health

Contrary to popular claims, heat and sauna use do not directly burn fat or kill fat cells. However, saunas can help improve insulin sensitivity, increase lean muscles, and reduce fat by changing the hormonal environment. In

addition, the saunas also reduce inflammation. Therefore, sauna therapies can prevent obesity, diabetes, and cardiovascular diseases.

A Japanese study found that two weeks of sauna therapy increased appetite and food intake in people of a healthy weight. However, in overweight people, far infrared sauna usage together with a low-calorie diet resulted in significant weight and body fat loss. While this study did not compare the fat loss with a group that did not use the sauna, the reduction in body fat (4.5%) in about two weeks' time is considered very fast.

Cancer Therapy

Some researchers believe that infrared therapy can help stimulate the body's immune system by elevating body temperature. The infrared sauna's deep heat penetration raises your body temperature, inducing an artificial fever. As it works to combat the "fever," the body's immune system is strengthened. The intense heat also stimulates production of white blood cells and therefore helping to target tumor cells. Studies have shown that extreme heat protects healthy cells and makes tumor cells more susceptible to radiation. This makes infrared heat a useful addition to cancer therapy treatment as it enables the use of lower doses of radiation. Other studies have shown that breast cancer was less prevalent among women who frequently use infrared saunas. DT

