

# Don't sweat it: Baths are better than saunas for boosting health

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HOT baths are more useful for the body than saunas, a study shows.



And a leisurely soak makes your heart work in a way that mimics exercise and it will even help your immune system, research by the University of Oregon revealed.

Rachel Dobson, health expert at Platinum magazine, wrote: “The study compared hot water immersion, traditional sauna and infrared sauna, and the humble bath was the winner.

“Participants who had soaked in 40.5°C water for 45 minutes had a significantly greater rise in core body temperature than those in either type of sauna.

“Their cardiac output increased the most too – meaning that their hearts were working in a way that mimics moderate exercise.”

And the hot bath also triggered the best immune-system boost.

Ms Dobson said: “The authors concluded that hot water immersion ‘elicited the greatest thermoregulatory, cardiovascular and immune responses’ of the three.”