

SAUNA vs STEAM

WHICH HEAT IS RIGHT FOR YOU



BOTH **SAUNA** AND **STEAM** HAVE BENEFITS BUT THEY WORK IN DIFFERENT WAYS

SAUNA

80 - 100c

Dry Heat

Low Humidity



STEAM ROOM

40 - 50c

Wet Heat

High Humidity



BENEFITS THEY BOTH SHARE

Improves Circulation

Boosts blood flow, aiding muscle recovery and joint mobility

Reduces Stress

Lowers cortisol, where one study showed **40%** drops post-session.

Supports Healthy Skin

Opens pores for cleansing, improving elasticity

Inflammation Control

Reduces markers like C-reactive protein, which is a significant boost.

SAUNA'S UNIQUE BENEFITS

CARDIOVASCULAR SUPPORT

Frequent use (4-7x/week) cuts cardiovascular mortality by **40-66%** and dementia risk by **66%** (Finnish study of 2,315 people).

EXERCISE MIMIC

Heart rate hits **100-150 bpm**, producing 'heat shock proteins' for cell repair; studies show improved blood flow per heartbeat and 6-minute walk distance improvements for those with confirmed heart failure

CHOLESTEROL IMPROVEMENT

Raises 'good' cholesterol (HDL) and lowers bad and total cholesterol (LDL).

STEAM ROOM'S UNIQUE BENEFITS

RESPIRATORY RELIEF

Steam can ease congestion, but it is not a treatment for asthma, bronchitis or respiratory infections

EXERCISE RECOVERY

Better heart rate recovery post-exercise, with studies showing a **7 beats-per-minute** reduction compared to sauna, so you recover faster.

BLOOD PRESSURE DROP

Blood pressure falls by around **8 points** (mmHg) immediately after; this is sustained at **5 points** post-session. (This is why caution is required with heat therapy and low blood pressure or medication.)

SKIN HYDRATION

Gentler moisture prevents dryness, great for conditions like psoriasis.

IDEAL FOR: Heart Health, Athletic Endurance & Longevity

IDEAL FOR: Easing congestion, Recovery & Sensitive Skin



HYDRATE WELL



DON'T OVERDO IT



COOL DOWN AFTER



STAY CONSISTENT FOR RESULTS



SAFETY FIRST

Seek advice from a healthcare professional if you have cardiovascular disease, uncontrolled blood pressure or health conditions