

4 Extreme Ways to Recover from a Workout

From cryotherapy to an infrared sauna, these techniques are intense but may just be worth it.

By Amy Roberts, CPT



After an especially tough gym session, a little muscle soreness is part of the deal. But when your training escalates to the point that you're having a bromance with good ole DOMS (delayed onset muscle soreness), you may need to seek alternative relief—and, ya know, dial your ish back a bit! Check out these extreme recovery measures. If they're a little *too* extreme for your style, check out these five less intense recovery techniques instead.

Infrared Sauna

What it is: For those who like it hot, consider a visit to an infrared sauna. Rather than heating the room as in a traditional sauna, it employs infrared light to penetrate the skin and raise the core body temperature. Sessions last from 20 to 60 minutes, and should be avoided by anyone with heart disease or high blood pressure, seizure or fainting disorders, or metal implants.

How it aids recovery: Prepare to perspire. "The deep penetrating heat of infrared allows the body to sweat out toxins," says Gabrielle Francis, ND, author of *The Rockstar Remedy*. "It also helps to increase circulation of blood and nutrients to the muscles, ligaments, and soft tissues, which enhances healing." Because of the extreme sweating, it's essential that you're well hydrated before, during, and after sessions, preferably with liquids containing electrolytes such as coconut water or specially formulated sports drinks. "You should have so much water that your urine is light yellow to clear," Francis says.

What it costs: Around \$50 per session.