



## **Can Infrared Sauna Sessions Improve Recovery?**

Every week, we plan our weeks' worth of workouts. Most of us don't think twice about recovery. Yet, recovery is as important to our success as the workout itself. That's why foregoing recovery could compromise your athletic/wellness goals, put you at higher risk for exercise burnout, injury, forced downtime and ultimately reduce your "healthspan."

### **What is proper recovery?**

I bucket recovery into two main categories:

1. Scheduled Rest Days: These are days in your training/fitness plan when you purposefully don't work out.
2. Daily recovery activities: These are practices you incorporate into your daily routine to aid in recovery...think:
  - foam rolling,
  - stretching,
  - going for a walk after an intense training session,
  - laying on the floor with your legs up the wall, and/or
  - other recovery modalities like an Infrared Sauna session.

### **Why is recovery so important?**

Believe it or not, it's during our recovery process that our muscles grow and necessary tissue repairs are made, not during the workout itself. Think of true recovery as when your parasympathetic system takes over causing your heart rate to decrease, and your blood to flow back to our heart. This is your "rest and repair" state. When this happens:

- recovery is sped up,
- blood flow is increased,
- lactic acid is removed from your muscles,
- and your parasympathetic and sympathetic systems are rebalanced.

Further, recovery minimizes the potential to compromise growth, exercise burnout, injury, forced downtime and ultimately counter the fight to increase our "healthspan."

### **How does Infrared Sauna improve recovery?**

Infrared sauna sessions offer a remarkable pathway to improving circulation, and they bring with them a soothing escape from the hustle and bustle of the world outside. Beyond the immediate comfort, these sessions provide a unique form of therapeutic heat that can mimic the effects of low to moderate-intensity exercise. This imitation encourages better blood flow, aids in the removal of lactic acid, and sends signals to your body to initiate its natural healing processes.



Rather than heating the air around you, an infrared sauna relies on invisible light waves on the spectrum, specifically infrared waves, to generate heat. What's truly fascinating is that it can also help reduce the stress response within your body, promoting a sense of equilibrium in your autonomic nervous system. When this balance is achieved, you'll notice more variability in your heart rate, a sign of improved heart and nervous system health.

Many of our regular infrared sauna users have shared a common observation: their sleep quality significantly improves. This transformation in sleep quality plays a pivotal role in rebalancing the autonomic nervous system, which in turn contributes to enhanced recovery. The importance of quality sleep cannot be overstated, with experts like Dr. Peter Attia and Matthew Walker, Ph.D., likening it to a "life insurance policy" for both lifespan and healthspan.

Moreover, research has unveiled another benefit of exposure to infrared heat: it helps prevent inflammation of the blood vessels, leaving them in a healthier state and optimizing their function. This optimal circulation ensures that your muscles receive an increased supply of red and white blood cells, ultimately facilitating a quicker recovery and reducing the discomfort associated with muscle aches and pains.

Incorporating infrared sauna sessions into your wellness routine can be a transformative experience, not just for your physical well-being but also for your overall sense of calm and vitality.

### **What are 8 Benefits of Using an Infrared Sauna?**

The following are 8 benefits of using the infrared sauna on a regular basis. These benefits are all pillars to wellness and longevity.

1. Detoxification
2. Heart health
3. Anti-Aging
4. Sleep
5. Muscle Recovery
6. Weight Loss
7. Immunity
8. Relaxation

### **Conclusion**

Remember, investing in recovery is an investment in your well-being. It's not merely about how hard you can push; it's about how well you can recover to sustain your health and athletic goals. So, embrace recovery, prioritize self-care, and watch your "healthspan" flourish.

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