RED LIGHT SAUNA

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

LetsGo Editorial · LetsGo Editorial · 4 November 2026 · 7 min read

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Biohacking in Houston: a practical guide for a medical-centre city **Short answer:** Houston has a dense mix of cryotherapy studios, infrared sauna and cold-plunge rooms, float centres, red-light suites and DEXA body-composition labs across the Inner Loop, West University, the Heights, Katy and The Woodlands. In a city famous for medicine, the useful habit is still the same: ask what a session is for, who supervises it, how it interacts with your heart, blood pressure and medicines, and what evidence backs the claim. If you have a medical condition or take prescription medicines, talk to your own doctor before you book. The Houston–Pasadena–The Woodlands metro has about 7,904,627 residents (US Census Bureau, Vintage 2025 estimate). 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 [Houston hub](/us/houston).

Why Houston clients ask sharp questions

Houston clients often already have a specialist. That is a strength: it makes it easier to check whether a wellness session conflicts with heart disease, diabetes medicines, pregnancy or recent surgery. Red light panels in these studios have been studied mainly for skin and wound outcomes, with variable study quality ([Avci et al., 2013](https://pubmed.ncbi.nlm.nih.gov/24049929/)), so treat fat-loss or longevity claims with caution.

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? **Houston options (cryotherapy / recovery studios):** - [Degree Wellness — Houston Memorial](https://degreewellness.com/locations/houston-memorial-tx/): cryotherapy, red light, infrared sauna and cold plunge; the brand also lists other recovery services. - [Icebox Cryotherapy — Fulshear](https://iceboxtherapy.com/fulshear-tx/): cryotherapy, red light and compression. - [iCRYO — Houston West University](https://icryo.com/location/houston-tx-west-university/): cryotherapy location page. - [Restore Hyper Wellness — River Oaks](https://www.restore.com/locations/tx-houston-river-oaks-tx007):

cryotherapy, red light and sauna/cold plunge; the chain also offers IV services. - [Pause Studio — Tanglewood](https://pausestudio.com/locations/tanglewood): cryotherapy, float, infrared sauna, cold plunge and red light; it also lists IV services.

Sauna and cold plunge in Houston heat

What the evidence says. The best-known sauna data is from a Finnish observational study of 2,315 middle-aged men: more frequent traditional sauna use was associated with lower rates of fatal cardiovascular events and 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. Infrared saunas run cooler and have been studied less. Cold-water immersion has some evidence for reducing post-exercise soreness, but a Cochrane review rated the evidence low quality ([Bleakley et al., Cochrane, 2012](https://pubmed.ncbi.nlm.nih.gov/22336838/)). Gulf Coast heat matters. CDC notes that some common medicines, including diuretics, some blood-pressure medicines and some psychiatric medicines, can raise the risk of heat-related illness ([CDC, Heat and Medications](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)). Sudden cold also places extra demand on the heart. If you take regular medicines or have a heart condition, ask your doctor before starting contrast therapy. **What to ask.** Temperature and time limits? Staff on the floor? Grab rails and non-slip steps into the plunge? Screening for heart conditions, blood pressure, pregnancy, medicines and alcohol? **Houston options (sauna / cold plunge / red light):** - [Perspire Sauna Studio — The Heights](https://www.perspiresaunastudio.com/locations/the-heights): private infrared sauna suites with red light. - [Perspire Sauna Studio — The Woodlands](https://www.perspiresaunastudio.com/locations/the-woodlands): infrared sauna with red light. - [Sweathouz — Houston (Autry Park)](https://sweathouz.com/autry-park-book-now/): infrared sauna, cold plunge and red light. - [Sweathouz — Katy](https://sweathouz.com/katy-book-now/): infrared sauna, cold plunge and red light. - [Degree Wellness — Sugar Land](https://degreewellness.com/locations/sugar-land-tx/): cryotherapy, red light, infrared sauna and cold plunge.

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.** Water filtration between clients? Option to leave lights on or the door ajar? Advice against floating with open cuts, recent skin procedures or uncontrolled epilepsy? **Houston option (float):** - [Float Houston](https://www.floathouston.com/): dedicated float centre.

IV lounges (described neutrally)

Several studios above also list IV menus. An IV is a medical procedure. Ask who places the line, who reviews your health history and medicines, what is in the bag and why, and what happens if you react. People with heart or kidney conditions should ask their own doctor first. Healthy people usually meet hydration needs by drinking. We list businesses for their other services and do not recommend IV therapy.

DEXA, VO2 and strength

What they measure. A DEXA scan uses low-dose X-ray to estimate fat, lean mass and bone, so it should be done 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 many adults, a strength programme is a better first spend than a gadget. **Houston options (DEXA / diagnostics):** - [BodySpec — Houston](https://www.bodyspec.com/booking?region=houston): DEXA body composition (city listed on BodySpec booking). - [DexaFit — West Houston](https://www.dexafit.com/locations/texas/west-houston): DEXA and fitness testing. - [DexaFit — The Woodlands](https://www.dexafit.com/locations/texas/the-woodlands): DEXA and fitness testing. - [Fountain Life Houston](https://www.fountainlife.com/location/houston): longevity diagnostics membership location (confirm current offerings on site).

A five-question checklist for any Houston studio

1. **Purpose:** Medical treatment or 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 can help you decide whether a service fits your goals and budget, and keep 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. *Train as a longevity coach for the GLP-1 and peptide era — education and referral, not a grey-market pharmacy.* Already coaching? Create your profile at /coach. We do not promise income or client results.

Are you a Houston provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in Houston, Katy, Sugar Land or The Woodlands? 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 3 Nov 2026 against the Houston directory CSV. Inclusion is not an endorsement. Prices, services and supervision change, so confirm with the provider directly.*

Disclaimer

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