RED LIGHT SAUNA

San Jose and Silicon Valley Biohacking Services Guide: Float, Sauna, Cold Plunge, Cryotherapy, Hyperbaric and DEXA — What the Evidence Says and What to Ask

LetsGo Editorial · LetsGo Editorial · 8 November 2026 · 7 min read

Short answer: San Jose and the South Bay (Santa Clara, Sunnyvale, Mountain View, Palo Alto, Campbell, Los Gatos and Fremont) have float spas, sauna and cold-plunge studios, cryotherapy, red light, soft "wellness" hyperbaric chambers, hospital hyperbaric medicine and DEXA testing. Most of it is wellness, not medicine. In a region built on testing ideas, treat every claim like a product claim and ask for the data. If you have a medical condition, are pregnant or take prescription medicines, check with 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 [San Jose hub](/us/san-jose).

Why Silicon Valley is different

Many South Bay clients sit at desks for long hours, commute by car along US-101, I-280 and I-880, and own at least one wearable. Some follow online "protocols" that stack sauna, cold, supplements and fasting into one routine. The useful coaching question is simple: which one habit, done consistently, would make the biggest difference? Summers in San Jose are warm and dry, and inland suburbs get hotter than the coast, so heat sessions in summer need more care than in winter.

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. **South Bay options (float):** - [Float Station — Campbell](https://floatstation.com/): float. - [SoliVana — Palo Alto](https://solivanalab.com/wellness/palo-alto): float, infrared sauna and cold plunge. - [SoliVana Wellness — Redwood City](https://solivana.com/): float, infrared sauna, cold plunge, red light and PEMF.

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. **Hot inland summers.** Sauna after a hot commute or a midday run adds heat strain. Drink water, keep sessions short, avoid alcohol, and ask your clinician or pharmacist if any regular

medicine affects how you handle heat. **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? **South Bay options (sauna / cold plunge / red light):** - [Watercourse Way — Palo Alto](https://www.watercourseway.com/): private hot-tub rooms with sauna and cold plunge, plus spa services. - [Perspire Sauna Studio — Mountain View](https://www.perspiresaunastudio.com/locations/mountain-view): infrared sauna and red light. - [BMS Wellness — Santa Clara](https://bmswellnessca.com/): sauna/cold plunge, red light, hyperbaric and longevity diagnostics.

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 Never enter a chamber alone, with wet skin or clothing, or after alcohol. **South Bay options (cryotherapy / recovery):** - [VillaSport — San Jose recovery](https://www.villasport.com/san-jose/recovery): cryotherapy and recovery services at a health club. - [RT Kickboxing & Cryo](https://rtkb-cyro.com/): cryotherapy. - [K2 Cryotherapy — Fremont](https://www.k2cryotherapy.com/): cryotherapy. - [Restore Hyper Wellness — Los Gatos](https://www.restore.com/locations/ca-los-gatos-ca002): 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 FDA has also reminded facilities to follow device instructions and fire-safety precautions ([FDA letter to health care providers](https://www.fda.gov/medical-devices/letters-health-care-providers/follow-instructions-safe-use-hyperbaric-oxygen The South Bay has both kinds of service: soft-sided "mild" chambers in wellness settings, and hospital hyperbaric medicine that treats cleared conditions, usually after a referral. They are not interchangeable. The Undersea and Hyperbaric Medical Society keeps a list of [accredited facilities](https://uhms.org/accredited-facilities/). **What to ask.** Is this a hard medical chamber or a soft-sided chamber, and at what pressure? Who supervises? What ear, sinus and lung screening is done? What is the fire-safety policy for clothing and devices? **South Bay options (hyperbaric):** - [SoRay Hyperbarics — San Jose](https://www.sorayhyperbarics.com/): soft-sided hyperbaric sessions and compression (wellness setting, not hospital treatment). - [Hyperbaric Wellness Center — Morgan Hill](https://www.hyperbaricwellnessmorganhill.com/): hyperbaric and red light. - [Santa Clara Valley Healthcare — Center for Advanced Wound Care and Hyperbaric Medicine, O'Connor Hospital](https://www.scvh.org/hospitals-clinics/locations/specialty-clinics/center-advanced-wound-care-and-hyperbaric-med medical wound care including hyperbaric oxygen therapy.

A note on IV menus

Restore also lists IV drips on its menu. IV-only lounges in our 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, two strength sessions a week are a better first spend than a gadget. **South Bay options (DEXA / diagnostics):** - [BodySpec — Bay Area](https://www.bodyspec.com/booking?region=norcal): DEXA body composition.

Protocol stacking: a caution

Online routines often combine long fasts, hard cold exposure, hot sauna and several supplements. Each extra stressor adds risk, especially for people with heart conditions, diabetes, low blood pressure or an eating-disorder history, and for anyone on a GLP-1 medicine with a small appetite. A coach can help a client test one change at a time and track how they feel, and send anything medical to a clinician.

A five-question checklist for any South Bay 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. We do not promise income or client results.

Are you a South Bay provider?

Run a sauna, float, red light, cryotherapy, hyperbaric or diagnostics business in San Jose, Santa Clara, Sunnyvale, Mountain View, Palo Alto, Campbell, Los Gatos or Fremont? 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 San Jose directory CSV; three were newly added in this batch. 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 before booking heat, cold, cryotherapy, hyperbaric, or float sessions.

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