



Relax FIR Energy

Engineered to make you Healthier & more Beautiful !

Relax Far Infrared Ray Sauna

USE in the comfort of your HOME

Sweat therapy:

Detoxify Naturally, Lose Weight, Rejuvenate



- Portable and easily set up in 2 - 5 minutes
- No pre-heating needed
- Produces even energy in the sauna.
- Improves blood circulation
- Promotes cellular renewal
- Increases metabolism & wellness
- Induces profuse sweating
- For relaxation & improving one's mood.
- Burns calories without lactic acid production
- Ideal for home use even in an air-conditioned environment



- 1500W FIR Radiators
Auto-temperature controlled
40 ceramic semiconductor

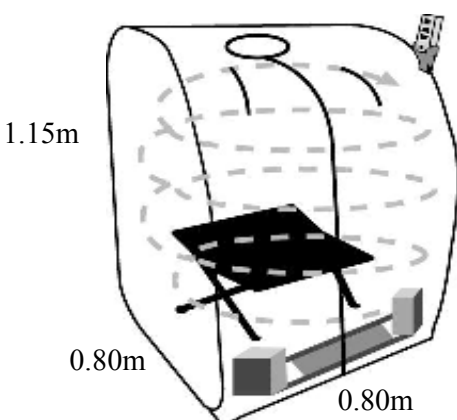
- Revolutionary ceramic semiconductor Technology - only one in the world !
- Safe for people of all ages

This booklet last updated – May 25, 2010

Unique Features

1. Specially designed Sauna Tent with Radiator Fan

The Sauna Tent uses a specially designed cloth with silver embedded in it, which acts as a mirror, reflecting FIR Energy from all surfaces of the tent. You do not need electrical wiring (potential EMF) or panels all over the inside surface of the tent or wooden cabin in order to absorb the healing light into all surfaces of your body. An incredible amount of heat is produced in transforming the electrical energy into 4-14 micron Fir Energy. So each Radiator fan blows this heat away from the semi-conductor chips so that FIR energy will be continuous, providing the experience of a hot spring bath, without the stuffiness or other discomforts of mineral baths.

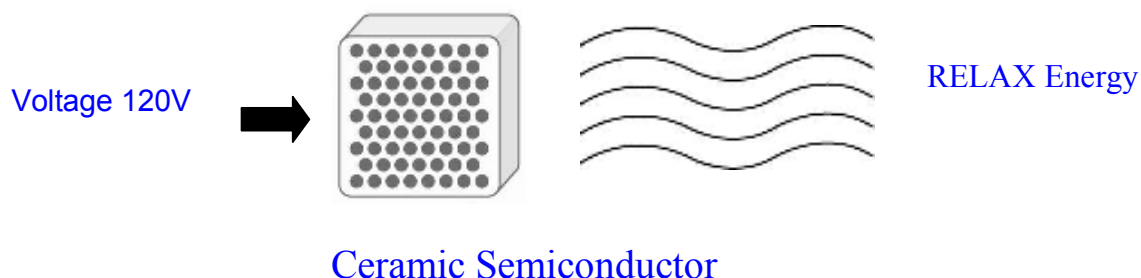


- Special reflective cover material and the FIR whirl fans ensure energy is evenly distributed within the FIR cabinet. The body enjoys an experience similar to a hot spring bath.
 - Even heat distribution, with benefits comparable to a hot spring dip.
2. The Relax Far Infrared Ray Sauna is easy to clean. The cover (tent) does not stain and remains odor-free even after long periods of usage, unlike traditional saunas made of wood.
 3. The specially designed cover (tent) does not absorb "direct heat energy". There is no need to preheat or warm-up the equipment. It is very convenient compared to wooden and other sauna cabinets.
 - Use the Relax Far Infrared Ray Sauna every morning for 15 minutes to help boost your body's energy for the day, similar to going for a jog.
 - After work, use Relax Far Infrared Ray Sauna for 15 minutes to relieve stress. Toxins accumulated in the body during the day will be eliminated. FIR energy is as relaxing as soaking in a hot bath.
 4. The patented Energy sources are auto-temperature controlled Far Infrared Ray ceramic semiconductor radiators, which do not cause burns, so the Relax FIR Sauna is 100% safe

Relax Far Infrared Sauna Energy: Why It Is Unique Unlocking its Mystery and its History:

Ceramic, as we know it, used to make rice bowls or pots – does not conduct electricity. However, with some modifications (by adding or removing an electron from its molecular structure) equilibrium is removed and a semiconductor is formed. When electricity passes through the ceramic semiconductor, a large resistance causes flow voltage to decrease, transforming electrical energy into heat. Ceramic semiconductor resistance is similar to what happens when a speeding car is abruptly stopped, resulting in the friction between the tires and the road's surface to produce heat. Another example would be the light bulb, where electrical resistance in the filament is transformed into light and heat. Other FIR ceramic radiators DO NOT have this semi-conductor chip, and hence do NOT generate FIR light at high temps.

History can attest to the benefits of Far Infrared Ray (FIR) Energy. The Japanese, renowned for their longevity, are equally known for their passion for taking hot spring baths. In ancient Japan, during times of war, injured warriors often took hot spring baths after battles to help heal wounds. Scientific research has confirmed the presence of many minerals in hot springs. After absorbing radiant energy from the earth, hot spring minerals transport and transform this energy into a form that is compatible with the human body. This energy (FIR) at 4-14 microns helps activate cellular renewal, stimulate blood circulation and promote healing.



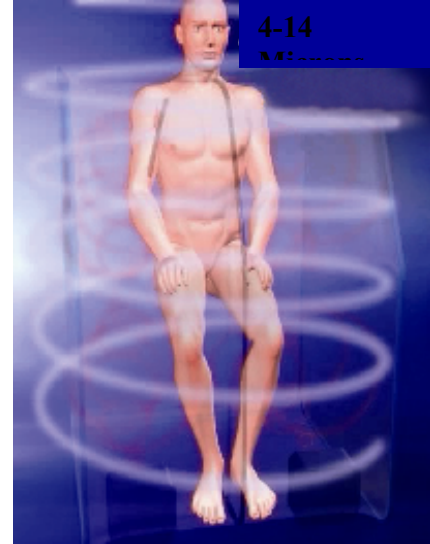
The semi-conductor chip converts electrical energy to absorbable FIR energy between 4-14 microns (at temperatures up to 140 - 170 degrees), excluding both near and medium infrared rays which can be harmful to the body. Hundreds of other "FIR" Saunas made in China use a hot plate and a black cloth impregnated with charcoal/carbon, which generates only about 20% FIR energy. A recent imitator of the Relax Sauna uses ceramic radiators (worth about \$15 each) which they say at 68 degrees, generates FIR Energy. We expect at temperatures from 110 - 170 degrees that this is definitely not true, as it has been reported to us how harsh the energy is, compared to the warm loving energy one feels when one is in the Relax Sauna, which has a patent on the 40 semi-conductor chips, which IS the Differentiating factor in creating the 100% 4-14 microns FIR Healing Light.

Vital Energy for Healthy Living

Jogging and swimming are good exercises, which can improve sweat gland function.

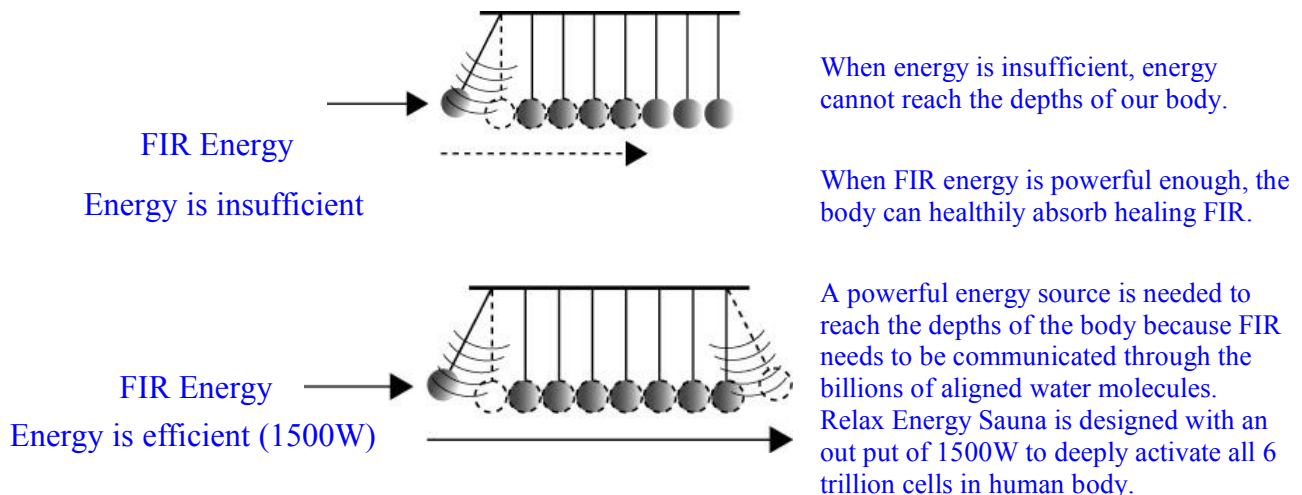
Qigong is an ancient martial and healing art the Chinese practice to maintain good health. Like FIR, it promotes microcirculation in the body.

The Relax FIR Sauna device is ideal for busy people as it takes only fifteen minutes every day to obtain the same microcirculation benefits gained by jogging or practicing Qigong.



The Relax Sauna Tent is made out of a woven fiber, with silver embedded in this cloth. (It is a cloth, NOT plastic. You can see the weave as you can in cotton sheets.) This gives the cloth a reflecting (mirror-like) quality. With the powerful Warm FIR energy emitted by the semi-conductor chips, and the constant reflecting of this light from every nook and cranny of the tent, energy is easily absorbed and internalized by the body.

The energy generated by the Relax Sauna radiator has been documented by the FDA to be between 4-14 microns at temperatures up to 140-170 degrees. (FDA K510 number: K053376), and is a medical device. This is uniquely compatible with human energy, and is easily absorbed by the human body. The skin will not burn even after staying in the Relax Sauna for long periods of time. FIR energy is completely safe.



Through the resonance and absorption by water molecules, protein, and organic molecules, the body is able to widely conduct FIR Energy which is

Relax FIR Energy

then absorbed by our cells and internal organs. When the FIR energy is powerful enough, it can be transmitted into the deeper parts of the body.

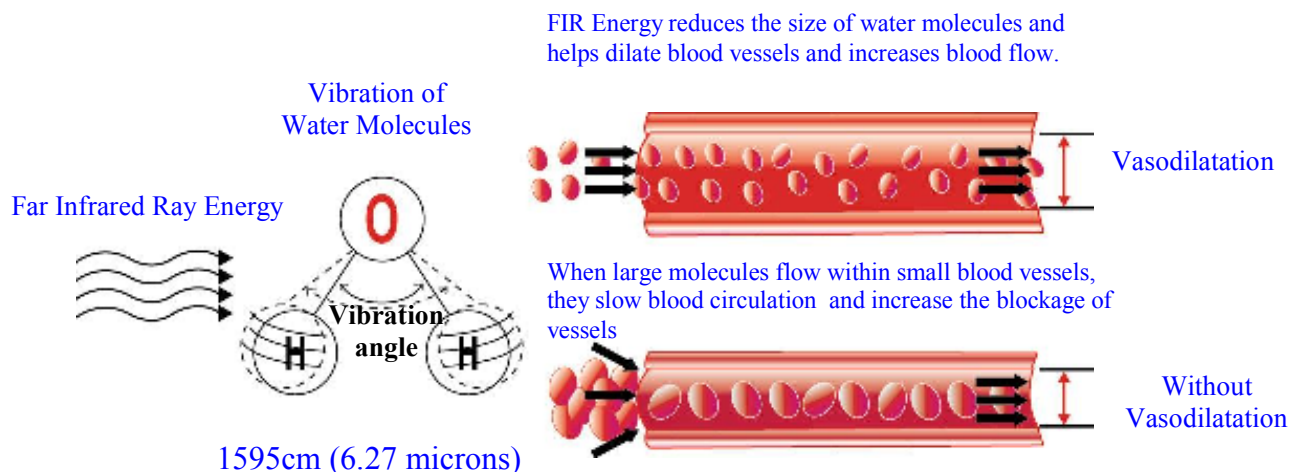
Improved Blood Circulation • Metabolism • Cellular Renewal

The continuous supply of far infrared energy in the Life Energy Sauna can narrow the molecular angle and reduce the size of water molecules (clusters). Resonant absorption by the body's water molecules, protein, and organic molecules re-harmonizes them, which fully energizes the body's internal molecules and helps dilate blood vessels. Given that blood vessels are now dilated and water molecules (clusters) in the body are also reduced to a healthier active size, blood circulation is much smoother.

When blood vessels are unblocked, blood pressure will not increase. Blood vessels now have better elasticity. Thus, FIR supports prevention of vascular sclerosis (hardening of blood vessels). Incidence of cardiovascular disease(s) will thus also decrease.

Once blood flow is smooth, it can flow throughout the blood capillaries of the whole body effectively and ensure a sufficient supply of nutrition; our metabolic rate will also healthily increase. Muscles and skin regain elasticity and maintain the suppleness of youth.

The elderly often suffer from poor blood circulation and other chronic diseases because nutrients and oxygen cannot effectively be delivered to their cells. This prevents toxins from being eliminated, which in turn, speeds up the cellular aging process. If toxins accumulate inside the body for long periods, the subcutaneous vessels shrink with resulting poor absorption of nutrients. This results in the blockage of pores and the skin loses its elasticity. Perspiration can help detoxify the body which is another healthy benefit of enjoying the Relax FIR Sauna. Conventional saunas on the market may be beneficial but are very pricey while cheaper alternatives do not bring good results. The Relax FIR Sauna however is superior in its competitive pricing and delivers superb health-promoting results.



Relax FIR Energy

The Relax Far Infrared Ray Sauna is useful in slowing down the aging process; helps users lose weight and healthy function of the skin. FIR absorption promotes elimination of body toxins and helps eliminate chronic illnesses.

Anti-aging

- Life Energy Sauna healthily assists the molecules in our body to vibrate more vigorously. This increases blood circulation, so cells can more naturally absorb nutrition and oxygen and more easily eliminate toxins. In Japan during times of war, after each battle, warriors recuperated in hot spring baths, in order to help wounds heal faster and better. This is time-tested and powerful evidence that FIR Energy helps reactivate healthy cellular function.
- The Relax FIR Sauna allows blood vessels to dilate and opens skin pores. This helps to relax the body and pacify the mind.
- The dilation of blood vessels helps in improving blood circulation and promotes elimination of toxins. Cells can also better receive and absorb nutrition; muscles and the skin regain their elasticity. Wrinkles are prevented and the skin becomes more lustrous.
- The Relax FIR Sauna also improves capillary circulation, and removes excess toxins from the body thereby reducing the burden on the kidneys, helping to prevent kidney failure.

Beauty and FIR



The Relax FIR Sauna is excellent for increasing blood circulation to the skin, which is essential for beautiful, youthful, glowing skin. The result is a new “inner glow” as the skin becomes free of accumulated dirt and dry skin cells; FIR promotes deep cleansing of impurities. FIR promotes healing of acne, eczema, psoriasis, burns, skin lesions and cuts. Open wounds heal more rapidly with reduced scarring. FIR firms the skin, improving tone, texture and elasticity.

Cellulite is a gel-like substance made up of fat, water and waste, which becomes trapped in pockets below the skin. The Relax FIR Sauna supports cellulite elimination, as profuse sweating and cellular activation together clear away this unwanted form of debris from the body. In Europe and Scandinavia, women have used saunas for hundred of years to prevent and eliminate these difficult to reduce spots. Due to a deeper heat penetration into cellulite, combined with more effective heating in these tissues, FIR Relax Sauna is significantly more effective than conventional saunas.

Relax FIR Energy

The ideal PH for body fluid, which is around 7.4, is slightly alkaline. Why does the human body's PH change from alkaline (during childhood) to acidity (in adulthood)? This is because acids are not completely discharged from our system. Relax FIR Sauna can help to discharge the body's toxins and acids through our skin pores. Relax FIR Sauna helps cleanse the body's systems and promote vibrant health.

Relaxation



Discharge of lactic acid through profuse sweating helps relax muscles. Lactic acid is one of the causes of fatigue and aging of tissues. Life Energy Sauna delivers benefits of regular physical exercise without production of lactic acid and additionally rids the tissues of lactic acid accumulation in the body. Accumulation of lactic acid over time results in chronic fatigue. Regular use of Relax FIR Sauna promotes elimination of lactic acids, prevents their accumulation and thus also prevents premature degeneration of muscle tissues.

Slimming and overall improved appearance

Gravitational force and water retention in the body cause muscle mass and organs to become slack and the skin to lose its elasticity. This causes poor blood circulation and excessive fat accumulation, especially the swelling around the waist, belly and eyelids. Relax FIR Sauna can help to discharge excessive water in the body and is a very healthful tool for maintaining firmness and body shape.

Outstanding Caloric Consumption and Weight Control

In Guyton's Textbook of Medical Physiology, we find that producing one gram of sweat requires 0.568 kcal. The Journal of the American Medical Association (JAMA) states, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300kcal, which is equivalent to running 2~3 miles. A heat-conditioned person can sweat off 600~800 kcal with no adverse effects. While the weight of the loss can be regained by drinking water, the calories consumed will not be." The Relax FIR Sauna helps generate two or three times the sweat produced in a conventional sauna, so the implications for increased caloric consumption are quite impressive.

The Relax FIR Sauna can thus play a pivotal role in both weight control and cardiovascular conditioning. This can be very valuable for those who don't exercise enough and for those who can't exercise yet want an effective weight control and fitness maintenance program which provides the caloric burn, detoxification, metabolic improvement, and especially the energetic body fluid activation benefits of regular exercise. There is of course no substitute for regular exercise to maintain health in body and mind. FIR fully supports exercise, yet provides similar benefits for the body's energetic function.

Relax FIR Energy

Amazing! The Relax FIR Sauna reduces body fat.

Consumes calories and burns fat in just 15 minutes.

Start:

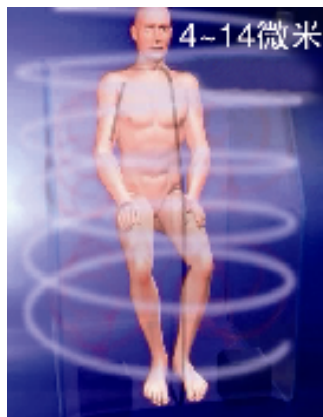


15 minutes

End:



Relax and Enjoy
Relax Waterless “HotSpring”



Profuse Sweating

Powerful yet comfortable

Weight and body fat readings:

Before:



↓ 0.4 kg

↓ 4%

Why?

After:



Prevention of Chronic Diseases

A sedentary life style, overeating and lack of physical exercise are identified as causative factors in obesity, diabetes, heart disease, hypertension and danger of stroke. In many developed countries obesity and generally being overweight are among the top five enemies to good health and are responsible for about 55 percent of deaths, according to the World Health Organization. On the other hand, more and more people in the developing world (such as India, China and Brazil) are suffering from obesity and related chronic diseases, which were once associated mainly with the rich and developed world just a few decades ago. Increased urbanization, sudden changes in diet combined with a more sedentary lifestyle, play a large part in this shift towards obesity, as pointed out in the WHO Expert Report 2003. Obesity can cause, among other things, coronary heart disease, diabetes, certain forms of cancer, and arthritis. Relax FIR Sauna can play a pivotal role in disease prevention and in health maintenance by activating the body to relieve degenerative disease and to avoid the fall into chronic disease.

Prevention of Abnormal Cells Growth

Toxic substances accumulate in our body due to free radicals. Examples include insecticides (used on fruits and vegetables), antibiotics (in poultry and other farm animals) and antiseptics (used on other foods) and many other chemicals we use in daily life. The best way to prevent abnormal cell growth is to detoxify through perspiration. The human body has a powerful self-healing ability. But its self-healing ability is dependent on healthy cellular function combined with sufficient nutrition and effective detoxification. FIR energy improves blood circulation and efficient nutrient and oxygen delivery. FIR thus promotes cell growth and cell reactivation, overcoming and preventing growth of abnormal cells, and supports good cellular maintenance.

“Detoxify or Die” ~ Restoring Total Wellness and Our Natural Healing Power

Dr Sherry Rogers, a leading environmental medicine authority outlines the scope of chemical pollution in our bodies in her book “Detoxify or Die” and shows in detail how to prevent disease and treat chemical overload. She wrote “...the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into sweat” and adds that “between **4 to 14 microns** in the FIR spectrum fall most of the rays that are the safest and most vital to health and healing.”

Reduction of Blood Glucose Level

Viscous blood, caused by excessive blood glucose, slows down blood flow, increases blood pressure and prevents the absorption of nutrients by the body's cells. Over the long term, viscous blood can cause eye complications, kidney problems, heart diseases and stroke.

Studies have shown that regular exercise lowers blood sugar by speeding the transport of glucose in the cells and so exercise is considered an “invisible insulin”. Regular exercise make cells more receptive to glucose and decreases the sugar circulating in our blood stream.

Relax FIR Sauna therapy is excellent for promoting the burning of calories which helps improve cardiovascular conditioning. Furthermore, Relax FIR Sauna provides FIR energy, which helps reduce the size of water molecule clusters and decreases the possibility of blood coagulation; thus blood flow is smooth. Long-term usage can help to reduce the problems of viscous blood.

Reduction of Uric Acid Through Sweat

Gout is a very painful inflammatory arthritis caused by uric acid crystals forming in the joints. Supersaturated uric acid in the urine can crystallize to form kidney stones that may then block the tubes that lead from the kidneys to the bladder.

Heavy uric acids can gradually build up in body tissues, leading to gout. Using the Relax FIR Sauna may help relieve gout. It is believed that urea and uric acid can be released most readily and frequently through sweating. It is apparent that the Relax FIR Sauna can most easily, conveniently and efficiently help the human body to release surplus uric acid without producing uric acid (as is the case in prolonged exercise), and thus unlike exercise, does not place an extra burden on the kidneys.

It is suggested that when using the Relax FIR Energy Sauna, it is best in advance to drink a copious amount of water and eat alkaline food (green vegetables, sprouts and low sugar fruits). This approach is most helpful for those who suffer from having excess uric acid in their system (as occurs in gout).

Exercise of Blood Vessels

Organs and blood vessels will degenerate if they are not actively functioning.

Relax FIR Sauna increases blood flow and dilates blood vessels. It also helps retain the elasticity of blood vessels and helps them to “exercise”.

When blood flow increases, waste, cholesterol and fat etc, are removed from the walls of blood vessels. Once these cumulative materials are removed, blood capillaries in the brain cease to be blocked and apoplexy can be prevented.

The dilation or exercising of blood vessels can help prevent their degeneration. In cold climates, the blood vessels shrink and become smaller in diameter in order to keep the internal organs warm. Due to the regular demand of blood flow by the body, blood pressure must go up to maintain this flow. And this might lead to a breakdown of the blood vessels, causing hemorrhaging (thereby leading to apoplexy).

Exercise can induce the blood current to move faster and dilate the blood vessels as well as increase the elasticity of vessels. But most people lack the time and patience to exercise every day. Occasional exercise is not fully effective because the training and improving of elasticity of the blood vessels needs daily maintenance.

Relax FIR Sauna produces FIR energy which goes deep into our body, to the depths of the bone marrow. People with conditions such as heart diseases and high blood pressure show marked improvement after using Relax FIR Sauna because FIR energy helps dilate their blood vessels and increase blood flow thereby unblocking and eliminating waste in the blood vessels. The opening of pores during perspiration also helps eliminate waste, toxins and fat inside the blood vessels.

Relax FIR Sauna is easy and convenient to use. It is a “waterless” hot spring. The even distribution of energy ensures maximum benefits. Enjoy the comforts of a hot spring dip at home today!

Specifications

Power Requirement Power Output Radiators	110~120V, 50Hz 1500W \pm 10% 20 Ceramic Semiconductors and 1 fan for each radiator heater
Size of Reflective Cover (Erected) Weight of Reflective Cover Weight of Foldable Chair (for max. weight of 100kg) Weight of 2 Radiators (c/w base frame, cables and controller)	0.8m (w) x 0.8m (d) x 1.15m (h) 1.8 kg 3.6 kg 6.4 kg
Size of package Weight of package Shipping 20 ft container	0.69m (w) x 0.30m (d) x 0.56m (h) 14.5kg 250packages

The above specifications may be changed without prior notice.



This product conforms both CE (Standard of European Union) and GS
(German Equipment Safety Law) Standards.

Patented Products

	<i>PTC Heater</i>	<i>FIR Sauna</i>
<i>Us Patent</i>	5,125,070	6,615,419 B1
<i>German patent</i>	41 04 521	202 13 147.5

Energy Immunology by FIR 4-14um with patented Ceramic Semiconductor Technology

International Invention Awards • Worldwide Patents • Quality & Safety Standards

Relax FIR sauna FAQs

A. Technology, Safety

1. Is FIR a harmful form of radiation? Will use of the Relax FIR Sauna cause any side effects?

The most basic and crucial difference between far infrared rays (FIR) and harmful rays is that virtually all living things have the need for FIR – warming energy. And all life that metabolizes, releases FIR. The sun's rays include FIR that is needed by all living things but its rays also contain the harmful X-rays, UV rays and near infrared rays. Prolonged exposure to harmful rays can lead to sunburns and the peeling of skin. The Relax FIR Sauna has been designed to produce only far infrared rays at 4 ~ 14 microns (1 micron = 1/1000 mm). By (water) molecular vibration and resonant absorption, energy is transmitted deep into the body and reaches the bone marrow. Thus, the Relax FIR Sauna provides energy that you can easily absorb without having to worry about any side effects.

2. Will my skin dry? Will I suffer from burns?

Only a wavelength that is less than 3 microns (e.g. near infrared rays, UV etc.), which stops at the skin's surface and cannot be absorbed, can cause scalding. And in serious cases, burns can result. Through the resonance and absorption by water molecules, protein, and organic molecules, the body is able to deeply conduct FIR energy at 4 ~ 14 microns which is then absorbed by our cells and internal organs. This energy is then transmitted into the deeper parts of our body, thus eliminating the possibility of burns.

Because the process of perspiration and detoxification involves losing a large amount of water, the body needs to be constantly replenished with water before and after one uses the Relax FIR Sauna. This helps to prevent the possibility of dehydration.

Relax FIR Energy

3. What is the difference between the Relax FIR Sauna and others on the market? They look the same to me.

The Relax Sauna has at least 1 ½ times the volume of any other portable sauna that we have seen. The reflective Relax Sauna tent allows for this extra level of comfort.

	Relax FIR Sauna	Wooden Sauna	Steam Sauna	Electric Sauna
Pre-heating	None	For 15 ~ 30 minutes	<ul style="list-style-type: none"> • Need for water to boil • About 15 minutes 	None
Temperature	<ul style="list-style-type: none"> • Even • Similar to Traditional saunas • “Waterless hot spring” energy 	Even	<ul style="list-style-type: none"> • Uneven • Hot steam rises, the feet do not feel the heat 	<ul style="list-style-type: none"> • <u>Uneven</u> • It irradiates <u>only certain parts of the body, via 2 or 3 electric pads</u>
Benefits	1500W Power and low temperature, can reach the depths of the body and activate sweat glands	Satisfactory	<ul style="list-style-type: none"> • Not effective • High humidity; unable to effectively perspire 	<ul style="list-style-type: none"> • Acceptable Not 1500 Watt • <u>Uneven irradiation cannot bring obvious benefits</u>
Maintenance	Wipe to keep clean	<ul style="list-style-type: none"> • The wood retains moisture and has an odor after long usage • Difficult to clean 	Needs to be washed after every use	Difficult to clean because the heat sources are attached to the cover
Size	Moderate, comfortable, collapsible & portable	Large	Moderate	Small, claustrophobic

The limitation of panels and a foot pad do not allow every part of your body to absorb FIR light.

That’s what “**Uneven Distribution**” of FIR Light means.

While you are in the Relax Sauna, you are in the middle of a Far Infrared Light box. You therefore absorb the far infrared light from every nook and cranny of the tent.

You Thus get an “**Even Distribution**” of FIR Light throughout the Sauna and in your body.

B. Home use

4. Will my electricity bill increase drastically if I use the Relax FIR Sauna everyday?

No, because a sauna session is usually only 15 to 30 minutes long, therefore it consumes much less electricity than the average refrigerator or air-conditioner. A 15-minute session costs around USD 3 or 4 cents.

5. Can I use the Relax FIR Sauna every day? And how long for each session?

Absolutely. In fact, the Personalized Sauna is designed for everyday use. In general, most people do not have the habit of exercising regularly. The Personalized Sauna can help to reverse this sort of unhealthy lifestyle. The skin is our biggest detoxification tool. A 15-minute daily session effectively purges accumulated toxins and waste matter from the body and helps to keep it 'clean'. Blood circulation is improved, cellular activity stimulated and fatigue is relieved. The FIR Sauna effectively reduces the risk of chronic illnesses such as high blood pressure, heart problems and diabetes.

6. How do I clean the sauna after use? Will my perspiration cause the sauna to smell?

Maintenance is easy. Simply use a slightly damp cloth to wipe the radiators and the interior of the sauna cover. The footpad between the two radiators can be removed and washed if necessary. But because the titanium oxide-coated ceramic semiconductors are naturally anti-bacterial, all you need to do is switch the sauna on for 2 ~ 5 minutes after use each time to help remove any unpleasant smells. (Do not attempt to clean the sauna with any strong cleaning agents.)

7. Can I shower immediately after using the sauna?

Relax FIR Energy

Yes you can. Wipe dry and take a short rest before stepping into the shower. Through molecular resonant vibration and absorption, FIR energy is not concentrated on the surface of the skin. The body is kept warm internally, so cold air will not easily enter the pores thus it is unlikely that you will catch a chill.

8. The Relax FIR Sauna is really big! It will take up too much space. My home is really small.

The Relax FIR Sauna is both collapsible and foldable making it suitable for easy storage. Moreover, it serves as an ideal tool to help keep the whole family fit and healthy. Considering the benefits of family health maintenance, the extra space used should not really be a problem. If space is a problem, it takes less than five minutes to install or uninstall it.

C. Preventive Healthcare

9. Why does the average person need to use the Relax FIR Sauna? What about people who exercise regularly? Do they have a need for it as well?

(1) From a Traditional Chinese medical (TCM) viewpoint, FIR energy helps stimulate blood circulation and reduce bruising in everyone. People who lack exercise suffer from poor blood circulation and are more prone to ischemia. People who have a high percentage of body fat suffer from poor blood circulation because the fat in their blood slows circulation. The body also becomes more prone to bruising when circulation is poor. Everyone can benefit from the Relax FIR Sauna to help improve blood circulation.

(2) Regular exercisers: generally speaking, (a) exercise helps to strengthen both the muscles and bones and to maintain good metabolism, (b) helps correct irregular heart beat and strengthens heart muscles and (c) improves lung activity. But physical exercise brings no large evident benefits to the micro-circulation in the body's organs. Exercise also builds up large amounts of lactic acid that can best be eliminated through the use of the Relax FIR Sauna.

Relax FIR Sauna vs. Exercise & Manual Labor

Description	Manual Labor	Exercise (slow jog/quick walk)	Relax FIR Sauna
Muscle-Skeletal (Limbs)	<ul style="list-style-type: none">• Induces load• Lactic acid accumulation	<ul style="list-style-type: none">• Induces load• More lactic acid accumulation	<ul style="list-style-type: none">• No load• No lactic acid production
Heart, Lung	Of little benefit	Strengthens	Reduces heart load while strengthening lung function
Blood Circulation	Moderate improvement	Improvement	Improves micro and terminal circulation & organ function
Detoxification	N.A.	Little benefit; increases lactic acid accumulation	Deep warming effect induces large amounts of perspiration that effectively purges urinal, lactic acids & other toxins
Perspiration effect	Depending on individual; more so for certain areas	Depends on individual; of little use to people who cannot perspire; perspiration occurs at certain areas	Helps to open the sweat glands of those who have trouble perspiring; total perspiration; eliminates toxins through pores
Burning of calories	Little	600 calories (1 hr / 10 km)	600 calories (15 min)

D. Beauty and Slimming

10. Does the Relax FIR Sauna help to slim?

The natural and healthy way to lose weight is to increase a person's basal metabolic rate. Daily repeated usage of the Relax FIR Sauna, with the effects of deep warming, can help to increase a person's metabolic rate. Coupled with healthy eating habits, it is not impossible to achieve an ideal weight and good health at the same time.

Relax FIR Energy

11. I'm concerned that often using the Relax FIR may reduce my breast size...will that happen?

If you are using the Relax FIR Sauna for slimming purposes, it is more likely that you will experience a firming up of the bust line instead of a breast reduction. A woman's breasts consist largely of fats in lymph tissue and different individuals experience weight loss at different parts of their body. However, it is unlikely that you will go from a cup C to B for example, unless there is drastic weight loss.

12. Can the Relax FIR Sauna ensure muscle elasticity?

Warming energy helps activate cellular renewal in the blood vessels (including capillaries), blood stream and muscles. Regular usage helps to increase oxygen levels in the blood and provide a more youthful appearance to the skin. Supplement this with a suitable amount of exercise and you are on your way to attaining good muscle tone and a more radiant and firmer complexion.

E. Effects

13. I'm worried about some red spots that have appeared on my skin after I started using the Relax FIR Sauna. What causes them? And is it normal that they itch?

The occurrence of red spots and itchiness is perfectly normal in that it is only a transitional phase in the process of detoxification. When toxins are unable to be carried away by the body's blood stream, they appear as red spots on the skin. Different individuals experience different symptoms and this sort of reaction does not necessarily occur after once or twice in the sauna. In fact, it might take weeks or even longer for anything like that to happen, if ever. Not everyone will experience these symptoms but even if you do, it is not a cause for worry. If your skin itches, avoid scratching. Instead, irradiate the afflicted area with the FIR Lamp to help stop the itch and prevent infection.

14. I used to suffer from migraines and after I started using the Relax FIR Sauna, this problem is starting to plague me again! I am very much distressed. Why has this happened?

The pain is a result of poor/restricted circulation in the head. Medication taken in the past did not eliminate the root cause of your discomfort but has numbed your nerves such that you no longer feel the pain. What the Personalized Sauna does is to improve overall blood circulation and activate cellular renewal thus helping you to recover from the numbing of your senses. This is a transitional period and will pass quickly if you make use of the Relax FIR Sauna diligently. You will recover fully even without the help of medication when both *qi* (internal energy) and blood circulation improves.

15. Why do I feel very relaxed after even a short sauna session. Is this normal?

FIR energy helps dilate the body's blood vessels but because the quantity of blood remains unchanged, the head experiences a short temporary lack of oxygen and blood thus the passing relaxedness. This is similar to how some people feel after exercise. Use the Relax FIR Sauna everyday to help the body in its process of 'making' blood and curb the problem of relaxedness at its root cause. As for those who already suffer from ischemia (inadequate blood) or anemia (poor blood), lying down on your back and raising your legs can help induce blood flow backwards thereby relieving the problem of headaches.

16. Why is it after using the Relax FIR Sauna I often feel both hungry and sleepy?

Blood flow quantity increases, metabolic rate experiences a healthy surge and induced perspiration in the process of detoxification all contribute to the burning of both calories and nutrients. This helps relieve fatigue, reduce blood pressure and relax body muscles. It is at this point in time that you need to replenish your nutrients and gain adequate rest. First time users are more likely to experience hunger pangs immediately and a desire to sleep after several hours. Athletes experience a similar body change – after sports they feel both tired and sleepy.

However, after a period of time when the body has become accustomed to often using the Personalized Sauna, with adequate nutrition, you should feel more energetic and experience better sleep.

17. Why is it after or during the usage of the Relax FIR Sauna certain areas of the body feel hotter or more painful than the rest of the body?

(1) Areas more affected than others are a result of poor oxygen and blood circulation in that particular part of the body. It could also be the effects of an old injury. (Refer to Q.20)

(2) Another common problem that afflicts many is pain, swelling or redness at the calves. It could be that you placed your calves too close to the aluminum part of the chair while doing the sauna or that you had earlier stood for the whole day and your calves are suffering from poor circulation. You should put your feet in between the two radiators. If redness and swelling persists, massage your calves with the RELAX massager (to improve local circulation) before entering the sauna for better results.

18. Why is it I perspire less after I started using the Relax FIR Sauna? (Is cold weather a factor?)

(1) How much fluid you drink is a factor. When your body has insufficient water, perspiration will lessen; cold weather is a factor because when temperatures are low, more energy is needed to help open the pores.

(2) Even if there is little perspiration, microcirculation in the body is being stimulated when you are in the Relax FIR Sauna, and thus there is little cause for worry.

(3) We do not encourage you to use perspiration amounts as a gauge of the sauna's effects. If the body's internal circulation is improved, a proper amount of sweat will naturally occur.

19. I have noticed that I need to sleep less, since I started using the Relax FIR Sauna. Why?

After you use the sauna, both your blood circulation and blood flow improve, helping you relax naturally. As a result, you gain ample rest and a more peaceful sleep. You sleep better and may need fewer hours to be rejuvenated in sleep.

20. Why do my old wounds hurt after I use the Relax FIR Sauna?

FIR helps activate cellular renewal and to heal wounds faster; blood flow is smoothed and blocked passages cleared. Blood circulation is naturally poorer at the old wound sites which is why you feel a prickling or itchy sensation there signaling restricted flow. Whenever pain is experienced, stop the sauna session and remember the duration taken. Continue to use the sauna regularly with similar or slightly shorter duration. With patience, one should be able to gradually increase the duration of the sauna session with the increased benefits of cellular renewal and healing.

F. Special Problems

21. Will using the Relax FIR Sauna everyday adversely affect sperm production for males?

The male reproductive organ does not produce sperm all the time (24 hours). A short 15-minute usage will not affect a male's ability to produce sperm. Unlike the other traditional saunas, the Relax FIR Sauna produces pure FIR energy, so it does not have the side effects caused by high temperature saunas.

22. Are people fitted with heart pacers, rods in the legs etc. suitable to use the sauna?

Supplementary medical apparatus are wrapped with muscle tissue. FIR energy penetrates the skin and goes deep into the body; improved blood circulation helps bring warming energy to all parts of the body and does not just concentrate on any particular area. As the body perspires during the detoxification process, body temperature decreases. The area where the (for e.g.) heart pacer is fitted is kept within a tolerant temperature range. The basic rule when using any FIR product is not to employ it directly on the part of the body fitted with foreign objects. This helps to prevent the objects from reflecting and rejecting the warming energy.

G. Chronic Diseases

23. How can sufferers of high blood pressure, heart problems, diabetes, depression, manic-depression, work-stress etc. benefit from using the Relax FIR Sauna?

(1) Hypertension – Circulation is the continuous flow of blood from the heart to the body and back to the heart again. It is the process that keeps you alive. Arteries are vessels that deliver oxygen-rich blood to your body. Veins in your body are vessels that return oxygen-poor blood to the heart. There are two types of blood pressure:

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(a) Systolic Blood Pressure (SBP) is the pressure in the vessels when the heart is contracting or delivering blood outward from the heart.

(b) Diastolic Blood Pressure (DBP) is the pressure in the vessels when the heart is expanding or collecting blood back to the heart. When both SBP and DBP are higher than the normal level, an indication that the body is not getting sufficient oxygen from the circulation, the heart has to pump (contract and expand) harder. This increases the burden on the heart. But if sufficient oxygen can be supplied through blood circulation, blood pressure will be normalized. Regular use of the Relax FIR Sauna improves blood circulation by vasodilation (expansion of blood vessels) and reduces the size of water molecule clusters (more than 90% of blood plasma is water). Deep, slow and long breathing during sauna sessions will also help to increase oxygen in the blood.

(2) From the traditional Chinese medicine (TCM) perspective, chronic diseases such as diabetes, depression, manic depression and work-related stress are caused by inadequate blood flow and nutrient deficiency. The basic effective solution is to ensure good blood circulation that delivers sufficient oxygen and nutrients to the body.

24. How does the Relax FIR Sauna help sufferers of dialysis, uremia (kidney disease), rheumatoid arthritis, joint aches, inter-vertebral disc protrusion-related complications and osteophytes (small abnormal bony outgrowths) etc.?

(1) Our kidneys contain millions of nephrons (which consist of capillaries and tiny tubules) that function as filters to 'clean' our blood. For people with kidney disease or degenerated kidneys, the filtration capability is poor because the nephrons are damaged. They are advised to at first limit the pre-sauna intake of water. The Relax FIR Sauna supports kidney function by increasing excretion of uric acid, urea and toxins through your perspiration. Increase your intake of water as you gradually increase the duration of your sauna sessions. Patience and endurance are necessary for long periods of therapy.

(2) Rheumatoid arthritis is caused mainly by the malfunctioning of the immune system (auto immune dysfunction). Our body's immune system can

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be strengthened and normalized by improving blood circulation and activation of cellular function.

(3) Joint aches, disc protrusion complications and osteophytes are mainly caused by stiffening muscles or poor posture. For therapy, consult a qualified chiropractor or orthopedist. However, the Relax FIR Sauna does help to enhance your therapy sessions because it helps improve blood circulation and cellular function for both the muscles and bones.

25. What about people undergoing chemotherapy and radiotherapy?

(1) It is important to understand the role of the Relax FIR Sauna in strengthening a person's overall health (including the immune system) through effective detoxification. The Relax FIR Sauna is not meant to replace treatment and medical consultation. Cancer patients must seek proper medical treatment. However, it is likely that medical treatment will prove more beneficial if you use the Relax FIR Sauna to improve your basic health.

(2) Increased oxygen flow helps increase the growth of normal cells around the cancerous area. This is beneficial as it prohibits the spreading of cancer cells. The Relax FIR Sauna enhances oxygen delivery in the body including to the cancerous areas. Coupled with medical treatment, health improvement can be experienced.

(3) Massage the harder tissues on both sides of the vertebra to soften those areas. With a more activated central neural system, the use of the Relax FIR Sauna will help you make a more marked improvement in your health.

For more information: