

Engineered for Beauty and Wellness

Relax FIR Sauna

In the comfort of your home

Sweat Therapy:

Slim Effortlessly, Detoxify Naturally, Skin and Body Care



- Portable and easy set up in 5 minutes
- No pre-heating needed to save time
- Evenly distributed energy
- Improves blood circulation
- Promotes cellular renewal
- Increases metabolism
- Induces profuse sweating
- Good for relaxation
- Burns calories without lactic acid production
- Ideal for home use even in air-conditioned environments
- Revolutionary ceramic semiconductor technology
- Safe for people of all ages



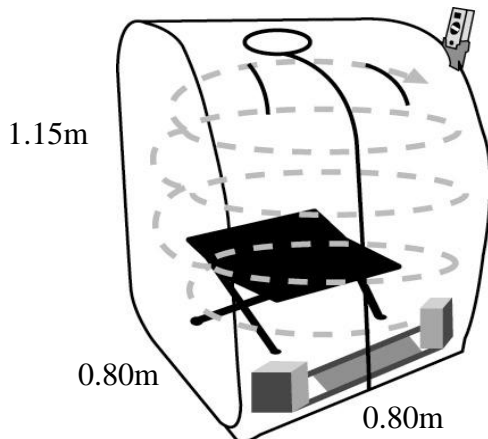
- 1500W FIR Radiators
Auto-temperature controlled
40 ceramic semiconductors

Relax FIR Energy

Unique Features

1. Specially designed cover with "FIR Energy Fan"

A specially designed cover plus "Energy Fan" ensures that energy is evenly transferred within the sauna cover. It feels like enjoying a hot spring, without experiencing the same stuffiness or other discomforts.



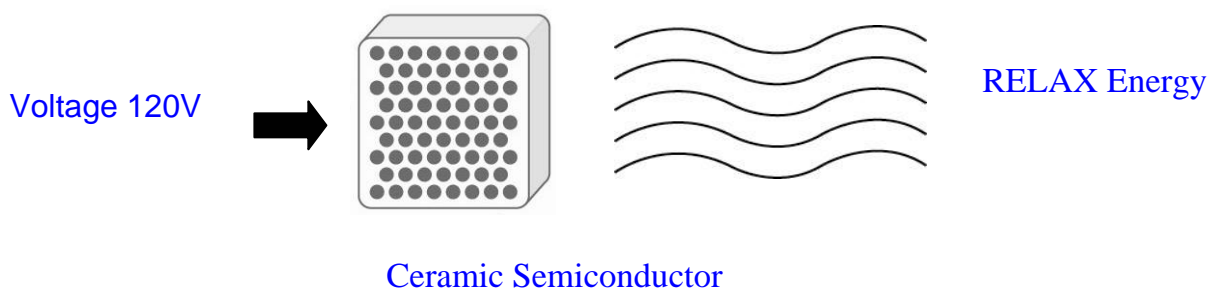
- Special reflective cover material and the FIR whirl ensure energy is evenly distributed in the cover. The body enjoys an experience similar to a hot spring bath.
 - Even heat distribution, benefits comparable to a hot spring dip.
2. Easy to clean, as the cover does not stain and remains odor-free even after long periods of usage. This is unlike the traditional saunas that are made of wood.
 3. The specially designed cover does not absorb "direct heat energy" and there is no need to preheat or warm-up the equipment. Very convenient as compared to the wooden saunas.
 - Use Relax FIR Sauna every morning for 15 minutes and it can help boost your body's energy; just like having a jog.
 - After work, use Relax FIR Sauna before bath for 15 minutes. Toxins accumulated in the body in the day will be eliminated. As relaxing as having a hot bath.
 4. The patented Energy source is the auto-temperature controlled Far Infrared Ray ceramic semiconductor, which does not cause burns, so it is 100% safe.

Relax Energy: Why It Is Special

Unlocking its Mystery and Following its Development:

Ceramic, as we know it, is used to make rice bowls or pots – it does not conduct electricity. However, with some modifications to the original structure of ceramic by adding or removing an electron from its molecular structure; equilibrium is destroyed and a semiconductor is formed. When electricity passes through the semiconductor, large resistance causes voltage to decrease and produce energy that changes into heat. It's like a driver who brakes his car abruptly, not only will his car be slowed down, the tires will produce heat because of the large amount of friction between the tires and the road's surface. The same line of reasoning applies to elements – after absorbing energy it will change into another form. An example would be the light bulb. When electricity passes through the LED, it will change into light and heat.

History can attest to the benefits of Far Infrared Ray (FIR) Energy. The Japanese, renowned for their longevity, is equally renowned for their passion for taking hot spring baths. Back in ancient Japan during the warring times, its injured warriors were often arranged to take hot spring baths after every battle to help heal wounds. Scientific research has confirmed the presence of many minerals in hot springs to which some after absorbing heat (energy) from the earth will produce energy that is compatible with the human body. This energy (FIR), at 4-14 microns, helps activate cellular renewal, stimulate blood circulation and promote healing.



Relax ceramic semiconductor is a special technology – it excludes both near and medium infrared rays harmful to the human body, leaving behind only beneficial FIR at 4-14 microns. Relax FIR energy products not only benefit the user without causing burns but can also be used for long periods of time as well.

Vital Energy for Healthy Living

Jogging or footrace is good exercise and can improve the function of the sweat gland.

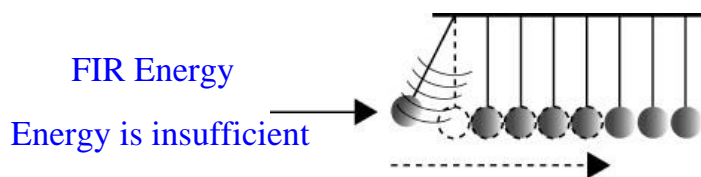
Qigong is an ancient art from the Chinese practice to maintain good health. It advances microcirculation in the body.

The Relax FIR Sauna device is ideal for busy people as it takes but fifteen minutes everyday to obtain the same benefits as jogging or practicing Qigong.



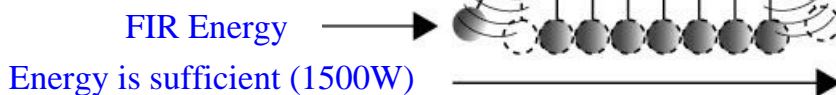
The Relax FIR Sauna cover is coated with a unique reflecting material. Together with a specially designed “whirlwind heater fan”, it employs the most efficient method of producing infrared ray energy that spreads evenly in the chamber; energy is easily absorbed and internalized by the body.

The produced wavelength of energy is mainly 4-14 microns and is entirely compatible with the human body, thus the body’s ability to conduct and absorb the energy. The skin will not burn even after a long stay inside the chamber (Big power 1500W); absolutely safe.



When energy is insufficient, energy cannot reach the depths of our body.

But when energy is enough, this problem ceases to exist.



A powerful energy source is needed so as to reach the depths of the body because of the billions of water molecules that are in a row. Relax Energy Sauna is designed with an output of 1500W and has power to deep activate 6 trillions cells in the human body.

Through the resonance and absorption by water molecules, protein, and organic molecules, the body is able to conduct FIR Energy which is then absorbed by our cells and internal organs. Once energy is enough, it can be transmitted into the deeper parts of the body.

Relax FIR Energy

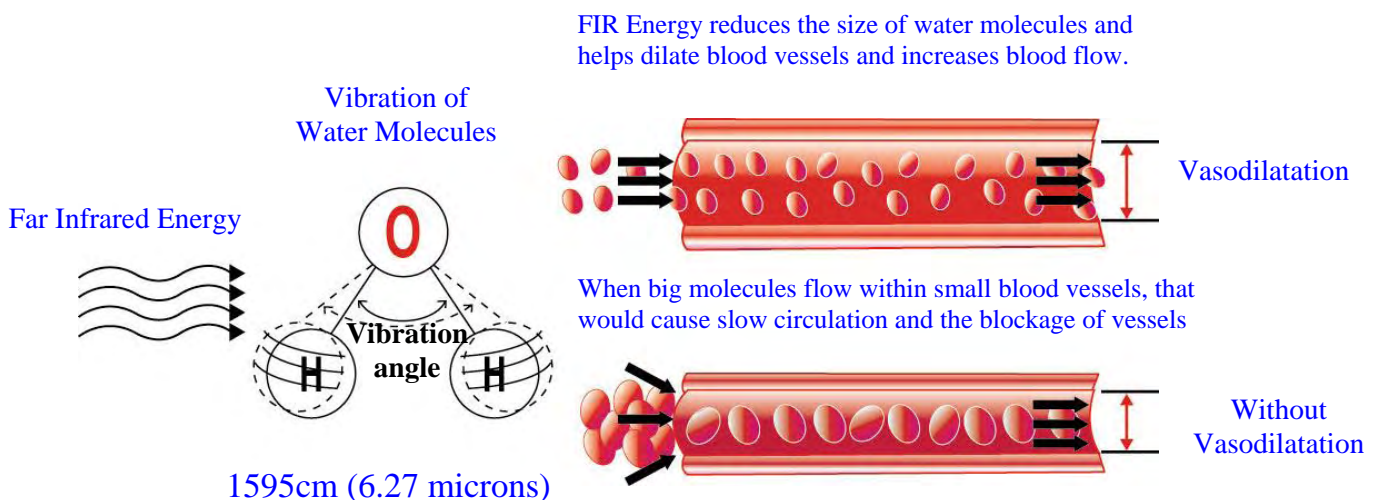
Improved Blood Circulation • Metabolism • Cellular Renewal

The continuous supply of far infrared energy in Relax Sauna can narrow the molecular angle and reduce the size of water molecule clusters; resonant absorption by the body's water molecules, protein, and organic molecules energizes the body's internal molecules and helps dilate blood vessels. Given that blood vessels are now dilated and water molecule clusters in the body are also reduced, blood circulation is much smoother.

When blood vessels are unblocked, blood pressure will not increase. Blood vessels now have better elasticity and can better prevent the possibility of vascular sclerosis (hardening of blood vessels). Incidence of cardiovascular disease(s) will 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 increase. Muscles and skin regain elasticity and maintain the suppleness of youth.

The elderly suffer from poor blood circulation and other chronic diseases because nutrition cannot be delivered to their cells effectively and toxins cannot be eliminated. This speeds up the cellular aging process; cells die faster. If toxins accumulate inside the body for long periods, the subcutaneous vessels shrink due to long-term air conditioning and the inadequate absorption of nutrients. This results in the blockage of pores and the skin loses its elasticity. Perspiration can help detoxify which is where Relax FIR Sauna comes in. Conventional saunas on the market may be beneficial but pricey while cheaper alternatives do not necessarily bring good results. Relax FIR Sauna on the other hand can satisfy the masses with its competitive pricing and superb results.



Relax FIR Energy

Relax FIR Sauna is useful in slowing down the aging process; helps lose weight and improve skin condition. Eliminates body toxins as well as help prevent and eliminate chronic illnesses.

Anti-aging

- Relax FIR Sauna makes water molecules in our body vibrate more vigorously. This increases blood circulation, so cells can get nutrition and oxygen easier and eliminate toxins. During the warring times, the Japanese always had a hot spring bath after each battle. Hot springs can help wounds heal faster and better. This is the best evidence that FIR Energy helps (re)activate cells.
- Relax FIR Sauna allows blood vessels to dilate and open skin pores. This helps to relax the body and the mind.
- The dilation of blood vessels helps in improving blood circulation and eliminates toxins. Cells can also get enough nutrition; muscles and the skin regain their elasticity. Wrinkles are prevented and the skin has more luster.
- Relax FIR Sauna also improves capillary circulation, and removes excess toxins from the body thereby reduces burden on the kidneys, helping to prevent kidney failure.

Beauty and Detoxification



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 is free of accumulated dirt and dry skin cells, due to deep cleansing of impurities. FIR improves the conditions of acne, eczema, psoriasis, burns and any skin lesions and cuts. Open wounds heal quicker with reduced scarring. FIR removes roughness, firms and improves skin tone and elasticity.

Cellulite is a gel-like substance made up of fat, water and waste, which are trapped in pockets below the skin. A Relax FIR Sauna can assist this condition, as profuse sweating helps clear this form of unwanted debris from the body. European beauty specialists confirm that a sauna will greatly speed any anti-cellulite program. Due to a deeper heat penetration into cellulite combined with more effective heating in these tissues, FIR Relax Sauna is significantly more effective than any conventional sauna.

The ideal PH for body fluid is around 7.4, which is slightly alkaline. Why does the human body's PH change from alkaline (during childhood) to acidic (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 clean the body's system and bring about better health.

Relax FIR Energy

Relaxation



Discharge of lactic acid through profuse sweating helps relax muscles. Lactic acid is one of the causes of tiredness and aging of tissues. Relax FIR Sauna delivers benefits of regular physical exercise without production of lactic acid and on top of that gets rid of lactic acid in our body. Accumulation of lactic acid results in chronic fatigue over time. Regular use of Relax FIR Sauna eliminates lactic acids, avoids accumulation and 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 slack and skin to lose its elasticity. This causes poor blood circulation and excessive fat accumulation. This is the corpulent reason for the swelling of waist, belly and eyelids. Relax FIR Sauna can help to discharge excessive water in the body and is a very useful 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 American Medical Association (JAMA 1981-Aug) 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." Relax FIR Sauna helps generate two or three times the sweat produced in a conventional sauna, the implications for increased caloric consumption are quite impressive. Relax FIR Sauna can, thus, play a pivotal role in both weight control and cardiovascular conditioning. This would be very valuable for those who don't exercise and those who can't exercise yet want an effective weight control and fitness maintenance program and the benefits of regular exercise.

Relax FIR Energy

Amazing! Relax FIR Sauna reduces body fat.

Consumes calories and burns fat in just 15 minutes.

Start:

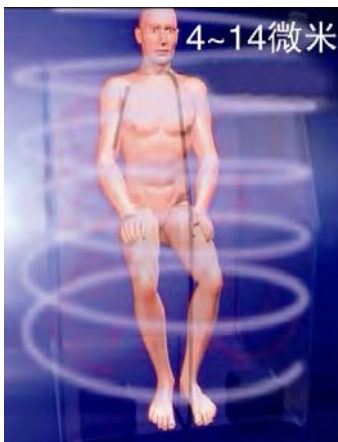


15 minutes

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 reasons for obesity, diabetes, heart disease, hypertension and stroke. In many developed countries obesity and being overweight are among the top five enemies to good health and are responsible for about 55 percent of deaths, according to 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 was associated mainly with the rich and developed world since a few decades ago. Increased urbanization, sudden change in diet, combined with a sedentary lifestyle, plays a large part in this change, as pointed out by 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 the prevention and health maintenance of chronic disease by weight control and cardiovascular conditioning.

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 antiseptics (used on other foods) etc. The best way to prevent abnormal cell growth is to detoxify through perspiration. The human body has a self-healing ability. But its self-healing ability is dependent on the healthy cellular function with sufficient nutrition and effective detoxification. FIR energy improves blood circulation and with sufficient nutrients and oxygen, there will be growth and cell reactivation, overcoming and preventing grow of abnormal cells.

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

Dr Sherry Rogers, a leading environmental medicine authority out lines 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 penetrate tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into sweat” and “between **4 to 14 microns** in the FIR spectrum, fall most of the rays that are the safest most vital to health and healing.”

Reduction of Blood Glucose Level

Viscous blood due to excessive blood glucose slow down blood flow increases blood pressure and prevents the absorption of nutrients by the body's cells. In the long-term, viscous blood could 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 is known as "invisible insulin". Regular exercise make cells more receptive to glucose and decreases the sugar circulating in our blood stream.

Relax FIR Sauna is excellent in burning calories and produces the effect of cardiovascular conditioning, the positive results of physical exercise. Furthermore, Relax FIR Sauna provides FIR energy, which helps reduce the size of water molecule clusters and decrease 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 block the tubes that lead from the kidneys to the bladder.

Heavy uric acids build up and using the Relax FIR Sauna may relieve gout. It is believed that urea and uric acid can be released more easily and frequently through sweating. It is also believed that only the Relax FIR Sauna can easily, conveniently and efficiently help the human body to release surplus uric acid without producing uric acid (as is the case in prolong exercise), and thus not causing a burden to the kidney.

Note: It is suggested that when using the Relax FIR Energy Sauna, to drink a lot of water and eat alkaline food (green vegetables, sprouts and low sugar fruits). This could be helpful for those who suffer from having excess uric acid in their system (or 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, will be removed from the wall of blood vessels. Once these cumulative materials are removed, blood capillaries of 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 climate, the blood vessels will shrink and become smaller in order to keep 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 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 everyday. The occasional exercise is not effective because the training and improving of elasticity of the blood vessels is daily work.

Relax FIR Sauna can help our blood vessels dilate just as exercise can.

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 like a “waterless” hot spring. The even distribution of energy ensures maximum benefits. Enjoy the comforts of a hot spring dip right at home today!

Specifications

Power Requirement Power Output Radiators	110~120V, 50Hz 1500W \pm 10% 20 Ceramic Semiconductors and 1fan for each radiator heater
Size of Reflective Cover (Erected)	0.8m (w) x 0.8m (d) x 1.15m (h)
Weight of Reflective Cover Weight of Foldable Chair (for max. weight of 100kg)	1.8 kg 3.6 kg
Weight of 2 Radiators (c/w base frame. Cables and controller)	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 specifications can be changed without notice.



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

Patented Products

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

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

International Invention Awards • Worldwide Patents • Quality & Safety Standards

This booklet is for educational purposes. For more information, contact:

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