

Infrared Saunas vs. Common Cold

What is a cold?

It consists of an acute infection of the upper respiratory tract. It can affect your nose and throat. It is caused by a virus and can happen anytime throughout the year. A cold is also known as Rhinovirus and RSV (respiratory syncytial).

Symptoms of a cold

- Runny Nose
- Congestion
- Sneezing
- Coughing
- Weakened sense of smell
- Fatigue
- Body Aches



Having a cold can make you feel run down and can make just getting out of bed seem impossible. Using an infrared sauna when you feel a cold coming or during a cold can speed up the recovery time. While in an infrared sauna it creates an "internal" fever by raising your core body temperature without having the negative side effects of a fever. This puts your body in "fight" mode and it gets rid of viruses and bacteria that cause infection. Hyperthermia is the process of an infrared sauna raising your body temperature above the resting 98.6. This process reduces inflammation and makes it easier to breathe which is usually difficult when you have a cold. Hyperthermia also dilates blood vessels so blood can be transported quickly to your immune system, which helps the body faster.

Infrared Sauna with Halotherapy for the Common Cold

When you add Halotherapy (dry salt therapy) to an infrared sauna session it might make you feel like you are on a nice warm beach. Just close your eyes and breathe in the salty air!

The benefits from the combination are amazing. Your body will get the rest that it needs along with much more. As your core body temperature is rising from the infrared, it is fighting off the cold virus. At the same time you are breathing in the salt which is breaking down the mucus and making it easier for your body to expel. Both are reducing inflammation in your body. The infrared is relieving the aches and the salt is opening up your airways by reducing the inflammation which makes it easier to breathe. Always remember to stay hydrated during infrared sessions and your body needs more hydration when you have a cold.

Natural treatments for the common cold



A humidifier can decrease cold symptoms, such as a sore throat, cough, and congestion. Humidifiers can be placed in a bedroom and can assist in getting a good night's sleep.



Supplements can help boost your immune system so you are less likely to get symptoms and it can help make the symptoms less severe.



There are many foods to help boost our immune systems: Berries, nuts, leafy greens, citrus fruits, chicken and fish oil.



Rest is essential for our body's immune health. Make sure to get 8-10 hours of sleep when your body is fighting a virus.



The best teas for a cold include peppermint teas, chamomile teas, ginger teas, lemongrass teas, and hibiscus teas. Other benefits including an immune system boost, antioxidants, vitamin C, and antimicrobial and antiviral properties.

Treatment Recommendation:

We recommend treatments 2-4 times a week for a cold. It is safe to do one treatment per day and back to back days as long as you stay hydrated and listen to your body for signs that might indicate that you have more than a cold. The closer together the treatments the faster you will see/feel the benefits. For preventive/maintenance, treatment 1-2 times a week is recommended.

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