

# 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.

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

## Relax FIR Energy

**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.**

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

## ***Relax FIR Energy***

### ***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 Energy**

### ***Relax FIR Sauna vs. Exercise & Manual Labor***

<b>Description</b>	<b>Manual Labor</b>	<b>Exercise (slow jog/quick walk)</b>	<b>Relax FIR Sauna</b>
Muscle-Skeletal (Limbs)	<ul style="list-style-type: none"><li>• Induces load</li><li>• Lactic acid accumulation</li></ul>	<ul style="list-style-type: none"><li>• Induces load</li><li>• More lactic acid accumulation</li></ul>	<ul style="list-style-type: none"><li>• <b>No load</b></li><li>• <b>No lactic acid production</b></li></ul>
Heart, Lung	Of little benefit	Strengthens	<b>Reduces heart load while strengthening lung function</b>
Blood Circulation	Moderate improvement	Improvement	<b>Improves micro and terminal circulation &amp; organ function</b>
Detoxification	N.A.	Little benefit; increases lactic acid accumulation	<b>Deep warming effect induces large amounts of perspiration that effectively purges urinal, lactic acids &amp; other toxins</b>
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	<b>Helps to open the sweat glands of those who have trouble perspiring; total perspiration; eliminates toxins through pores</b>
Burning of calories	Little	600 calories (1 hr / 10 km)	<b>600 calories (15 min)</b>

## ***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.

## **Relax FIR Energy**

**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.

## ***Relax FIR Energy***

### **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.

## ***Relax FIR Energy***

### **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.

## ***Relax FIR Energy***

### ***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:

## ***Relax FIR Energy***

(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

## ***Relax FIR Energy***

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:

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