

TURNING UP THE HEAT FOR HEALTH

Zenergy
Himalayan salt
sauna receives a
renovation

by Sabina Dana Plasse

AS WE AGE, STAYING HEALTHY BECOMES INCREASINGLY ESSENTIAL, particularly if we wish to enjoy recreational sports and activities, maintain a fulfilling family life, and avoid long-term illnesses. Among Zenergy Health Club & Spa's ongoing commitment to promote cutting-edge health and fitness, recent updates to the Club's Himalayan salt saunas serve to provide another level of conscious, healthy living.

The benefits of the salt sauna at a glance:

SKIN STRENGTH

Zenergy's Himalayan salt sauna combines heat therapy with the natural benefits of Himalayan salt, promoting relaxation and improving overall health and well-being. Spending time in the sauna can help reduce stress, lower blood pressure, and ease tension in a calming environment. Additionally, the sauna helps detoxify the body and rehydrate the skin, supporting overall detoxification and skin health.

WEIGHT LOSS

Regular sauna use is a great aid in weight management, boosting metabolism and helping the body burn more calories. Interestingly, the sauna also promotes better breathing by opening clear airways and reducing inflammation, which supports respiratory health and makes breathing easier.

MITOCHONDRIAL HEALTH

Another benefit of sauna sessions is their effect on mitochondria, which is directly connected to healthy aging. Mitochondria are the cellular structures in our bodies that generate about 90 percent of our internal energy and play a vital role in many cellular processes necessary for proper cell function. Research indicates that heat stress triggers beneficial adaptive responses in mitochondria, boosting natural repair and enhancing their function.

HEART HEALTH

Studies show that regular sauna bathing can improve endurance performance and reduce the risk of cardiovascular diseases. Saunas also enhance heart function and overall wellness, allowing blood vessels to expand. In addition, the process your body undergoes to adapt to the heat from a sauna can increase plasma volume and enhance your cardiorespiratory fitness—the ability of your circulatory and respiratory systems to deliver oxygen to your muscles, heart, and lungs during exercise.



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MUSCLE RECOVERY AND TENSION RELIEF

Preserving muscle mass and helping achieve fitness goals more quickly, reducing inflammation and easing muscular pain—these are all benefits of sauna bathing. Heat therapy can also help relieve pain caused by certain musculoskeletal disorders, such as arthritis, and alleviate muscle soreness as well as lower back pain. Heat in the form of a heat pack or bath is often touted as a tool for relief of muscle pain or soreness, so it makes sense for a sauna to have similar effects.

INCREASED ENDORPHINS

A sauna differs from a traditional sweat session at the gym because you're not actively using your muscles like you would during a workout. But sauna use, when combined with a workout plan, can help you go harder for longer and recover faster than if you skipped the sauna.

STRESS RELIEF

Make time for the sauna, as it's a great way to relax and unwind. Besides its many benefits, a sauna also offers a peaceful space for meditation that everyone can enjoy.

SUANA USE

If you're new to the sauna, start with shorter sessions of about five minutes and gradually increase by a few minutes each time as your body gets used to it. Make sure to stay hydrated, and if you start feeling dizzy or lightheaded, get out immediately. For optimal results, aim for three to four sauna sessions per week, each lasting 15-20 minutes, allowing your body to fully benefit from the therapeutic effects of the heat. ■

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TRAINING RESPONSES

Exposure to heat, whether it's a sauna or hot tub, after a workout can also enhance the benefits of your training, showing improvements in maximum oxygen uptake (the amount of oxygen your body uses during exercise) and lactate threshold, which indicates how well someone can sustain high-intensity exercise over a long period.

BRAIN HEALTH

Regular sauna use can have positive effects on your brain, particularly important for preventive aging health. Research shows that sauna use can also potentially reduce your risk for some mental health disorders.

LOWERS RISK FOR DIABETES

Sauna use has also been credited with reducing the risk of diabetes. Heat exposure activates the body's heat shock proteins, which also help regulate blood sugar level. Consistent sauna use is a simple way to help manage this widespread disease.