RED LIGHT SAUNA

Biohacking in Nashville: Hyperbaric, Sauna, Cold Plunge, Cryotherapy, Float and DEXA — Recovery for Late Nights and Long Tours, and What to Ask Before You Book

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Nashville has hospital hyperbaric programmes, wellness clubs with hyperbaric chambers, infrared sauna and cold-plunge studios, cryotherapy, float, longevity diagnostics and DEXA testing from the Gulch to Green Hills and Brentwood. Many clients here work irregular hours in music, hospitality and events, so the biggest wins usually come from protecting sleep and cutting back on alcohol, not from the newest machine. Ask what a session is for, who supervises it, and what evidence backs it. If you have a medical condition or take prescription medicines, talk to your own doctor first.

Start with sleep, then add tools

In a UK Biobank cohort of about 61,000 adults wearing activity trackers, more regular sleep timing was associated with lower all-cause mortality, and regularity predicted risk better than sleep duration did ([Windred et al., Sleep, 2024](https://pubmed.ncbi.nlm.nih.gov/37738616/)). That is an association, not proof that changing your schedule will add years. A sauna or float session can feel relaxing, but it does not replace a regular sleep window. Alcohol also makes heat and cold sessions riskier: CDC notes that alcohol impairs the body's response to heat ([CDC, Heat and Medications](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)). Do not use a sauna or cold plunge to "sweat out" a night out.

Hyperbaric oxygen: hospital medicine vs wellness sessions

What the evidence says. FDA has cleared hyperbaric chambers for a specific list of conditions, such as decompression sickness, carbon monoxide poisoning and certain non-healing wounds, and has warned that HBOT is not cleared for many conditions it is marketed for. FDA advises checking for accreditation by the Undersea and Hyperbaric Medical Society ([FDA, archived consumer update](https://web.archive.org/web/20251218065045/https://www.fda.gov/consumers/consumer-updates/hyperbaric-oxyge [UHMS accredited facilities](https://uhms.org/accredited-facilities/)) and has reminded providers about fire risk ([FDA letter to providers](https://www.fda.gov/medical-devices/letters-health-care-providers/follow-instructions-safe-use-hyperbaric-oxygen **What to ask.** Hard-shell or soft chamber? What pressure, and 100% oxygen or room air? Who is the supervising physician, and are they on site? What screening is done for ear, sinus, lung and seizure risks? **Nashville options (hyperbaric):** - [Ascension Saint Thomas Craig Center for Advanced Wound Healing](https://healthcare.ascension.org/locations/tennessee/tnnas/nashville-ascension-saint-thomas-craig-center-for-adva hospital wound-care centre listing hyperbaric oxygen therapy; referral-based. - [TriStar Centennial Advanced

Wound Care & Vascular Center](https://www.tristarhealth.com/locations/tristar-centennial-medical-center/specialties/wound-care): hospital wound centre listing hyperbaric oxygen therapy. - [Arete Wellness Nashville](https://aretewellness.com/): wellness centre listing hyperbaric sessions, cryotherapy and infrared sauna; it also lists IV services.

Sauna and cold plunge

What the evidence says. A Finnish observational study of 2,315 middle-aged men linked more frequent traditional sauna use with lower 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, not proof of cause. Cold-water immersion has some evidence for reducing post-exercise soreness, rated low quality by a Cochrane review ([Bleakley et al., Cochrane, 2012](https://pubmed.ncbi.nlm.nih.gov/22336838/)). **What to ask.** Time and temperature limits? Staff on the floor? Screening for heart conditions, blood pressure, pregnancy, medicines and alcohol? **Nashville options (sauna / cold plunge / red light):** - [Sweathouz — Germantown](https://sweathouz.com/germantown-book-now/): infrared sauna, cold plunge and red light. - [Pause Studio — West Nashville](https://pausestudio.com/locations/west-nashville): cryotherapy, infrared sauna, cold plunge and red light; it also lists IV services. - [Pause Studio — Green Hills](https://pausestudio.com/locations/green-hills): the Pause menu plus float; it also lists IV services. - [Pure Sweat — Brentwood](https://www.puresweatstudios.com/brentwood): infrared sauna, cold plunge and float.

Red light and float

Red light. Low-level light therapy has been studied mainly for skin and wound outcomes, with variable study quality and device settings ([Avci et al., 2013](https://pubmed.ncbi.nlm.nih.gov/24049929/)). Be cautious about energy, fat-loss or longevity claims, and ask about eye protection and photosensitising medicines. **Float.** Small trials suggest a float session can reduce short-term anxiety in some people ([Feinstein et al., PLOS ONE, 2018](https://pubmed.ncbi.nlm.nih.gov/29394251/)). Evidence for lasting effects is limited. - [Float Nashville](https://floatnashville.com/): dedicated float centre.

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 with liquid nitrogen, frostbite and burns ([FDA consumer update, archived](https://web.archive.org/web/20240213033124/https://www.fda.gov/consumers/consumer-updates/whole-body-cry
Ask whether your head stays outside and an attendant stays with you. **Nashville options (cryotherapy):** - [Restore Hyper Wellness — Music Row](https://www.restore.com/locations/tn-nashville-music-row-tn004): cryotherapy, red light and infrared sauna; the chain also offers IV services. - [Restore Hyper Wellness — Green Hills](https://www.restore.com/locations/tn-nashville-green-hills-tn002): same Restore menu in Green Hills. - [iCRYO — Belle Meade](https://bellemeade.icryo.life/): cryotherapy, infrared sauna and red light; it also lists IV services.

IV lounges (described neutrally)

Nashville has many IV and "hangover" drip businesses, and several studios above list IV menus. An IV is a medical procedure, not a fix for heavy drinking. Ask who places the line, who reviews your health history, what is in the bag and why, and what happens if you react. If you feel very unwell after drinking, seek medical care. We do not recommend IV therapy.

Longevity diagnostics, DEXA and VO2

What they measure. DEXA uses low-dose X-ray to estimate fat, lean mass and bone, so scan when the result will change your plan ([FDA, medical X-ray imaging](https://www.fda.gov/radiation-emitting-products/medical-imaging/medical-x-ray-imaging)). VO2 max testing measures fitness; higher fitness is associated with lower long-term mortality in observational data ([Mandsager et al., JAMA Network Open, 2018](https://pubmed.ncbi.nlm.nih.gov/30646252/)). Ask who interprets results and whether a licensed clinician is involved. **Nashville options (DEXA / diagnostics):** - [Live Lean Rx — Nashville](https://liveleanrx.com/locations/nashville-tn): DEXA, VO2 max and resting metabolic rate testing. - [Next Health — The Gulch](https://www.next-health.com/locations/nashville-the-gulch): longevity diagnostics centre; it also lists IV services. - [Next Health — Green Hills](https://www.next-health.com/locations/nashville-green-hills): same Next Health menu in Green Hills.

A five-question checklist for any Nashville 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, medicine and alcohol questions do you ask first? 4. **Evidence:** Which study or FDA clearance backs this claim? 5. **Exit:** What happens if I feel unwell, and when should I see my own doctor? Promises to cure disease, "detox" or reverse ageing are red flags; see FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams).

Where coaches fit

For clients on tour schedules or late shifts, a coach helps build an anchor routine: a protected sleep window, daylight and movement, strength sessions that travel, and an alcohol plan the client chooses. 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 Nashville provider?

Run a sauna, red light, cryotherapy, hyperbaric, float or diagnostics business in Middle Tennessee? 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. Inclusion is not an endorsement. Prices, services and supervision change, so confirm with the provider directly.*

Practical takeaways

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• [Sweathouz — Germantown](https://sweathouz.com/germantown-book-now/): infrared sauna, cold plunge and red light.
• [Pause Studio — West Nashville](https://pausestudio.com/locations/west-nashville): cryotherapy, infrared sauna, cold plunge and red light; it also lists IV services.

Safety note

Education only. Coaches educate and refer; they never prescribe, dose, source or sell peptides or GLP-1 medicines. Lines tagged await review by Dr Vas Metupalle.

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