RED LIGHT SAUNA

Biohacking in Phoenix: Cryotherapy, Sauna, Cold Plunge, Float, Red Light and DEXA — Desert Heat Guide and What to Ask Before You Book

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Short answer: Phoenix has cryotherapy studios, infrared sauna and cold-plunge rooms, float centres, red-light suites and DEXA labs across Scottsdale, Gilbert, Goodyear, Peoria, Chandler, Mesa, Tempe and Paradise Valley. In a metro where…

Short answer: Phoenix has cryotherapy studios, infrared sauna and cold-plunge rooms, float centres, red-light suites and DEXA labs across Scottsdale, Gilbert, Goodyear, Peoria, Chandler, Mesa, Tempe and Paradise Valley. In a metro where summer heat is a medical issue, not a vibe, 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 Phoenix–Mesa–Chandler metro has about 5,228,938 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 [Phoenix hub](/us/phoenix).

Why Phoenix heat changes the checklist

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)). Stacking a hot sauna on a 110°F afternoon without a hydration and medicine check is a bad plan. Sudden cold after heat also places extra demand on the heart. Ask your doctor before contrast therapy if you take regular medicines or have a heart condition.

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? **Phoenix options (cryotherapy / recovery):** - [Arctic Elevation — Scottsdale (DC Ranch)](https://www.arcticelevation.com/location/scottsdale-az): cryotherapy, sauna/cold plunge, red light and other recovery services. - [Degree Wellness — Kierland](https://degreewellness.com/locations/kierland-az/): cryotherapy, red light, infrared sauna and cold plunge. - [Degree Wellness — Gilbert Morrison Ranch](https://degreewellness.com/locations/gilbert-morrison-ranch-az/): cryotherapy, red light, infrared sauna and cold plunge. - [Degree Wellness — Goodyear](https://degreewellness.com/locations/goodyear-az/): cryotherapy, red light, infrared sauna and cold plunge. - [Degree Wellness —

Surprise](https://degreewellness.com/locations/surprise-az/): cryotherapy, red light, infrared sauna and cold plunge. - [Pause Studio — Scottsdale](https://pausestudio.com/locations/scottsdale): cryotherapy, float, infrared sauna, cold plunge and red light; it also lists IV services.

Sauna and cold plunge in desert summers

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/)). **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? Will they ask about outdoor heat exposure that day? **Phoenix options (sauna / cold plunge / red light):** - [Perspire Sauna Studio — Chandler](https://www.perspiresaunastudio.com/locations/ocotillo): private infrared sauna suites with red light. - [Perspire Sauna Studio — Mesa](https://www.perspiresaunastudio.com/locations/cannon-beach): infrared sauna with red light. - [Perspire Sauna Studio — Peoria](https://www.perspiresaunastudio.com/locations/lake-pleasant): infrared sauna with red light. - [Degree Wellness](https://degreewellness.com/locations/kierland-az/) locations above: infrared sauna and cold plunge alongside cryotherapy. - [Pause Studio — Scottsdale](https://pausestudio.com/locations/scottsdale): infrared sauna and cold plunge among other modalities.

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? **Phoenix option (float):** - [Pause Studio — Scottsdale](https://pausestudio.com/locations/scottsdale): float among other recovery services.

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 — especially in Phoenix heat. 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. **Phoenix options (DEXA / diagnostics):** - [Dexa Body — Scottsdale](https://dexabody.com/locations/): DEXA body composition. - [DexaFit — Phoenix / Scottsdale / Tempe / Gilbert](https://www.dexafit.com/): DEXA and fitness testing (confirm current Valley location pages). - [Next Health — Paradise Valley](https://www.next-health.com/locations/paradise-valley) and [Peoria](https://www.next-health.com/locations/peoria): longevity diagnostics membership locations (confirm current offerings; they also list IV services).

A five-question checklist for any Phoenix 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 — including heat exposure? 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 early-morning walks, indoor strength training and hydration habits that survive a Phoenix summer. 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 Phoenix provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in Phoenix, Scottsdale, Gilbert or Tempe? 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 Phoenix 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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