RED LIGHT SAUNA

Biohacking in Atlanta: Sauna, Cold Plunge, Cryotherapy, Float, Red Light and DEXA — Humid-City Guide and What to Ask Before You Book

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Short answer: Atlanta has sauna and cold-plunge studios in Midtown, Krog Street, Buckhead and Sandy Springs, cryotherapy in Buckhead, Alpharetta and Marietta, float spas in the suburbs and DEXA in the city. The useful habit is the same everywhere: ask what a session is for, who supervises it, and what the evidence says. If you have a medical condition or take prescription medicines, talk to your own doctor before you book. This guide is education only. It is not medical advice, and no business listed here has paid for placement. For the wider city picture, see our [Atlanta hub](/us/atlanta).

Why Atlanta clients need a plan

Atlanta is a city of neighbourhoods linked by traffic, and many studios sit inside mixed-use developments along the BeltLine or in suburban town centres. Convenience drives a lot of bookings. Pick the studio you can reach without a 45-minute drive, because the habit you keep beats the protocol you abandon. Treat recovery services as optional extras after sleep, walking and two strength sessions a week are in place.

Float tanks

What the evidence says. Floating in warm, salt-saturated water with reduced light and sound has been studied in small trials for short-term stress and anxiety. One trial reported short-term reductions in anxiety after a single session ([Feinstein et al., PLOS ONE, 2018](https://pubmed.ncbi.nlm.nih.gov/29394251/)). That is early evidence about how people feel afterwards, not proof of lasting health effects. **What to ask.** How is the water filtered between clients? Can you leave the light on or the door ajar? Do they advise against floating with open cuts, a fresh tattoo or uncontrolled epilepsy? **Atlanta options (float):** - [True REST Float Spa — Forsyth](https://truerest.com/locations/forsyth/): float. - [True REST Float Spa — McDonough](https://truerest.com/locations/mcdonough/): float. - [Pause Studio — Buckhead](https://pausestudio.com/locations/buckhead): float with cryotherapy, red light and sauna/cold plunge (also lists IV; see note below).

Sauna, cold plunge and red light

What the evidence says. The best-known sauna data come from a Finnish observational study of 2,315 middle-aged men: more frequent traditional sauna use was associated with fewer fatal cardiovascular events and lower all-cause mortality ([Laukkanen et al., JAMA Internal Medicine, 2015](https://pubmed.ncbi.nlm.nih.gov/25705824/)). That is an association in one population, not proof of cause, and infrared cabins run cooler and are studied less. Cold-water immersion has some evidence for less

post-exercise soreness, rated low quality by a Cochrane review ([Bleakley et al., 2012](https://pubmed.ncbi.nlm.nih.gov/22336838/)). Red light has been studied mainly for skin and wound outcomes, with variable quality ([Avci et al., 2013](https://pubmed.ncbi.nlm.nih.gov/24049929/)), so treat fat-loss or longevity claims with caution. **Humidity and heat in Atlanta.** Atlanta summers are hot and humid, and some common medicines change how the body handles heat ([CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)). A sauna round after a sticky BeltLine run adds to a heat load you already carry. Drink before and after, keep the first sessions short, and ask your doctor first if you take regular medicines. **What to ask.** Temperature and time limits? Staff on the floor? Grab rails into the plunge? Screening for heart conditions, blood pressure, pregnancy, medicines and alcohol? **Atlanta options (sauna / cold plunge / red light):** - [SWEATHOUZ Midtown Atlanta](https://sweathouz.com/midtown-book-now/): sauna and cold plunge. - [Sweathouz — Krog Street](https://sweathouz.com/krog-st-book-now/): infrared sauna, cold plunge and red light. - [Sweathouz — Buckhead](https://sweathouz.com/buckhead-book-now/): infrared sauna, cold plunge and red light. - [Sweathouz — Sandy Springs](https://sweathouz.com/sandysprings-book-now/): infrared sauna, cold plunge and red light. - [Perspire Sauna Studio — Virginia-Highland](https://www.perspiresaunastudio.com/locations/virginia-highland): private infrared sauna suites with red light.

Whole-body cryotherapy

What the evidence says. FDA has said it has not cleared or approved any whole-body cryotherapy device for medical treatment, and has listed risks including oxygen deficiency when liquid nitrogen is used, frostbite, burns and eye injury ([FDA consumer update, archived](https://web.archive.org/web/20240213033124/https://www.fda.gov/consumers/consumer-updates/whole-body-cry **What to ask.** Nitrogen-cooled or electric? Is your head outside the chamber? Is an attendant present the whole time? What is the maximum session length? **Atlanta options (cryotherapy / recovery):** - [Icebox Cryotherapy — Buckhead](https://iceboxtherapy.com/buckhead-ga/): cryotherapy, red light and compression. - [Icebox Cryotherapy — Alpharetta](https://iceboxtherapy.com/alpharetta-ga/): cryotherapy, red light and compression. - [Degree Wellness — Atlanta N Druid Hills](https://degreewellness.com/locations/atlanta-n-druid-hills-ga/): cryotherapy, red light, sauna/cold plunge and compression. - [iCRYO — Marietta](https://icryo.com/location/marietta-ga/): cryotherapy.

A note on IV menus

Some chains above also list IV drips on their menus. An IV is a medical procedure, not a wellness add-on. We list these businesses for their other services and do not recommend IV therapy. Healthy people usually meet hydration needs by drinking, and anyone with a heart or kidney condition should ask their own doctor before any infusion.

DEXA, VO2 and strength

What they measure. A DEXA scan uses low-dose X-ray to estimate fat, lean mass and bone, so book one when the result will change what you do ([FDA, medical X-ray imaging](https://www.fda.gov/radiation-emitting-products/medical-imaging/medical-x-ray-imaging)). VO2 max testing measures cardiorespiratory fitness; in observational data, higher fitness is associated with lower long-term mortality ([Mandsager et al., JAMA Network Open, 2018](https://pubmed.ncbi.nlm.nih.gov/30646252/)). A meta-analysis of cohort studies found muscle-strengthening activity associated with lower all-cause mortality ([Momma et al., BJSM, 2022](https://pubmed.ncbi.nlm.nih.gov/35228201/)). For most adults, a strength programme is a better first spend than a gadget. **Atlanta options (DEXA / diagnostics):** - [DexaFit —

Atlanta](https://www.dexafit.com/locations/georgia/atlanta): DEXA and fitness testing including VO2. - [Dexa Body — Atlanta](https://dexabody.com/locations/): DEXA body composition (check the locations page for the Atlanta site).

A five-question checklist for any Atlanta studio

1. **Purpose:** Is this a medical treatment or a wellness session, and what is it meant to do for me? 2. **Supervision:** Who is on site, and what are their credentials? 3. **Screening:** What health and medicine questions do you ask before the first session? 4. **Evidence:** Can you point me to the study or FDA clearance behind this claim? 5. **Exit:** What happens if I feel unwell, and when should I see my own doctor? If a provider promises to cure a disease, reverse ageing or replace your medical care, treat it as a red flag. FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams) explains how to spot these claims.

Where coaches fit

A good health coach helps you decide whether a service fits your goals and budget, then keeps you consistent with sleep, walking, strength training and food quality. Coaches educate and refer. They do not diagnose, prescribe or sell medical treatments.

Want to coach this? LetsGo Academy

Start free with [Level 1](/academy). [Level 3 (US$300)](/academy/level-3/evidence-quality-for-coaches) teaches evidence quality, GLP-1 and peptide foundations. Level 4 (US$500) covers working alongside prescribers and US regulatory status. Level 5 (US$500) covers jurisdiction and grey-market case studies. Already coaching? Create your profile at /coach. We do not promise income or client results.

Are you a Atlanta provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in Atlanta, Decatur, Marietta, Alpharetta or Sandy Springs? You can ask to be listed in the letsgo.health directory. Enquire: support@resohealth.life *Listings are drawn from businesses' public websites and checked on 4 Nov 2026 against the Atlanta directory CSV. Inclusion is not an endorsement. Prices, services and supervision change, so confirm with the provider directly.*

Safety note

Education only. Coaches educate and refer; they never prescribe, dose, source or sell medicines.

Disclaimer

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