

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?