

TOP 7 BENEFITS OF TRADITIONAL SAUNA USE FOR WOMEN

Backed by science and focused on health, beauty, and wellness.

Hormonal Balance and Menstrual Relief

Heat exposure can help regulate cortisol (stress hormone) and support hormonal balance. For women, this can lead to:

- Reduced menstrual cramps through muscle relaxation
- Improved mood and less PMS due to endorphin release

Research:

- A study in *Psychosomatic Medicine* found sauna use decreases cortisol levels.
- Heat therapy is used as a natural approach for menstrual pain relief (PubMed: 30629156).

Improved Skin Health & Natural Glow

Sweating in a sauna opens pores and flushes out impurities, promoting:

- Clearer skin and fewer breakouts
- Boosted collagen production due to improved circulation
- Natural "post-sauna glow" from dilated blood vessels

Research:

- Dermatologists recognize saunas as a beneficial method to remove toxins and improve skin tone (source: *Journal of Cosmetic Dermatology*).

Stress Reduction & Mental Clarity

The calming effect of heat helps reduce mental fatigue and anxiety, something women report at higher rates than men.

- Reduces anxiety & promotes better sleep
- Releases dopamine and serotonin
- Quiet time = meditative space

Research:

- Finnish studies show regular sauna use leads to lower risk of depression and anxiety (*JAMA Psychiatry*, 2016).

Relief for Joint and Muscle Pain

Whether from exercise, arthritis, or everyday stress, the deep heat eases:

- Joint stiffness and inflammation
- Fibromyalgia and chronic pain
- Faster muscle recovery post-workout

Research:

- Study in *Clinical Rheumatology* found women with fibromyalgia reported significant relief using traditional saunas regularly.

Cardiovascular Health & Weight Management

Sauna use mimics cardiovascular exercise by increasing heart rate:

- Burns calories (up to 300 in 30 minutes!)
- Improves blood vessel elasticity
- Reduces blood pressure long-term

Research:

- Finnish study (Dr. Laukkanen et al., 2015) showed women using saunas 4–7 times a week had lower risk of cardiovascular disease.

Better Sleep & Hormonal Restoration

The sauna's soothing effects and drop in body temp afterward signal the body it's time to sleep:

- Improved deep sleep (REM) cycles
- Helps women struggling with perimenopausal insomnia

Research:

- University of Jyväskylä showed post-sauna sleep was deeper and longer, mainly for women over 40.

Support Through Menopause and Aging

For women over 40, saunas can:

- Ease hot flashes
- Improve bone density and circulation
- Support mood stability and metabolism

Research:

- Saunas shown to reduce stress hormones, which are elevated in menopause (*Endocrine Journal*, 2018).

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