

Dry sauna bathing, like Finnish or far infrared, in addition to recreational use, may have cardiovascular benefits. This literature research explored whether dry sauna bathing decreases all-cause mortality. If it does, analysis will also determine which mechanism is most responsible: autonomic nervous system modulation, arterial function or endothelial function. Results indicate that mortality is decreased with frequent sauna bathing, and that improved endothelial function is the mechanism by which this is achieved.