

## ***Relax FIR Energy***

### **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!

**Order online at [relaxsaunas.com](http://relaxsaunas.com)**