RED LIGHT SAUNA

Raleigh–Durham Biohacking Services Guide: Float, Sauna, Cold Plunge, Cryotherapy and Hyperbaric — What the Evidence Says and What to Ask

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Short answer: The Research Triangle (Raleigh, Durham, Chapel Hill, Cary, Morrisville and Apex) has float spas, sauna and cold-plunge studios, cryotherapy and hyperbaric recovery. Most of it is wellness, not medicine. Use the region's research culture to your advantage: ask every provider what the evidence actually shows. 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 [Raleigh–Durham hub](/us/raleigh).

Why the Triangle is different

The Triangle has a large university and research population, and many clients will happily read a study. That is a strength. Ask whether a claim comes from a randomised trial, an observational study or a marketing page. Summers are hot and humid, and many residents commute by car between suburbs, so time and heat both shape what is realistic.

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. **Raleigh–Durham options (float):** - [True REST Float Spa — Raleigh](https://truerest.com/locations/raleigh/): float. - [True REST Float Spa — Cary](https://truerest.com/locations/cary/): float.

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. **Humid summers.** Humidity makes it harder for sweat to cool you, and a hot studio session after a muggy day adds strain. Hydrate, keep sessions short, and check the [CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html) if you take regular medicines. **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? **Raleigh–Durham options (sauna / cold plunge / red light):** - [Perspire Sauna Studio — Raleigh (Olde Raleigh)](https://www.perspiresaunastudio.com/locations/olde-raleigh): infrared sauna and red light. - [Sweathouz — Chapel Hill](https://sweathouz.com/chapel-hill-book-now/): infrared sauna, cold plunge and red light. - [Degree Wellness — Apex](https://degreewellness.com/locations/apex-nc/): cryotherapy, red light, sauna/cold plunge and compression. - [Degree Wellness — Holly Springs](https://degreewellness.com/locations/holly-springs-nc/): cryotherapy, red light, sauna/cold plunge and compression.

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 **Raleigh–Durham options (cryotherapy / recovery):** - [Restore Hyper Wellness — Raleigh Village District](https://www.restore.com/locations/nc-raleigh-village-district-nc005): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Restore Hyper Wellness — Durham](https://www.restore.com/locations/nc-durham-nc016): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Restore Hyper Wellness — Morrisville](https://www.restore.com/locations/nc-morrisville-nc020): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Restore Hyper Wellness — Chapel Hill](https://www.restore.com/locations/nc-chapel-hill-nc007): 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 A wellness session in a chamber is not the same as hospital treatment for 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? **Raleigh–Durham options (hyperbaric / recovery):** - [iCRYO — Raleigh North Hills](https://icryo.com/location/raleigh-nc-north-hills/): cryotherapy, red light, compression and hyperbaric (menu also lists IV).

A note on IV menus

Restore and iCRYO also list IV drips on their menus. IV-only businesses in the 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/)). For most adults, a strength programme is a better first spend than a gadget. **Raleigh–Durham options (DEXA / diagnostics):**

Testing body composition in the Triangle

Our Raleigh directory does not yet list a dedicated DEXA or VO2 testing studio, so we have not linked one. If you want a body-composition or fitness test, ask your own clinician or a university exercise-science lab what they offer, and decide in advance what you would change based on the result.

A five-question checklist for any Raleigh–Durham 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 Raleigh–Durham provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in Raleigh, Durham, Chapel Hill, Cary, Morrisville or Apex? 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 Raleigh–Durham 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.