

beem® Light Sauna Reaches 81 U.S. Locations With Research Backed Infrared Therapy

Peer reviewed research on far infrared therapy links regular sessions to cardiovascular and pain recovery benefits, now offered in 81 studios nationwide.

NEWPORT BEACH, CA, UNITED STATES, August 12, 2026 /EINPresswire.com/ --

Tucked into wellness corridors in cities across the country, a quiet category of studio is drawing a following among people who've exhausted the usual playbook for pain, stress, and recovery.

beem® Light Sauna, a locally owned, nationally branded studio brand now with 81 locations nationwide, including 24 studios offering advanced [light therapy](#), is stepping into the spotlight this year as more people discover what its members already know. Far infrared heat therapy, the kind studied in cardiovascular and pain recovery research for over two decades, is available not just in hospitals and physiology labs, but in a private suite close to home.

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Veronica Stranc

The Science Behind the Suite

beem® studios offer full spectrum infrared therapy in near, mid, and far wavelengths, alongside medical-grade red light therapy sessions, each in a private suite. The far infrared component in particular has drawn sustained clinical interest. Published research on far infrared and Waon ("warm therapy") sauna protocols has linked repeated sessions to measurable improvements in vascular endothelial function, the ability of blood vessels to

dilate and support healthy circulation.

A study published in the Journal of the American College of Cardiology found that repeated thermal therapy significantly improved impaired vascular function in patients with coronary risk



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factors (Imamura et al., 2001). A separate study on patients with chronic heart failure found daily far [infrared sauna](#) therapy improved vascular and cardiac function alongside clinical symptoms (Kihara et al., 2002). A 2009 review of the published evidence concluded far infrared sauna use shows measurable benefit for cardiovascular risk factors, including blood pressure (Beever, 2009).

More recent research has even framed infrared sauna as an "exercise mimetic." A 2022 study found infrared sauna sessions produced a cardiovascular response similar to moderate exercise, raising heart rate and circulation without mechanical stress on joints or muscles (Ketelhut et al., 2022). That finding is part of why beem has found a following among athletes and active adults looking for a recovery tool that complements training rather than replacing it.

Why Chronic Pain Communities and Athletes Are Paying Attention

For people managing chronic pain, far infrared therapy offers a noninvasive option grounded in published research. A review by Vatansever and Hamblin (2013) documented far infrared radiation's benefits for reducing pain, improving circulation, and supporting tissue recovery across multiple clinical populations. For performance athletes and weekend competitors alike, the appeal is recovery without added mechanical load. A 40 minute infrared session supports circulation and muscle recovery the way a light training day might, minus the impact.

Stress and overall wellbeing show up in the research too. A study on patients with chronic fatigue syndrome found repeated far infrared sauna therapy (Waon therapy) improved fatigue, anxiety, and quality of life over the course of treatment (Kawanishi et al., 2005). The finding echoes what many beem members describe after a private session: forty minutes of undisturbed quiet, followed by a noticeably calmer state of mind.

A Studio Experience, Not a Gym Floor

What distinguishes beem® isn't just the science, it's the format. Each session takes place in a private, spa like suite, not a shared sauna room or a gym floor. Sessions run 40 minutes for full spectrum infrared and 15 minutes for red light therapy, short enough to fit around a workday or a training block. Studios are locally owned and operated under a shared national brand standard, and sessions are HSA/FSA eligible, making the therapy more accessible to members managing pain, training loads, or day to day stress on a budget.

The brand's footprint now spans 81 locations nationwide, including 24 Elite studios that add green light therapy to the lineup, a topical option members managing pain often use alongside their infrared sessions. The nationwide reach means the private suite, science backed model beem built its reputation on is no longer a regional find. It's becoming a mainstream recovery habit from coast to coast.

About beem® Light Sauna

[beem Light Sauna](#) is a full spectrum infrared sauna and light therapy studio brand offering private suite sessions in near, mid, and far infrared, plus red, green, blue, and chromotherapy light. The brand operates 81 locally owned and operated studios nationwide, including studios offering advanced light therapy, with sessions HSA/FSA eligible. Learn more at beemlightsauna.com.

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beem® Light Sauna

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