

Benefits of Sauna for Skin

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Saunas are great for the skin. Photo Credit Tatiana Antonyuk/Hemera/Getty Images

Provided a physician deems you healthy enough to take one, saunas are very valuable for your skin. According to the website Steam-Sauna-Benefits.com, enjoying a sauna can relieve tension and stress and strengthen the immune system. Beyond those values, Steam-Sauna-Benefits.com lauds saunas for their ability to bolster the appearance of skin: Taking a sauna can improve circulation, better the reproduction of collagen and deeply cleanse and rejuvenate your skin.

Saunas improve circulation. Photo Credit Comstock Images/Stockbyte/Getty Images

Steam-Sauna-Benefits.com notes the ideal body temperature is 98.6 degrees F. When you get into a sauna, blood circulation and sweat production are dramatically increased. Dr. Lawrence Wilson, researcher of sauna benefits and author of "Sauna Therapy for Detoxification and Healing," states, "Heating the body several degrees causes greatly increased circulation as the body attempts to maintain its basal temperature. This helps to dislodge toxins." The increased blood circulation draws more oxygen and nutrients to the skin's surface. Added oxygen and nutrients leave your skin

looking healthy and moisturized.

Saunas promote the reproduction of collagen.
Photo Credit dolgachov/iStock/Getty Images

The Patient's Guide says skin is primarily composed of collagen. Collagen is a protein, and it comprises in excess of 80 percent of the skin's makeup. Collagen gives our tissues and organs strength and elasticity. Wilson claims a sauna can enhance collagen reproduction. Enhanced collagen reproduction forces the excretion of dead skin cells and promotes the growth of newer and healthier ones.

Saunas deeply cleanse your skin. Photo Credit Thinkstock/Stockbyte/Getty Images

Showering helps remove dirt and oils from your body. However, Dr. Andrew Weil states on his website that taking a sauna creates heavy sweating that rinses out pores and glands. Moreover, saunas can eliminate infections and toxins. The website Saunafin mentions skin is the largest organ in the human body, and it emits thirty percent of the body's wastes. When a sauna induces heavy sweating, your body will detoxify by opening skins pores and removing impurities from within. When wastes and toxins are removed, unsightly skin conditions like acne, pimples and blackheads are less frequently problematic.





