

Long-term study confirms: Saunas have a positive effect on heart health



Simply switch off, take a deep breath and leave everyday life behind for a while: Anyone who regularly goes to the sauna knows how good it is. But sauna bathing is not only relaxing, it is apparently also good for the heart! More and more research results confirm what KLAFS - the world market leader for sauna, wellness and spa – has been promoting for decades with its focus on holistic well-being: Regular saunas have a positive effect on the heart, circulation and psyche - and can even prolong life, as scientifically proven by a long-term Finnish study. It's no surprise that the sauna, which has been part of Finnish culture for centuries, is becoming increasingly important in our culture too. As a break from everyday life as well as a natural method of promoting your own health.

Long-term training effect: health you can feel

In Finland, the sauna is an integral part of life and is also of interest to scientific research. In the Finnish Kuopio Ischemic Heart Disease Risk Factor Study, more than 2,000 middle-aged men were followed over a period of 20 years. The results speak for themselves: those who regularly go to the sauna can significantly reduce the risk of sudden cardiac death. The mortality rate due to

cardiovascular or other diseases was also significantly reduced among regular sauna users. Particularly impressive: people who took a sauna 4 to 7 times a week reduced their risk of sudden cardiac death by as much as 63% – compared to people who only went to the sauna once a week. The risk of dying from a fatal heart attack was also reduced by 48% in this group. But even a lower frequency is effective: just 2 to 3 sauna sessions per week were enough to reduce the risk of fatal cardiovascular diseases by 23%.

Heat with an effect: how sauna bathing strengthens body and mind

The studies show a clear "dose-effect relationship": the more often you go to the sauna, the better the health effect. "For a classic Finnish sauna at 90 °C, we recommend between 8 and 12 minutes per session," Markus Gäbele, Head of Development & Design at KLAFS, explains. "However, the duration also depends on the temperature and the individual level of experience of the sauna bathers: Anyone who has a sauna at more moderate temperatures between 60 to 80 °C or has developed a certain sauna routine can also stay for around 15 minutes. For beginners, we recommend shorter heat phases or sitting on the lowest bench," says Markus Gäbele. However, the times mentioned are only intended as a guide, as your own heat sensation and personal well-being are always decisive in the end.

Vascular training and mental strength through the temperature change

Alternating between hot and cold is essential to achieve the best possible health benefits. The heat dilates the blood vessels, improves their elasticity, gently increases the heart rate and ensures that stress hormones are reduced. But it's the cooling down that makes this wellness routine complete – it belongs to the sauna bath like a ladle to a bucket: the cool temperatures cause the dilated blood vessels to contract again – this has a positive effect on elasticity and also trains the entire cardiovascular system. The result: the body regains its balance and you enjoy a refreshed, clear body feeling.

But sauna bathing not only trains the heart and blood vessels, it also benefits mental health. Those who consciously take time for themselves on a regular basis live a more relaxed life. And this has a positive effect on overall health. Saunas could even prevent neurocognitive diseases such as dementia and Alzheimer's: men who went to the sauna 4 to 7 times a week had a significantly lower risk of being affected by these diseases. In addition, there are initial indications that regular sauna bathing can also protect against mental illnesses such as depression or even psychosis.

KLAFS: an investment in health and quality of life

Nowadays, a sauna is far more than just a place of warmth: it has become an integral part of a modern, conscious lifestyle. As a pioneer in the wellness sector, KLAFS has taken the classic sauna a step further and created a new cosiness. The sauna is consciously integrated into the living area through sophisticated aesthetics, careful choice of materials and a special ambiance, making it a natural part of everyday life.

The world market leader has continued this development in recent years. The aesthetic approach has become a holistic concept – architecture for all the senses that is good for both body and soul. Whether as a stylish design object in the living room, a natural garden retreat or a customised private spa: wellness rooms are designed to have an effect – on the body, but also on the mood. Not only materials play a role here, but also the incidence of light, lighting, aromas, sounds, surface textures and ambiance. This comprehensive holistic planning incorporates findings from architecture, psychology and the perception of nature – biophilia. Thanks to this perfect interplay, KLAFS has succeeded in creating spaces of tranquillity, strength and positive emotions. KLAFS wellness oases are therefore more than just functional: they slow down, strengthen emotional well-being and inspire greater mindfulness, health and quality of life.



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About KLAFS

KLAFS has been creating places of relaxation for body and soul since 1928. Time and again, the company manages to surprise with groundbreaking innovations – such as the space-saving sauna KLAFS S1, which transforms from the size of a wall cabinet to a fully functional sauna within 20 seconds at the push of a button. Thanks to this innovative strength, KLAFS advanced from what was once a small family business to a global industry leader. Today, more than 800 employees work to meet – and exceed – the ever-increasing demands of customers. From small private sauna rooms to luxurious hotel spas. And they do this all over the world, with expert advice from carefully trained technical consultants and on-site service from experienced teams. As a trendsetter in the sauna, pool and spa industry, KLAFS continuously invests in research and development, for example to further increase the energy efficiency of its products.

Study sources

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