RED LIGHT SAUNA

Biohacking in Tampa Bay: Hyperbaric, Float, Sauna, Cold Plunge, Cryotherapy and DEXA — A Guide for Midlife and Older Adults, and What to Ask Before You Book

LetsGo Editorial · LetsGo Editorial · 3 November 2026 · 9 min read

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Tampa Bay has an accredited hospital hyperbaric programme, wellness recovery studios with hyperbaric chambers and float tanks, infrared sauna and cold-plunge studios, cryotherapy and DEXA body-composition scanning across Tampa, Carrollwood and St Petersburg. Many clients here are in their fifties, sixties and beyond, so the screening questions matter more than the menu. Ask what the 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.

Why age changes the questions

Older adults are more likely to take regular medicines, to have blood-pressure or heart conditions, and to feel heat and cold more strongly. That does not rule out a sauna or float, but it makes the pre-booking conversation more important. Red light panels in these studios have been studied mainly for skin and wound outcomes, with variable study quality ([Avci et al., 2013](https://pubmed.ncbi.nlm.nih.gov/24049929/)), so treat fat-loss or longevity claims with caution.

Hyperbaric oxygen (HBOT): hospital medicine vs wellness sessions

What the evidence says. FDA has cleared hyperbaric chambers for a specific list of conditions, such as decompression sickness, carbon monoxide poisoning and certain non-healing wounds, and has warned that HBOT is not cleared for many conditions it is marketed for. FDA advises people to talk to their provider and look 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/)). FDA has also reminded providers about fire risk and the need to follow device instructions ([FDA letter to providers](https://www.fda.gov/medical-devices/letters-health-care-providers/follow-instructions-safe-use-hyperbaric-oxygen Tampa shows the split clearly. Hospital wound-healing programmes treat referred patients for recognised indications. Recovery studios sell sessions for recovery or general wellbeing, uses for which the evidence is much thinner. **What to ask.** Is the chamber hard-shell or a soft "mild" chamber? What pressure does it reach, and is the gas 100% oxygen or room air? Who is the supervising physician, and are they on site? Is the facility UHMS-accredited? What screening is done for ear, sinus, lung, heart and seizure risks? **Tampa Bay options (hyperbaric):** - [AdventHealth Tampa — Wound Healing Institute](https://uhms.org/accredited-facilities/advent-health-hospital-tampa.html): hospital hyperbaric and wound-care programme listed as a UHMS-accredited facility; usually referral-based. - [Rest Recovery

Tampa](https://restrecoverytampa.com/): wellness recovery studio listing hyperbaric sessions, float, red light, sauna and cold plunge.

Float tanks (flotation-REST)

What the evidence says. Floating in a shallow tank of warm, salt-saturated water with reduced light and sound has been studied in small trials for short-term stress and anxiety. One trial in people with anxiety-related conditions 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.** How is the water filtered and sanitised between clients? Can you leave the lights on or the door open if you feel claustrophobic? Do they advise against floating with open cuts, recent skin procedures or uncontrolled epilepsy? **Tampa option (float):** - [Float Tampa](https://floattampa.com/): dedicated float centre.

Sauna and cold plunge in a hot, humid climate

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/)). Florida heat adds a layer. 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)). Sudden cold also places extra demand on the heart. If you take regular medicines or have a heart condition, ask your doctor before starting contrast therapy. **What to ask.** What temperature and time limits does the studio use? Is staff on the floor? Are there grab rails and non-slip steps into the plunge? Do they ask about heart conditions, blood pressure, pregnancy, medicines and alcohol? **Tampa Bay options (sauna / cold plunge / red light):** - [Perspire Sauna Studio — South Tampa](https://www.perspiresaunastudio.com/locations/south-tampa): private infrared sauna suites with red light. - [Pause Studio — Midtown Tampa](https://pausestudio.com/locations/midtown-tampa): cryotherapy, infrared sauna, cold plunge and red light; it also lists IV services. - [Nordic Spa Klub — St Petersburg](https://nordicspaklub.com/): traditional sauna and cold plunge. - [Fire and Ice St Pete](https://www.fireandicestpete.com/): sauna and cold plunge.

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? **Tampa options (cryotherapy):** - [Degree Wellness — Carrollwood](https://degreewellness.com/locations/carrollwood-fl/): cryotherapy, red light, sauna and cold plunge; it also lists IV services. - [Restore Hyper Wellness — Tampa Carrollwood](https://www.restore.com/locations/fl-tampa-carrollwood-fl009): cryotherapy, red light and infrared sauna; the chain also offers IV 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. We list businesses for their other services and do not recommend IV therapy.

DEXA, VO2 and strength: the most useful measures as you age

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 older adults, a strength programme is a better first spend than a gadget. **What to ask.** Who interprets the results? Is a licensed clinician involved for bone-density questions? Can you get your raw data? **Tampa option (DEXA / VO2):** - [DexaFit — Tampa](https://www.dexafit.com/locations/florida/tampa): DEXA body composition and fitness testing.

A five-question checklist for any Tampa 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.

Where coaches fit

A good health coach can help you decide whether a service fits your goals and budget, and keep you consistent with the basics the evidence supports most strongly: sleep, walking, strength training, balance work and food quality. 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 Tampa Bay provider?

Run a sauna, float, red light, cryotherapy, hyperbaric or diagnostics business in Tampa, St Petersburg or Clearwater? 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

• [AdventHealth Tampa — Wound Healing Institute](https://uhms.org/accredited-facilities/advent-health-hospital-tampa.html): hospital hyperbaric and wound-care programme listed as a UHMS-accredited facility; usually referral-based.
• [Rest Recovery Tampa](https://restrecoverytampa.com/): wellness recovery studio listing hyperbaric sessions, float, red light, sauna and cold plunge.
• [Float Tampa](https://floattampa.com/): dedicated float centre.
• [Perspire Sauna Studio — South Tampa](https://www.perspiresaunastudio.com/locations/south-tampa): private infrared sauna suites with red light.
• [Pause Studio — Midtown Tampa](https://pausestudio.com/locations/midtown-tampa): cryotherapy, infrared sauna, cold plunge and red light; it also lists IV services.

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.

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