

# Steam Sauna vs Dry Sauna: Heat Duration Guide

Choose the heat you can use safely and consistently.

Steam sauna / moist heat			Dry sauna / hot dry heat		
Type	Typical Heat	Humidity	Time	Benefits	Exit If
Steam Sauna	40–60°C	High humidity	<b>Beginner</b> 5–10 min <b>Regular</b> 10–20 min	Relaxation, sweating, muscle looseness, easier breathing feel for some users	Dizzy, overheated, nauseous, faint
Dry Sauna	70–100°C	Low humidity	<b>Beginner</b> 5–10 min <b>Regular</b> 10–20 min Max often 20 min	Cardiovascular heat stress, relaxation, circulation, recovery routine	Dizzy, faint, chest discomfort, overheating
Infrared Sauna	45–65°C	Low humidity	15–30 min depending on tolerance	Gentle heat feel, relaxation, longer lower-heat sessions	Unwell, overheated, dehydrated
Contrast Therapy	Sauna + cold plunge	Depends on sauna type	Heat 8–15 min + cold 1–3 min, repeat 2–3 rounds	Hot-cold reset, perceived recovery, circulation response, mental	Lightheaded, too cold, too hot, short of breath

The “best” sauna is not always the hottest one. The best sauna is the one you can use safely and consistently.

#### Science notes

Sauna bathing has been associated with cardiovascular and wellbeing benefits in observational research. Steam and dry sauna both create whole-body heat stress, but dry sauna has more long-term published research.