

HOW SENIORS CAN BENEFIT FROM USING A TRADITIONAL SAUNA

At Leisurecraft, we believe a traditional sauna isn't just a luxury but a wellness tool. For seniors, regular sauna use can offer significant physical and mental health benefits. But let's dive into the science...

1. Improves Cardiovascular Health

A 2015 study published in JAMA Internal Medicine followed over 2,000 men in Finland for 20 years. It found that those who used a sauna 4–7 times per week had a 50% lower risk of fatal heart disease compared to those who used it once a week.

Why It Matters for Seniors:

As we age, heart health becomes a top priority. Sauna bathing mimics the effects of moderate exercise – it increases heart rate, improves circulation, and lowers blood pressure over time.

2. Reduces Risk of Dementia and Alzheimer's Disease

The same Finnish study also found that frequent sauna use reduced the risk of Alzheimer's disease by 65% and other dementias by 66%.

Why It Matters for Seniors:

This suggests that the cognitive benefits of sauna use – likely tied to increased circulation and reduced inflammation – may play a role in keeping the brain healthier longer.

3. Eases Joint and Muscle Pain

Heat therapy, like sauna bathing, has been shown to help alleviate pain caused by arthritis and chronic musculoskeletal issues. A review in Clinical Rheumatology concluded that regular heat exposure can reduce stiffness and improve mobility.

Why It Matters for Seniors:

Many seniors suffer from osteoarthritis or chronic pain. The heat from a sauna helps increase blood flow to sore joints and muscles, promoting healing and comfort.

4. Enhances Respiratory Function

Sauna bathing has been associated with improved lung function. A study from Respiratory Medicine found that people with chronic bronchitis and asthma experienced fewer symptoms with regular sauna sessions.

Why It Matters for Seniors:

Age-related decline in lung function can be offset by regular exposure to the warm, humid environment of a traditional sauna, which can help open airways and reduce inflammation.

5. Boosts Mood and Mental Well-Being

Sauna use promotes the release of endorphins – the body's natural "feel-good" chemicals. Studies also suggest that sauna use reduces stress hormones like cortisol.

Why It Matters for Seniors:

As people age, loneliness and depression can increase. A regular sauna routine can improve mood, reduce anxiety, and offer a peaceful time for reflection and relaxation.

6. Promotes Better Sleep

A rise in body temperature from the sauna, followed by a gradual cooling, helps regulate circadian rhythms and can lead to deeper, more restful sleep.

Why It Matters for Seniors:

Sleep disturbances are common in older adults. A sauna session in the evening may naturally encourage better sleep without medication.

**100% Canadian-made, and expertly crafted
to help seniors enjoy better health every day**

Discover our saunas

