



The Importance and Benefits of Infrared Saunas and Steam Showers

When you think of Infrared saunas and steam showers, you go into a zone where you visualize yourself relaxing and being in a state of calmness away from any stress. Besides that, do you know that they also offer you many health benefits? People usually take club memberships to enjoy sauna or steam showers after a long tiring day. You can even have these installed at your home to enjoy them daily. You can easily find infrared saunas in Toronto and as well [sauna accessories in Canada](#). Your search ends here!

However, many times, people contemplate between an infrared sauna or steam showers and their related benefits. This article aims to bring you the details of both. Happy Reading!



Steam Showers

When you take a steam shower, you experience the most heat. The room in which the steam shower is installed is usually tiled. It is also airtight to trap all of the moisture that is created. The temperature in a steam shower room may vary anywhere from 100 to 120 degrees Fahrenheit. However, it may make you feel warmer because of the high humidity.

Health Benefits that a steam shower has to offer!

- The moisture that the skin receives from the steam shower makes the skin looks refreshed and dewy.
- It also helps relieve you from any symptoms of colds and congestion.
- It provides relief to sore muscles after taking the steam shower.
- The steam shower emits moist heat, which is healthy for the body and helps relieve the pain in your muscles if any.
- It also contributes to alleviate your stress.

Infrared Sauna

An infrared sauna provides dry heat to your body as per the temperature desired. Infrared saunas are also known as infrared heat therapy rooms. In this kind of saunas, the heating elements reflect heat directly onto your body in the form of light.

Health Benefits that infrared sauna has to offer!

- It serves to have positive outcomes on chronic conditions like high blood pressure, dementia, congestive heart failure, Alzheimer's, headache, and rheumatoid arthritis.
- Usage of the sauna regularly has proven to help you live longer!
- Sauna, when supplemented with exercise, proves to increase the benefits of your done exercise. So when you do your sauna after exercise, it soothes and relaxes your muscles.
- The intake of the infrared sauna increases the body's sweat production to cool itself; the heart works harder to pump blood, leading to an increase in your metabolism.
- Its burns your calories! A 30-minute infrared sauna can help you get rid of around 300–800 calories for you.
- It impacts the autonomic nervous system by putting the user in the parasympathetic state, allowing your body to heal itself.

Both infrared sauna and steam showers are great for our bodies, and a must-try!