RED LIGHT SAUNA

Las Vegas Biohacking Services Guide: Float, Sauna, Cold Plunge, Cryotherapy, Hyperbaric and DEXA — What the Evidence Says and What to Ask

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

Short answer: Las Vegas and Henderson have float spas, private infrared sauna suites, cryotherapy and hyperbaric recovery centres, and DEXA and VO2 testing. Most of it is wellness, not medicine. The strongest evidence for long-term health still sits with sleep, walking, strength training and food quality, and desert heat makes hydration and heat safety part of every plan. 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 [Las Vegas hub](/us/las-vegas).

Why Las Vegas is different

Two things shape how Las Vegas residents and visitors use these services. First, long, very hot summers mean many people are heat-stressed before any sauna. Second, shift work, late nights and visitor weekends with alcohol and little sleep. A recovery session does not replace the sleep. Visitors: keep sessions short.

Float tanks

What the evidence says. In a small trial, floating in warm salt water with reduced light and sound lowered anxiety for a short time after one session ([Feinstein et al., PLOS ONE, 2018](https://pubmed.ncbi.nlm.nih.gov/29394251/)). That is early evidence, not proof of lasting health effects. **Las Vegas options (float):** - [True REST Float Spa — Las Vegas](https://truerest.com/locations/las-vegas/): float. - [Be Well Studio Las Vegas](https://bewellstudio.life/): float and wellness (its menu 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/)). 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. **Desert heat first.** A sauna on top of outdoor heat, alcohol or a short night stacks the strain. Some common medicines, including some for blood pressure, mood and allergies, can affect how the body handles heat; see the [CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html), and ask your own clinician if you take any regular medicine. **What to ask.** What are the temperature and time

limits? Is staff on the floor during sessions? Are there grab rails into the plunge? Do they screen for heart conditions, blood pressure, pregnancy, medicines and alcohol? **Las Vegas options (sauna / cold plunge / red light):** - [Perspire Sauna Studio — Summerlin](https://www.perspiresaunastudio.com/locations/summerlin): private sauna suites with red light. - [Perspire Sauna Studio — Henderson (Green Valley)](https://www.perspiresaunastudio.com/locations/green-valley): infrared sauna and red light. - [Elevated Infrared Sauna Studio — Henderson](https://elevatedlasvegas.com/): infrared sauna, cold plunge, red light and cryotherapy. - [Pause Studio — Las Vegas](https://pausestudio.com/locations/las-vegas): cryotherapy, red light, float and infrared sauna/cold plunge (menu also lists IV).

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 **Las Vegas options (cryotherapy / recovery):** - [Degree Wellness — Centennial Hills](https://degreewellness.com/locations/centennial-hills-nv/): cryotherapy, red light, sauna/cold plunge and compression. - [Restore Hyper Wellness — Henderson](https://www.restore.com/locations/nv-henderson-nv001): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Restore Hyper Wellness — Summerlin South](https://www.restore.com/locations/nv-las-vegas-summerlin-south-nv010): cryotherapy and red light (menu also lists IV).

Hyperbaric oxygen: medical versus wellness

What the evidence says. FDA has cleared hyperbaric chambers for a specific list of conditions, such as decompression sickness and certain non-healing wounds, and warns that claims for many other conditions are not supported ([FDA consumer update, archived](https://web.archive.org/web/20251218065045/https://www.fda.gov/consumers/consumer-updates/hyperbaric-oxyg Wellness centres that offer a session in a chamber are not the same as a hospital hyperbaric unit treating a cleared condition. For medical indications, the Undersea and Hyperbaric Medical Society keeps a list of [accredited facilities](https://uhms.org/accredited-facilities/). **What to ask.** Hard medical chamber or soft "mild" chamber? Who supervises? What ear, sinus and lung screening do they do? **Las Vegas options (hyperbaric / recovery):** - [Project Wellbeing — The Recovery Center of Las Vegas](https://projectwellbeing.co/recovery-center-las-vegas): cryotherapy, sauna/cold plunge and hyperbaric.

A note on IV menus

Several Las Vegas studios above, including Pause, Restore and Be Well Studio, 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.

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. **Las Vegas options (DEXA / diagnostics):** - [DexaFit — Las Vegas](https://www.dexafit.com/locations/nevada/las-vegas): DEXA and VO2 testing.

A visitor-weekend reset that actually helps

For a conference or long weekend, the evidence-backed reset is simple: protect one long night of sleep, walk outdoors early before the heat, drink water through the day, and keep alcohol modest. Add a float or sauna only on a rested, sober day. Chest pain, fainting or confusion need medical care.

A five-question checklist for any Las Vegas 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.

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. Levels 4 and 5 (US$500 each) cover working alongside prescribers, US regulation and jurisdiction. Already coaching? Create your profile at /coach. We do not promise income or client results.

Are you a Las Vegas provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in Las Vegas, Henderson, Summerlin or North Las Vegas? 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 5 Nov 2026 against the Las Vegas directory CSV. Inclusion is not an endorsement. Prices, services and supervision change, so confirm with the provider directly.*

Safety note

If you have a medical condition, are pregnant, or take prescription medicines, check with your own doctor first.

Disclaimer

Education only. Not medical advice.

Confirm details with providers or a qualified clinician. This guide is education only.