

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.