



Reset with Heat, Light, and Rest

The Winter Blueprint for Spa Success

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Short days, colder temperatures, and shifting weather fronts can nudge our biology toward low mood and increased pain. Your spa can help with services you already offer when they are framed correctly and delivered with safe, repeatable protocols. Think comfort, recovery, and wellness support.

Always align language with evidence and device labeling, and avoid medical claims such as treat, cure, or diagnose. Follow session times for each device, space sessions so the body is not overworked, and screen for contraindications. If a client has any diagnosed condition or is under medical guidance, ask for clearance before starting any modality.

Saunas and Heat

Sauna and other heat therapies help clients who feel stiff, move roughly, or need help calming their nervous system. The nervous system regulates heart rate, blood pressure, and stress responses. Passive heat can ease musculoskeletal discomfort, reduce stiffness, and improve mood and pain by raising core body temperature. Early data suggests that repeated passive heat sessions may reduce chronic pain scores.

Position sauna as comfort care and recovery support. Screen for cardiovascular disease, pregnancy, dehydration risk, and heat

intolerance. Encourage clients to drink about one ounce of water per minute of sauna use. New users should ease into temperature and duration, while regular users may tolerate higher heat or more frequent sessions.

Red and Near Infrared Light Therapy

Clients often report calmer joint and soft tissue discomfort, easier movement, and faster recovery. Research supports photobiomodulation for osteoarthritis pain and functional gains when energy and wavelength ranges are appropriate.





Target wavelengths of 630 to 670 nm and 800 to 860 nm.

For skin support: 5 to 15 joules per session.

For deeper musculoskeletal support: 30 to 60 joules per session.

Sessions should be spaced every other day. Screen clients for low blood pressure, nitrate medications, seizures or epilepsy, photosensitivity, active bleeding, use of blood thinners, cancer or malignant tissue, pregnancy or breastfeeding, and contagious or infectious conditions.

Blue Light

Blue light helps clients with acne prone skin by targeting surface bacteria. It should not be positioned as mood therapy. Wavelengths between 407 and 420 nm excite bacterial porphyrins, creating singlet oxygen that reduces C. acnes.

Recommend every other day sessions, three to five times per week for mild to moderate acne. Clients should be free of topical products and wear eye protection. Screen for photosensitizing medications.

Cryo Exposure or Cold Plunges

Cold exposure can offer brief bursts of energy, temporary reductions in

soreness, and a mood boost. Research shows it can temporarily reduce pain signaling and improve stress perception. Cold therapy works best as an add-on, not the main event. It should be used at the end of a session when paired with heat.

New users should start at about 30 percent of maximum time and be supervised. Screen for cardiovascular disease, Raynaud's, neuropathy, cold urticaria, or hypertension.

Massage Chairs and Vibration

Massage and vibration can reduce stress perception, lessen muscle guarding, and improve overall comfort. A 2025 randomized controlled trial found reductions in depression, stress, and musculoskeletal pain in healthcare workers using automated massage chairs. Offer this as a parasympathetic reset to shift the body into rest and digest instead of fight or flight.

Oxygen Bars

Oxygen bars can be offered alone or added to wellness pods. Controlled studies show short-term boosts in attention, recall, and reaction time. Position oxygen as brief alertness and clarity support. Screen clients for

chronic respiratory conditions, and avoid use if they have been advised not to use supplemental oxygen.

UV Tanning

Seasonal Affective Disorder protocols use bright visible light, not UV. However, UV exposure may influence mood related pathways. Studies show frequent tanners often prefer UV emitting beds over non UV options, suggesting a relaxing and reinforcing effect. Laboratory work shows UVB can induce beta-endorphin release in keratinocytes, which may support comfort and relaxation. Another randomized trial found vitamin D improved SAD scores more than bright light therapy.

If clients choose tanning for perceived mood support, frame it as relaxation and comfort, not medical benefit. Always follow exposure limits, spacing, and eyewear requirements.

Storm Aches and Pressure Swings

Some clients notice more pain on days with quick weather changes. Research is mixed, though several studies show associations between humidity, barometric pressure, and osteoarthritic pain, and pressure changes can trigger migraines in susceptible people. Ask clients whether their bodies are weather sensitive and help them plan recovery sessions on rapid change days.

Promoting These Services

Market your offerings as comfort, recovery, and relaxation support. They do not treat, diagnose, or cure medical conditions. Follow device labeling, published dosing ranges, and adjust based on client response and safety. •