

TOP 10 SAUNA QUESTIONS ANSWERED

A quick, clear introduction to sauna basics for new & curious users.

At Leisurecraft, we believe knowledge builds confidence and enhances every sauna experience. This leaflet summarizes the top 10 most common sauna questions – perfect for helping you choose, understand, and enjoy your sauna.

1. What are the health benefits of using a sauna?

Regular sauna use may help improve circulation, reduce muscle soreness, support recovery, promote relaxation, aid cardiovascular health, and improve sleep quality. Studies show sauna use can mimic moderate exercise by temporarily increasing heart rate and improving blood flow.

Reference: Mayo Clinic Proceedings (2018)

2. What is the average operating temperature of a sauna?

Traditional Finnish saunas typically operate between 70°C–90°C (158°F–194°F) depending on personal preference. Adding water to the heated rocks creates steam (löyly) and intensifies the heat sensation.

Reference: Finnish Sauna Society & Harvia Guidelines

3. How long should I stay in a sauna?

Most people enjoy 10-30 minutes per session. You can take breaks between rounds. Always listen to your body and stay hydrated.

4. Is it safe to use a sauna every day?

Yes - daily use is generally considered safe for healthy adults. Start with 1-2 sessions per week and work up to 3-4 sessions of 15-30 minutes as you feel comfortable. Hydration is essential.

References: Mayo Clinic Health System (2022); Finnish Sauna Society

5. What is the difference between infrared therapy and a traditional sauna?

- Traditional Sauna: The heater warms the stones, the stones warm the air, and the air warms your body.
- Infrared Therapy: Infrared heaters warm the body directly at lower ambient temperatures.

6. How much does it cost to run a sauna?

An electric sauna heater costs roughly \$0.50–\$1.00 per hour, depending on electricity rates and sauna size. Wood-fired saunas have minimal ongoing costs beyond wood.

Simple Cost Formula: $Cost = (kW \times preheat\ hours \times 1.0) + (kW \times session\ hours \times duty\ cycle)$, then $\times$ your electricity rate.

7. Can a sauna help with recovery after exercise?

Yes - heat exposure increases blood flow, reduces muscle tension, and supports post-exercise recovery. Many athletes pair sauna sessions with cold therapy to enhance results.

References: Frontiers in Physiology (2019); NIH Study (2020)

9. How long does it take to heat up a sauna?

Electric saunas typically heat up in 40–60 minutes depending on size, heater power, and temperature conditions. Wood-burning heaters usually take 90+ minutes.

8. How much space do I need for a sauna?

Small indoor saunas can fit in as little as 4' x 4'. A popular size is 5' x 7'. Outdoor models range from compact 6' barrels to larger cube-style saunas. As a guideline, allow 2 ft of bench space per person.

10. What should I wear in the sauna?

In North America and most gyms, a swimsuit is common. In Europe, a towel wrap is preferred for comfort and hygiene.

Bonus Insight: Sauna Use Supports Heart Health

Traditional sauna sessions stimulate the cardiovascular system much like light exercise. Heart rate can rise from 60–70 bpm to 100–150 bpm, improving circulation and oxygen flow.

Research from the University of Eastern Finland found that regular sauna users may have up to a 50% lower risk of fatal heart disease.

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