RED LIGHT SAUNA

# Salt Lake City Biohacking Services Guide: Float, Sauna, Cold Plunge, Cryotherapy and DEXA — What the Evidence Says and What to Ask

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

**Short answer:** Greater Salt Lake, from Farmington and Sugar House down to Draper, Provo and Park City, has sauna and cold-plunge studios, float spas, cryotherapy and recovery labs, and DEXA testing. Most of it is wellness, not medicine. For skiers and hikers, the basics (sleep, fuel, strength and sensible training load) still do more than any device. 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 [Salt Lake City hub](/us/salt-lake-city).

## Why Salt Lake City is different

The Wasatch Front is an outdoor region: many clients ski, hike or ride on weekends and want faster recovery. The city sits more than 4,000 feet above sea level and the air is dry, and winter inversions keep people indoors. The better question is whether sleep, food and training load are right first.

## 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. **Salt Lake City options (float):** - [True REST Float Spa — Draper](https://truerest.com/locations/draper/): float. - [True REST Float Spa — Provo](https://truerest.com/locations/provo/): 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. **Altitude, dry air and heat.** Hot rooms and dry mountain air both dehydrate; drink before and after and skip alcohol beforehand. Some medicines affect heat tolerance; see the [CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html). **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?

**Salt Lake City options (sauna / cold plunge / red light):** - [Sweathouz — Salt Lake City (Sugar House)](https://sweathouz.com/sugar-house-book-now/): infrared sauna, cold plunge and red light. - [Sweathouz — Farmington](https://sweathouz.com/farmington-book-now/): infrared sauna, cold plunge and red light. - [Sweathouz — American Fork](https://sweathouz.com/american-fork-book-now/): infrared sauna, cold plunge and red light. - [Perspire Sauna Studio — Holladay](https://www.perspiresaunastudio.com/locations/holladay): infrared sauna and red light. - [Perspire Sauna Studio — Draper](https://www.perspiresaunastudio.com/locations/draper): sauna and red light.

## 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
**Salt Lake City options (cryotherapy / recovery):** - [Degree Wellness — Draper](https://degreewellness.com/locations/draper-ut/): cryotherapy, red light, sauna/cold plunge and compression. - [Degree Wellness — Saratoga Springs](https://degreewellness.com/locations/saratoga-springs-ut/): cryotherapy, red light, sauna/cold plunge and compression. - [Restore Hyper Wellness — Midvale / Cottonwood Heights](https://www.restore.com/locations/ut-midvale-cottonwood-heights-ut006): cryotherapy, red light and sauna/cold plunge (menu also lists IV). - [Upgrade Labs — Park City and Riverton](https://upgradelabs.com/locations/): recovery, red light, cryotherapy and compression.

## 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
Some recovery chains offer mild-pressure chambers as a wellness add-on, which 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? **Salt Lake City options (hyperbaric / recovery):** - [iCRYO — South Jordan](https://icryo.com/locations/): cryotherapy, red light, sauna/cold plunge and hyperbaric (menu also lists IV; check the locations page).

## A note on IV menus

Restore and iCRYO 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. **Salt Lake City options (DEXA / diagnostics):** - [Dexa Body — Salt Lake City](https://dexabody.com/locations/): DEXA body composition (check the locations page for the Salt Lake site).

## Ski-season recovery without the hype

For ski season, the high-value habits are boring: seven or more hours of sleep, protein after big days, two short strength sessions a week and planned rest days. A sauna or plunge should not mask an injury. Persistent joint pain belongs with a doctor or physical therapist.

## A five-question checklist for any Salt Lake City 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](/coach). We do not promise income or client results.

## Are you a Salt Lake City provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in Salt Lake City, Sugar House, Holladay, Draper, Provo, Farmington or Park City? 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 Salt Lake City 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.