

american spa

Spa Directors Reveal the Most Popular Touchless Treatment Offering at Their Spa

By American Spa Staff • Nov 20, 2023 4:50pm



“Our infrared sauna is the most popular. Within minutes of sitting in an infrared sauna, the body’s natural response begins; blood vessels expand to increase blood flow, and heart rate increases. This can help speed up muscle recovery after physical activity. Spending some time in the sauna may also help decrease depression, anxiety, and stress, and promote sleep. It is like a meditation session in a warm setting. We always recommend the infrared sauna before any spa session or after a workout. Our guests have access through an appointment and at no cost. We also have hot tubs, traditional saunas, and steam rooms available for guests at each of our three spas at Rancho La Puerta.”—Claudia Sugely Villalon, spa consultant, [Rancho La Puerta](#) (Tecate, Mexico)