RED LIGHT SAUNA

Minneapolis–St Paul Biohacking Services Guide: Sauna, Cold Plunge, Float, Cryotherapy, Hyperbaric and DEXA — What the Evidence Says and What to Ask

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Short answer: The Twin Cities have a real sauna culture, helped by Nordic heritage and long winters. Alongside lakeside saunas and bathhouses there are cold plunges, float tanks, cryotherapy, red light, a hospital hyperbaric medicine centre and DEXA testing. Most of it is wellness, not medicine. Enjoy the heat, respect the cold, and ask every provider what the evidence actually shows. If you have a medical condition, are pregnant or take prescription medicines, check with 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 [Minneapolis hub](/us/minneapolis).

Why the Twin Cities are different

Minnesota winters are long, dark and very cold, and that shapes everything. Heat sessions are a social habit for many residents, and winter cold plunges or lake dips are popular. Short days can also lower mood and energy for some people. Light, movement and social contact help, but persistent low mood is a reason to see a clinician, not a reason to book more sessions ([NIMH, seasonal affective disorder](https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder)).

Sauna, bathhouses and cold plunge

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 shows an association, not proof that sauna caused the benefit. Cold-water immersion has some evidence for less muscle soreness after exercise, rated low quality by a Cochrane review ([Bleakley et al., 2012](https://pubmed.ncbi.nlm.nih.gov/22336838/)). **Winter cold is not a studio plunge.** An outdoor plunge at sub-zero air temperatures adds frostbite and slip risks. Wet skin and hair lose heat fast. Keep dips short, never go alone, wear footwear on ice, and skip it after alcohol. Anyone with heart disease, uncontrolled blood pressure or Raynaud's should ask a doctor first. **What to ask.** What are the sauna and plunge temperatures and recommended time limits? Is staff on site? Are paths gritted and are there grab rails? Do they screen for heart conditions, blood pressure, pregnancy, medicines and alcohol? **Twin Cities options (sauna / bathhouse / cold plunge):** - [PORTAL° Thermaculture — West Maka Ska](https://www.portalthermaculture.com/minneapolis): wood-fired and electric saunas with a communal cold plunge. - [All's Well Sauna and Waterspa](https://www.allswellwaterspa.com/): sauna and cold plunge. - [watershed spa](https://www.watershedspa.com/): communal bathing and spa treatments. - [Perspire Sauna Studio — Maple Grove](https://www.perspiresaunastudio.com/locations/maple-grove): infrared sauna and red light.

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. **Twin Cities options (float):** - [NE Wellness — Northeast Minneapolis](https://newellnessmpls.com/float-therapy-mpls): float and infrared sauna. - [Awaken For Wellness](https://awakenforwellness.com/locations/): float, infrared sauna, red light and cold plunge.

Red light

What the evidence says. Red and near-infrared light has been studied mainly for skin and wound outcomes, with variable study quality ([Avci et al., 2013](https://pubmed.ncbi.nlm.nih.gov/24049929/)). It is not a treatment for seasonal low mood. Bright-light therapy for seasonal affective disorder is a different thing, and it should be discussed with a clinician.

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 **Twin Cities options (cryotherapy / recovery):** - [Body Techs Wellness & Esthetics — Minnetonka](https://bodytechsrx.com/): cryotherapy, red light, infrared sauna, dry float and compression (also esthetics). - [Restore Hyper Wellness — Maple Grove](https://www.restore.com/locations/mn-maple-grove-mn003): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Restore Hyper Wellness — Woodbury](https://www.restore.com/locations/mn-woodbury-mn001): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Restore Hyper Wellness — Blaine](https://www.restore.com/locations/mn-blaine-mn005): cryotherapy, red light and sauna/cold plunge (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 Minneapolis has a hospital hyperbaric medicine centre that appears on the Undersea and Hyperbaric Medical Society's [accredited facilities list](https://uhms.org/accredited-facilities/hennepin-county-medical-center.html). Hospital centres treat cleared medical conditions and emergencies such as carbon monoxide poisoning. They are not wellness studios. **Winter safety note.** Carbon monoxide poisoning is a winter risk from furnaces, generators and vehicles. If a CO alarm sounds or several people in a home feel headachy, dizzy or sick, get outside and call 911. Do not wait for an appointment. **Twin Cities options (hyperbaric, medical):** - [Hennepin Healthcare — Center for Hyperbaric Medicine](https://www.hennepinhealthcare.org/specialty/center-for-hyperbaric-medicine/): hospital hyperbaric medicine.

A note on IV menus

Restore also lists IV drips on its menu. IV-only lounges in our directory are not listed here. 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/)). Winter is a good time to build an indoor strength habit. **Twin Cities options (DEXA / VO2):** - [DexaFit — Minneapolis](https://www.dexafit.com/locations/minnesota/minneapolis): DEXA and VO2 testing.

A five-question checklist for any Twin Cities 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.

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Are you a Twin Cities provider?

Run a sauna, bathhouse, float, red light, cryotherapy or diagnostics business in Minneapolis, St Paul or the suburbs? 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 Minneapolis directory CSV; five were newly added in this batch. 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 before booking heat, cold, cryotherapy, hyperbaric, or float sessions.

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