RED LIGHT SAUNA

# Biohacking in San Diego: Hyperbaric, Sauna, Cold Plunge, Float, Cryotherapy and DEXA for Active People — What the Evidence Says and What to Ask Before You Book

LetsGo Editorial · LetsGo Editorial · 3 November 2026 · 7 min read

San Diego has a 24/7 hospital hyperbaric service, infrared sauna and cold-plunge studios, float centres, cryotherapy, longevity diagnostics and several DEXA options from Mission Hills to Encinitas.

San Diego has a 24/7 hospital hyperbaric service, infrared sauna and cold-plunge studios, float centres, cryotherapy, longevity diagnostics and several DEXA options from Mission Hills to Encinitas. For surfers, runners, lifters and service members, the honest framing is that most of these tools are *recovery and comfort* options with mixed evidence, while training load, sleep and food do most of the work. Ask what each session is for, who supervises it and what evidence backs the claim. If you have a medical condition, are pregnant or take prescription medicines, check with your own doctor first.

## Hyperbaric oxygen: San Diego's hospital service is not a recovery spa

**What the evidence says.** FDA has cleared hyperbaric chambers for a specific list of conditions, including decompression sickness (relevant in a diving city), carbon monoxide poisoning and certain non-healing wounds. FDA has warned that HBOT is not cleared for many conditions it is marketed for and advises looking for a facility accredited 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/)). If you dive and have symptoms after a dive, that is an emergency, not a wellness booking. Call 911 or go to an emergency department. **What to ask (any chamber).** Hard-shell or soft chamber? What pressure, and 100% oxygen or room air? Who is the supervising physician? What screening is done for ear, sinus, lung and seizure risks? **San Diego option (hyperbaric, medical):** - [UC San Diego Health — Hyperbaric Oxygen Therapy](https://health.ucsd.edu/care/wound/hbot/): hospital hyperbaric medicine at Hillcrest, including emergency treatment, for referred and emergency patients.

## Cold plunge, sauna and contrast therapy

**What the evidence says.** Cold-water immersion has some evidence for reducing muscle soreness after exercise, but a Cochrane review rated the evidence low quality and noted adverse effects were poorly reported ([Bleakley et al., Cochrane, 2012](https://pubmed.ncbi.nlm.nih.gov/22336838/)). If your goal is building strength or muscle, ask a qualified coach or clinician about timing cold exposure around training. A Finnish observational study linked more frequent traditional sauna use with lower cardiovascular and all-cause mortality in middle-aged men ([Laukkanen et al., JAMA Internal Medicine, 2015](https://pubmed.ncbi.nlm.nih.gov/25705824/)). That is an association, not proof of cause. **What to ask.** What are the time and temperature limits? Is staff on the floor? Do they screen for heart conditions, blood pressure, pregnancy, medicines and alcohol? **San Diego options (sauna / cold plunge / red light):** - [SDBody — Mission Hills](https://sdbody.com/wellness/): cryotherapy, infrared sauna, cold plunge and red light. -

[Sweathouz — One Paseo](https://sweathouz.com/one-paseo-book-now/): infrared sauna, cold plunge and red light in Carmel Valley. - [Perspire Sauna Studio — Del Mar](https://www.perspiresaunastudio.com/locations/del-mar): private infrared sauna suites with red light. - [Breathe Degrees — Liberty Station](https://breathedegrees.com/): sauna and cold plunge. - [Club House ENC](https://www.clubhouse-enc.com/): sauna, cold plunge and red light in Encinitas.

## Red light

**What the evidence says.** Low-level light therapy has been studied mainly for skin and wound outcomes, and study quality and device settings vary a lot ([Avci et al., 2013](https://pubmed.ncbi.nlm.nih.gov/24049929/)). Be cautious about claims for performance, fat loss or longevity. Ask about wavelength, eye protection and photosensitising medicines.

## Float tanks

**What the evidence says.** Small trials suggest a float session can reduce short-term anxiety and stress in some people ([Feinstein et al., PLOS ONE, 2018](https://pubmed.ncbi.nlm.nih.gov/29394251/)). Evidence for lasting benefits is limited. **San Diego options (float):** - [True REST Float Spa — San Diego](https://truerest.com/locations/san-diego/): float suites. - [Stardust Float Spa](https://www.stardustfloatspa.com/): 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 the chamber and whether an attendant is present the whole time. **San Diego options (cryotherapy):** - [Cryo Republic](https://cryorepublic.com/): cryotherapy and sauna. - [ICE Recovery Wellness — Carmel Valley](https://ice-cv.com/): cryotherapy, infrared sauna and compression; it also lists IV services.

## IV lounges (described neutrally)

San Diego has many IV lounges, and some studios above list IV menus. An IV is a medical procedure. Ask who places the line, who reviews your health history, what is in the bag and why, and what happens if you react. Athletes subject to anti-doping rules should check those rules on IV infusions. Healthy people usually rehydrate by drinking. 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 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/)). Large blood panels can surface borderline results that need a clinician to interpret. **San Diego options (DEXA / diagnostics):** - [BodySpec — San Diego](https://www.bodyspec.com/booking?region=san-diego): DEXA body-composition scans. - [Dexa Body — San Diego](https://dexabody.com/locations/): DEXA scanning locations. - [Next Health — La Jolla](https://www.next-health.com/locations/la-jolla): longevity diagnostics centre; it also lists IV services.

## A five-question checklist for any San Diego 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 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 or reverse ageing are red flags; see FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams).

## Where coaches fit

A coach can help an active client decide which recovery tools are worth the money and keep the fundamentals in place: progressive training, sleep, protein and rest days. 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, including [recovery and inflammation client questions](/academy/level-3/inflammation-recovery-client-questions). 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](/coach). We do not promise income or client results.

## Are you a San Diego provider?

Run a sauna, red light, cryotherapy, hyperbaric, float or diagnostics business in San Diego County? 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

- [UC San Diego Health — Hyperbaric Oxygen Therapy](https://health.ucsd.edu/care/wound/hbot/): hospital hyperbaric medicine at Hillcrest, including emergency treatment, for referred and emergency patients.
- [SDBody — Mission Hills](https://sdbody.com/wellness/): cryotherapy, infrared sauna, cold plunge and red light.
- [Sweathouz — One Paseo](https://sweathouz.com/one-paseo-book-now/): infrared sauna, cold plunge and red light in Carmel Valley.
- [Perspire Sauna Studio — Del Mar](https://www.perspiresaunastudio.com/locations/del-mar): private infrared sauna suites with red light.
- [Breathe Degrees — Liberty Station](https://breathedegrees.com/): sauna and cold plunge.

## 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.

## Disclaimer

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.

Run a sauna, red light, cryotherapy, hyperbaric, float or diagnostics business in San Diego County? You can ask to be listed in the letsgo.health directory. Enquire: support@resohealth.life