

# Relax Far Infrared Sauna

For more information on the Relax Sauna, please contact:



## Runners & Athletes Love the Relax Sauna

We have been promoting the Relax Saunas at expos and conferences for the last 13 years. Over this span of time, we have accumulated about 400 video testimonies from people at the expos. About 1/2 are instant reports of the relief from inflammation and pain, as well as how great & invigorated they felt in just 5-10 minutes in the Relax Sauna. The other testimonies were from those who came back 1-8 years later wanting to tell us how much they love the Relax Sauna, and to tell us what it has done for them over the years. Some are pretty impressive.



### Maggie Runs a Marathon In Philly, and shows up at an Expo

"I feel incredible I don't want to leave. I feel warm, and relaxed. My muscles feel great. I ran a marathon today. This is just enhancing my recovery more than anything else I have done today."

"I feel enclosed and Safe and warm. With the heat that's emanating, its relaxing me. I am feeling a little bit sleepy. But it's a good sleepy. My muscles feel loose. My brain feels good, my brain feels clear, clearer than it was before. So I feel good. "

"I was tired, and sore and fatigued. Now I think I can I have a day. I can have the rest of my day back. This was great. I just like the warmth. My muscles were very tight and tense. I was squeezing my entire body together. But here I feel let go I feel relaxed. The heat is just - it's great."

30 minutes later:



"I just did about 10 minutes in the (Relax Far) infrared (sauna) I do not feel sore, I do not feel tired. I can do a squat. I can bend my legs. 26.2 miles this morning. I was so stiff. I was ready for my nap. I am good to go. I am double happy about this. Sitting was hard before this. 10 minutes ago I could barely walk. This is amazing. It took a lot just to get down the stairs. I could not even put my shoes on earlier. Thank you so very much. This is amazing. Thank You. Thank You. I really enjoyed this. I feel good. I'm Good."

### Shana Describes How the Relax Sauna has helped her so much in her Marathon Training

"I am a performance athlete. I compete in marathons, endurance races, heavy weigh lifting, athletics."



"I cannot live a day without sweating in my sauna at least 40-45 minutes every day. It makes me feel balanced, calm, relaxed. I generally feel if I don't sauna I am not in that same level of health as I was on the day that I did sweat. ... I notice on those days (when I don't use the Relax Sauna) I don't sleep as well. my mood is not nearly as elevated and happy as it normally is ... When I Sauna It is a better day. I LOVE this machine!"

"The Relax Sauna is amazing too ... It is one of the few saunas that actually penetrates in past the cellulite. It's able to break up the cellulite, rids you of all those toxins. help you detox It detoxes your blood your organs, everything ... The Relax Sauna is - I recommend it to Everyone. ... I am 27 I have been using Saunas for 13 years. ... The Relax Sauna is my favorite. ... I know with the Relax Sauna when I sweat it is over 80% toxins ... I definitely perform WAY better. ... my muscles are so well conditioned They are actually soft. They are not these rock hard muscles. Because there's no toxins building up in my muscles. I don't have any cellulite ... It is inflammation reducing. If the muscle gets irritated, inflamed, it's ok, it's going to be better in 30 minutes - I have my sauna . ... It helps me recover SO Quick. (after a marathon) "