

WHAT HAPPENS TO YOUR BODY DURING A SAUNA SESSION?

Here's a minute-by-minute breakdown of what happens to your body during a 30-minute sauna session, based on traditional dry sauna use. Always consult with a medical professional before doing long sauna sessions, especially if you're new to it or have any health conditions.

Minutes 0-3: Your Body Begins to React

- Core temperature starts to rise.
- Heart rate increases by up to 30% to help your body cool.
- Blood vessels dilate (vasodilation), improving circulation.
- Skin may start to feel flushed or warm.
- Endorphins and dopamine begin to release — you feel more relaxed.

Minutes 4-7: You Start to Sweat

- Sweating begins as your body tries to cool itself.
- Pores open, and toxins begin to release via sweat.
- Respiration rate increases.
- Muscle tension begins to ease.
- Blood flow to skin can increase 5-10x.
- Your body starts to switch from "fight or flight" to parasympathetic (rest and digest) mode.

Minutes 8-12: Detox and Deep Circulation

- Profuse sweating occurs; water, sodium, and some heavy metals are released.
- Heart rate now mirrors light cardio (120-150 bpm).
- Inflammation reduces; muscles and joints feel looser.
- Immune cells increase in activity.
- Mind enters a meditative state from the endorphins and quiet heat.

Minutes 13-17: Maximum Heat Tolerance

- Body temperature may rise by 1-2°C.
- Blood is shunted away from internal organs to the skin.
- You may feel euphoric or very calm.
- Thermoregulation works at full force.
- Some report entering a "flow" or trance-like state.
- Risk of dehydration begins if not hydrated beforehand.

Minutes 18-22: Fatigue or Clarity

- Body is now in full detox mode.
- Electrolyte depletion begins — caution if unprepared.
- For experienced users, this can be a peak clarity and deep relaxation phase.
- Beginners may start feeling lightheaded or fatigued.
- Caloric burn increases — up to 300 calories in a full session.

Minutes 23-27: Endurance Zone

- Heart rate remains elevated.
- Core body temp is peaking; may reach 39°C (102°F).
- Hormones like norepinephrine spike — improving focus and mood.
- You are maximizing cardiovascular and metabolic benefits.
- This phase is where heat shock proteins activate, helping with cellular repair and longevity.

Minutes 28-30: Time to Cool Down

- Final stretch — heat stress at its max.
- Cognitive and physical endurance tested.
- Feeling of "clean slate" begins — physical, mental, emotional reset.
- Exit sauna slowly to avoid blood pressure drop.
- Cooling down is critical (cold plunge, shower, rest).

Post-Sauna (Recovery Phase)

- Blood vessels constrict again.
- Cold rinse or plunge improves circulation further.
- Body begins to rehydrate and rebalance.
- You may feel euphoric, clear-headed, deeply relaxed, or even energized.

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