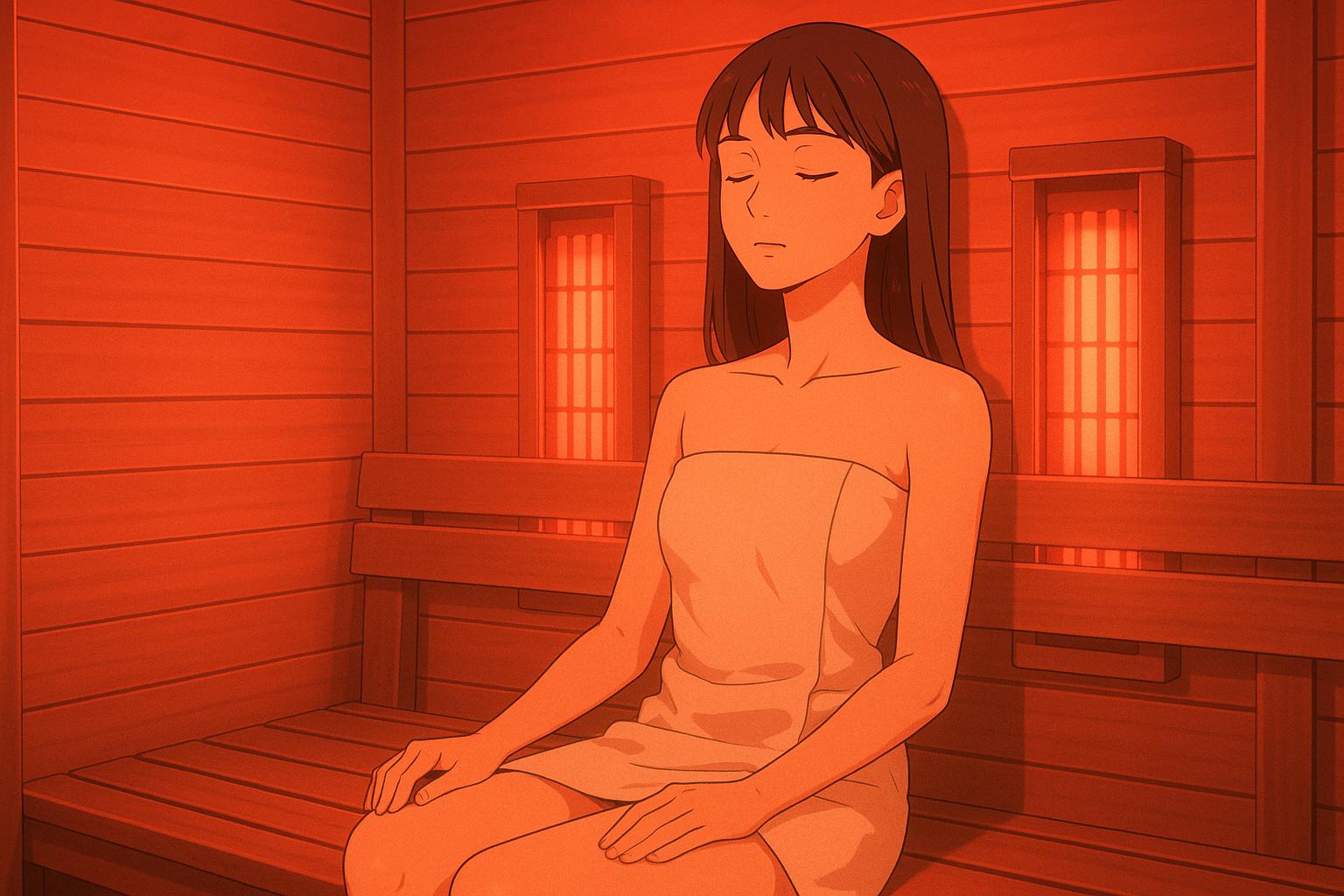
# Davinia Taylor credits infrared saunas and biohacking for 16 years of sobriety and youthful vitality



Davinia Taylor, the former Hollyoaks star, has taken a bold step towards transforming her life, embracing sobriety and biohacking as cornerstones of her new healthy lifestyle. In a candid conversation on The Life of Bryony podcast with journalist Bryony Gordon, she revealed how infrared saunas have become crucial to her daily routine, claiming they “saved her life” after years of chaos linked to her previous lifestyle.

At 47, Taylor has made significant strides since her days as part of the notorious Primrose Hill party scene of the 1990s, where she mingled with high-profile friends like Kate Moss and Jude Law. Now, she dedicates her evenings to relaxing in a £200 infrared sauna, a practice she turned to during lockdown. Taylor describes the sauna as an invaluable resource for detoxifying her liver and simulating the calming effects she once sought from wine. “I sit in there… have some activated charcoal or something, do a proper detox… go to bed, you’ll wake up tip-top,” she said. This innovative approach to wellness has enabled her to maintain a sense of relaxation without relying on alcohol.

Her relationship with alcohol was tumultuous, and Taylor candidly admitted that wine was her “drug of choice,” which led her to hit rock bottom early in life. “For me to be exposed to so much alcohol was just catastrophic,” she recalled, revealing that her struggles with addiction fast-tracked her towards sobriety. Having embraced a sober lifestyle for 16 years, she now considers herself a fitness guru and biohacker, boasting an astonishing biological age of just 26, which she attributes to these lifestyle changes.

Taylor’s experiences resonate with a growing movement towards biohacking—individuals making systematic, science-backed adjustments in their daily routines to improve various aspects of their health. This includes not only infrared saunas but also tracking sleep patterns and gut health, embracing practices that aim to promote longevity and wellbeing. “The body wants to heal. It wants to survive. It doesn’t want to punish you,” she asserted, reflecting on her holistic approach to health.

In addition to the sauna rituals, Taylor has explored alternative wellness practices, such as Kambo—an intense South American healing ritual. Describing it as akin to an exorcism, she explained its transformative effects on those dealing with trauma. This eclectic approach is a testament to her commitment to exploring various methods that promise holistic healing.

Further emphasising her journey, Taylor also hosts the "Hack Your Health" podcast, where she shares her insights and engages with experts in the biohacking community. By highlighting discussions on nutrition, mental health, and effective physical routines, she aims to educate listeners on optimising their health journey. In her work, she emphasises the importance of addressing underlying nutritional deficiencies and dopamine-seeking behaviours, which can often contribute to mental health struggles.

Through her unfiltered discussions, Davinia Taylor emerges as more than just a former party girl; she is an advocate for sobriety, wellness, and biohacking. Her story serves not only as a personal triumph but also as an inspiration to those grappling with similar challenges, encouraging others to seek unconventional paths toward health and happiness.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14762913/Hollyoaks-Davinia-Taylor-infrared-saunas-sobriety-biohacking.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.womensfitness.co.uk/health/davinia-taylor-running/)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14762913/Hollyoaks-Davinia-Taylor-infrared-saunas-sobriety-biohacking.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.inkl.com/news/from-party-girl-to-biohacking-queen-hollyoaks-star-davinia-taylor-on-swapping-wild-nights-for-wellness)
* Paragraph 3 – [[3]](https://www.iheart.com/podcast/269-beautiful-inside-by-beauti-266198250/episode/davinia-taylor-on-alcohol-addiction-269058231/), [[6]](https://www.podmarized.com/episodes/ultimate-human-podcast/davinia-taylor-biohacking-your-way-out-of-addiction-the-ultimate-human-ep-81)
* Paragraph 4 – [[4]](https://www.willpowders.com/pages/hack-your-health-podcast), [[5]](https://www.inkl.com/news/from-party-girl-to-biohacking-queen-hollyoaks-star-davinia-taylor-on-swapping-wild-nights-for-wellness)
* Paragraph 5 – [[3]](https://www.iheart.com/podcast/269-beautiful-inside-by-beauti-266198250/episode/davinia-taylor-on-alcohol-addiction-269058231/), [[6]](https://www.podmarized.com/episodes/ultimate-human-podcast/davinia-taylor-biohacking-your-way-out-of-addiction-the-ultimate-human-ep-81)

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## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14762913/Hollyoaks-Davinia-Taylor-infrared-saunas-sobriety-biohacking.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.womensfitness.co.uk/health/davinia-taylor-running/> - In an interview with Women's Fitness, Davinia Taylor discusses her health journey, highlighting the benefits of infrared saunas. She shares that she purchased an infrared sauna during lockdown for £200 and has used it daily since. Taylor describes the sauna as a valuable investment, noting that it allows her to relax and multitask, such as watching TV and using her phone. She explains that sweating in the sauna releases certain hormones, providing a relaxing effect similar to consuming wine, which she no longer does. Additionally, she mentions using the sauna at night to detoxify the liver, leading to better sleep quality. Taylor also discusses her use of the Oura ring to track sleep patterns, emphasizing its role in monitoring health and making informed decisions about physical activity.
3. <https://www.iheart.com/podcast/269-beautiful-inside-by-beauti-266198250/episode/davinia-taylor-on-alcohol-addiction-269058231/> - In the 'Beautiful Inside by Beauticate' podcast, Davinia Taylor, a bestselling author, actress, and biohacking expert, shares her health journey from overcoming addiction to exploring gut health, hormones, and biohacking for longevity. She discusses the unexpected link between gut health and mental well-being, her preferred biohacks for glowing skin and energy, and the need for women to rethink their approach to diet and exercise. Taylor also shares daily habits she practices to maintain sharpness, strength, and happiness, offering raw and insightful perspectives on health and wellness.
4. <https://www.willpowders.com/pages/hack-your-health-podcast> - The 'Hack Your Health' podcast, hosted by Davinia Taylor, aims to educate and empower listeners to lead healthier and happier lives. Taylor shares her personal transformation from struggling with addiction and health issues to becoming a biohacking expert. The podcast features discussions with various health and biohacking experts, including Tim Spector, Gary Brecka, Dr. Barbara Sturm, Dr. Cate Shanahan, Dave Asprey, Dr. Tamsin Lewis, Pippa Campbell, Dr. Ken Berry, and the Glucose Goddess. The podcast is available on Apple Podcasts and Spotify, providing insights into health optimization and biohacking strategies.
5. <https://www.inkl.com/news/from-party-girl-to-biohacking-queen-hollyoaks-star-davinia-taylor-on-swapping-wild-nights-for-wellness> - In an interview with Inkl, Davinia Taylor discusses her transformation from a party lifestyle to embracing wellness practices. She reflects on her addictive personality, which she realised after her second child was diagnosed with ADHD. Taylor shares her experiences with various wellness practices, including Kambo, a South American healing ritual involving the secretion of a giant monkey frog. She describes the ritual as intense, leading to vomiting throughout the night, though it resulted in glowing skin the following day. Taylor notes that Kambo is effective for individuals with trauma to expunge from their bodies, likening the experience to an exorcism.
6. <https://www.podmarized.com/episodes/ultimate-human-podcast/davinia-taylor-biohacking-your-way-out-of-addiction-the-ultimate-human-ep-81> - In episode 81 of 'The Ultimate Human' podcast, Davinia Taylor discusses her journey from addiction to biohacking. She shares her experiences with depression, bipolar disorder, and alcoholism, attributing her struggles to dopamine-seeking behaviour and nutritional deficiencies. Taylor founded Will Powders to provide nutrient support, aiming to address the root causes of her health issues. She delves into her biohacking journey, morning routines, nutrition philosophy, and views on health and medicine, advocating for a holistic approach to mental health and wellness.
7. <https://www.podcasts.com/the-ultimate-human-with-gary-brecka/81-davinia-taylor-biohacking-your-way-out-of-addiction> - In this episode of 'The Ultimate Human' podcast, host Gary Brecka interviews Davinia Taylor about her 15-year journey from addiction to becoming a biohacking expert. Taylor discusses her experiences with antidepressants, bipolar disorder, and alcoholism, revealing that her issues were rooted in dopamine-seeking behaviour and nutritional deficiencies. She shares insights into her biohacking journey, including her morning routine, nutrition philosophy, and views on health and medicine. Taylor advocates for a holistic approach to mental health and wellness, focusing on nutrition, lifestyle, and understanding one's biochemistry.