



# Top six Science-backed Benefits of Saunas

A sauna is typically an artificially heated room between 70 to 100 degrees Celsius while raising the skin's temperature to about 40 degrees Celsius. As the skin heats up, sweating is initiated, and the heart rate increases. This process allows toxins to be flushed out of the body.



A considerable amount of research has been conducted to prove that regular use of sauna facilities positively affects a person's overall health.

Saunas are becoming highly popular in Canada as more people opt to install personal saunas at home. These saunas can be indoors, wherein they are fitted in the bathroom or outdoors, in which case the sauna unit is installed in the backyard or lawn.

If you too wish to have one of these fantastic units installed in your home, then you may [search here](#).

**Let us look at the top six benefits of using a sauna.**

**#1. Improves cardiovascular health-** A study was conducted on a group of individuals who used the sauna 4 to 7 times a week and those who used it maybe once or twice a week. Those who used the sauna seven days a week were 63% less like to suffer from heart-related ailments to experience a sudden cardiac arrest.

This could be associated with the pulse rate increasing while in a sauna, which allows for more blood to be pumped into the heart. As a result, the overall functioning of the heart is improved.

**#2. Lowers the risk of Alzheimer's-** A study was conducted between non-sauna users and those who visited a sauna at least two to three times a week. Results proved that regular sauna users were approximately 22% less likely to get dementia and 20% less likely to get Alzheimer's as against those who did not use a sauna at all.

**#3. Relief from Asthma-** The high temperature in a sauna room brings about the development of steam inhaled by the person sitting in the sauna cabin. This may help clear out clogged air passages in the nasal chambers and facilitate phlegm release. This will help the individual to breathe with ease.

**#4. Relief from Skin Related Problems-** As saunas cause excessive sweating, it enables the skin to release toxins from the body. This will help open clogged pores, and the skin will be able to breathe efficiently. Saunas also help to reduce inflammations and hydrate the skin.

**#5. Reduces Stress-** The ambiance of a [home sauna](#) is such that it promotes a sense of calm and peace in the person. Aromatic scents and gentle lighting can further elevate this experience. All these factors allow a person to relax, breathe more efficiently, and to de-stress effectively. This, in turn, will improve the productivity of an individual.

**#6. Improves the mood-** Sauna experiences usually leave a person feeling relaxed and rejuvenated. This improved state of mind is bound to affect the overall well-being of a person positively. They are also considered effective mood elevators.