

Gym Workouts and Infrared Saunas

What are the benefits of using an infrared sauna after a workout?

Infrared light can be looked at as a nutrient for our bodies. Just as our muscles need protein to grow, our body can use infrared to help us make our bodies better. Here are some ways infrared can help after a workout.

- Muscle recovery & growth
- Promotes weight loss
- Get a better nights sleep - needed for muscle growth

Increasing heat-shock proteins (HSP) is a huge win for the body when using an infrared sauna. HSP helps maintain efficacy in all systems of the body. This includes **aiding in faster muscle recovery**.

Generally, when a protein loses its quality it wreaks havoc on the body. HPS help to keep them healthy and out of trouble. The use of an infrared sauna helps to produce more heat shock proteins.

You will be seeing more on this in its own article. It is too amazing to not talk about it in greater depth :)



Muscle Recovery

Delayed onset muscle soreness (DOMS) is the soreness that you feel the day or a few days after a workout. This is due to the inflammation that is triggered by muscle damage.

One of the benefits of infrared is being a natural anti-inflammatory. Therefore, using an infrared sauna during the muscle recovery period reduces soreness and pain and speeds up muscle recovery.

Improved blood circulation induced by an infrared sauna increases oxygen and blood flow to the muscles. Blood flow is key in healing any part of the body. Circulation also removes muscle waste and lactic acid making for faster recovery times and improved tissue health.

Infrared Sauna Post Workout for Weight Loss

Infrared sauna treatments can assist with weight loss along with a healthy weight loss plan. When you are in an infrared sauna your metabolic rate increases 25- 33% which means you are burning more calories. It also helps release toxins from fat cells which makes it easier to lose the fat cells. It is harder to loose a fat cell if there is toxins in it. A healthy diet and exercise is also recommended for weight loss.



Things to Keep in Mind When Using an Infraerd Sauna After a Workout

- Stay hydrated before, during and after workouts and infrared sessions
 - Before is at least 24 hours, not just the morning of
- Infrared boosts sleep quality which is needed for muscle growth
- Get enough sleep, 7 hours is recommended each night.
- It is best to take an infrared sauna until you are relaxed but still energized, not tired and exhausted

Treatment Recommendation:

We recommend Infrared Sauna treatments 3-4 times a week for 5 weeks. After 5 weeks 1-2 times a week for maintenance is recommended.

* If you have a heart or medical condition always check with your doctor before infrared sauna use*

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