RED LIGHT SAUNA

Biohacking in Washington, DC: Sauna, Cold Plunge, Float, Cryotherapy, Red Light and DEXA — DMV Guide and What to Ask Before You Book

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Short answer: The DC area has sauna and cold-plunge studios in Adams Morgan, Ballston and National Landing, float in Bethesda, Georgetown and Alexandria, cryotherapy in the District and Northern Virginia, and DEXA in the city. Because the metro spans DC, Maryland and Virginia, check which studio is on your commute before you buy a membership. 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 [Washington, DC hub](/us/washington-dc).

Why DMV clients ask careful questions

Washington is a city of readers: federal staff, lawyers, researchers and clinicians who expect a citation. Use that. Ask every studio which claims are backed by a trial and which are marketing. FDA-cleared, FDA-approved and "wellness" mean different things, and most recovery services sit in the wellness category.

Float tanks

What the evidence says. Floating in warm, salt-saturated water with reduced light and sound has been studied in small trials for short-term stress and anxiety. One trial 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 between clients? Can you leave the light on or the door ajar? Do they advise against floating with open cuts, a fresh tattoo or uncontrolled epilepsy? **Washington, DC options (float):** - [Hope Floats Bethesda](https://www.hopefloatsusa.com/): float, infrared sauna and cold plunge. - [Pure Sweat Studios Georgetown](https://www.puresweatstudios.com/washington-dc): infrared sauna and float. - [True REST Float Spa — Alexandria](https://truerest.com/locations/alexandria/): 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/)). That is an association in one population, not proof of cause, and infrared cabins run cooler and are studied less. 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. **Policy-city schedules.** Washington clients often work long, desk-bound weeks with travel. That makes the 20-minute sauna or float slot attractive, but sleep and a walking commute do more over a year. In summer, DC heat and humidity plus some common medicines affect heat tolerance ([CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)), so go easy on back-to-back heat sessions. **What to ask.** Temperature and time limits? Staff on the floor? Grab rails into the plunge? Screening for heart conditions, blood pressure, pregnancy, medicines and alcohol? **Washington, DC options (sauna / cold plunge / red light):** - [Sweathouz — Adams Morgan](https://sweathouz.com/adams-morgan-book-now/): infrared sauna, cold plunge and red light. - [SWEATHOUZ Ballston](https://sweathouz.com/ballston-book-now/): sauna and cold plunge. - [SWTHZ National Landing](https://sweathouz.com/national-landing-book-now/): sauna and cold plunge. - [Courted Recovery Suite Bethesda](https://www.courted.com/bethesda/): infrared sauna, cold plunge and cryotherapy. - [Perspire Sauna Studio — Falls Church](https://www.perspiresaunastudio.com/locations/falls-church): private infrared sauna suites with 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 **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? **Washington, DC options (cryotherapy / recovery):** - [Capital Cryo](https://www.capitalcryo.com/): cryotherapy. - [CryoHealthcare DC](https://www.cryohealthcare.com/): cryotherapy. - [iCRYO — Fairfax Corner](https://icryo.com/location/fairfax-corner-va/): cryotherapy.

A note on IV menus

Some chains above 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. Healthy people usually meet hydration needs by drinking, and anyone with a heart or kidney condition should ask their own doctor before any infusion.

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. **Washington, DC options (DEXA / diagnostics):** - [DexaFit — Washington, DC](https://www.dexafit.com/locations/washington-dc): DEXA and fitness testing including VO2.

A five-question checklist for any Washington, DC 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 helps you decide whether a service fits your goals and budget, then keeps you consistent with sleep, walking, strength training and food quality. Coaches educate and refer. They do not diagnose, prescribe or sell medical treatments.

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Are you a Washington, DC provider?

Run a sauna, float, red light, cryotherapy or diagnostics business in DC, Arlington, Alexandria, Bethesda or Fairfax? 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 4 Nov 2026 against the Washington, DC directory CSV. Inclusion is not an endorsement. Prices, services and supervision change, so confirm with the provider directly.*

Safety note

Education only. Coaches educate and refer; they never prescribe, dose, source or sell medicines.

Disclaimer

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