

## Relax FIR Energy

*Engineered to make you Healthier & more Beautiful.*

# Relax FIR Sauna

Use in the comfort of your home

## Sweat therapy:

Detoxify Naturally, Lose Weight, Rejuvenate



- Portable and easily set up in 2 - 5 minutes
- No pre-heating needed
- Produces even energy through sauna.
- Improves blood circulation
- Promotes cellular renewal
- Increases metabolism & Wellness
- Induces profuse sweating
- For relaxation & improving one's mood.
- Burns calories without lactic acid production
- Ideal for home use even in an air-conditioned environment
- Revolutionary ceramic semiconductor Technology - only one in world !
- Safe for people of all ages



- 1500W FIR Radiators  
Auto-temperature controlled  
40 ceramic semiconductors

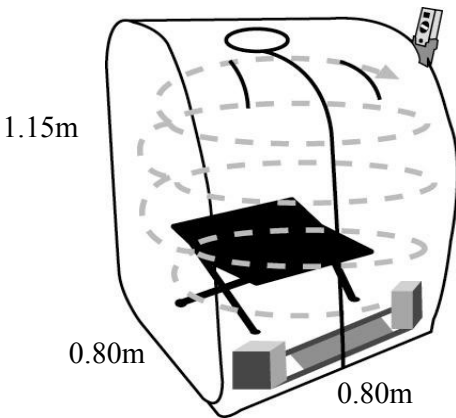
# Relax FIR Energy

## Unique Features

### 1. Specially designed cover with "FIR Energy Fan"

A specially designed cover plus the "Energy Fan" ensures that energy is evenly distributed within the sauna cover, providing the experience of a hot spring bath, without the stuffiness or other discomforts of mineral baths.

The Cloth Cover is embedded with Silver and thus has a reflecting quality reflecting the FIR Energy over and over again, giving you a more thorough absorption of this very healing light energy. No other sauna has a reflective tent. They thus cannot give this extra strength of FIR Energy.



- Special reflective cover material and the FIR whirl fans ensure energy is evenly distributed within the FIR cabinet. The body enjoys an experience similar to a hot spring bath.

- Even heat distribution, with benefits comparable to a hot spring dip.

2. The FIR sauna is easy to clean. The cover does not stain and remains odor-free even after long periods of usage, unlike traditional saunas made of wood.

3. The specially designed cover does not absorb "direct heat energy". There is no need to preheat or warm-up the equipment. It is very convenient compared to wooden and other sauna cabinets.

- Use the Relax FIR Sauna every morning for 15 minutes to help boost your body's energy for the day, similar to going for a jog.
- After work, use Relax FIR Sauna for 15 minutes to relieve stress. Toxins accumulated in the body during the day will be eliminated. FIR energy is as relaxing as soaking in a hot bath.

4. The patented Energy sources are auto-temperature controlled Far Infrared Ray ceramic semiconductor radiators, which do not cause burns, so the Relax FIR Sauna is 100% safe

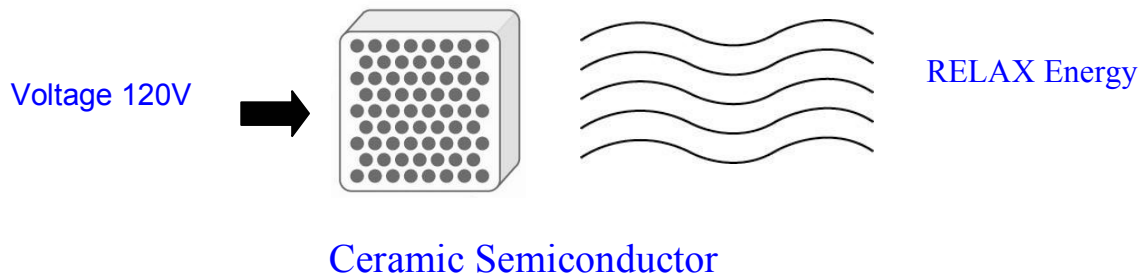
## Relax FIR Energy

### Relax FIR Sauna Energy: Why It Is Unique

#### Unlocking its Mystery and its History:

Ceramic, as we know it, used to make rice bowls or pots – does not conduct electricity. However, with some modifications (by adding or removing an electron from its molecular structure) equilibrium is removed and a semiconductor is formed. When electricity passes through the ceramic semiconductor, a large resistance causes flow voltage to decrease, transforming electrical energy into heat. Ceramic semiconductor resistance is similar to what happens when a speeding car is abruptly stopped, resulting in the friction between the tires and the road's surface to produce heat. Another example would be the light bulb, where electrical resistance in the filament is transformed into light and heat.

History can attest to the benefits of Far Infrared Ray (FIR) Energy. The Japanese, renowned for their longevity, are equally known for their passion for taking hot spring baths. In ancient Japan, during times of war, injured warriors often took hot spring baths after battles to help heal wounds. Scientific research has confirmed the presence of many minerals in hot springs. After absorbing radiant energy from the earth, hot spring minerals transport and transform this energy into a form that is compatible with the human body. This energy (FIR) at 4-14 microns helps activate cellular renewal, stimulate blood circulation and promote healing.



The Relax ceramic semiconductor is a special technology – it excludes both near and medium infrared rays harmful to the human body, leaving behind only beneficial FIR frequencies at 4-14 microns. Relax FIR energy not only benefits the user without causing burns, but can also be safely used for long periods of time. No other sauna uses this level of technology! Heating a cloth embedded with carbon or charcoal cannot produce the intensity and strength of FIR Energy that the Relax Sauna can. The programmed semiconductor chip adds a level of technology unknown to any other sauna.

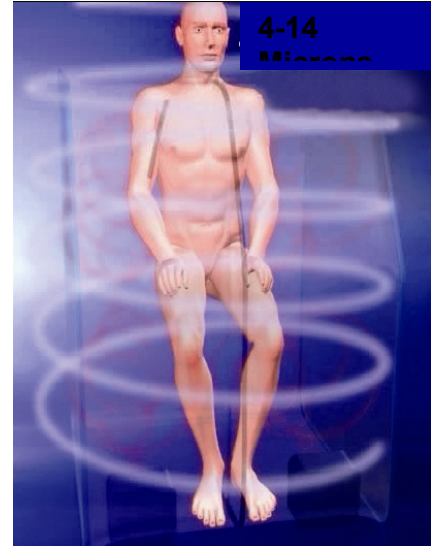
# Relax FIR Energy

## Vital Energy for Healthy Living

Jogging and swimming are good exercises, which can improve sweat gland function.

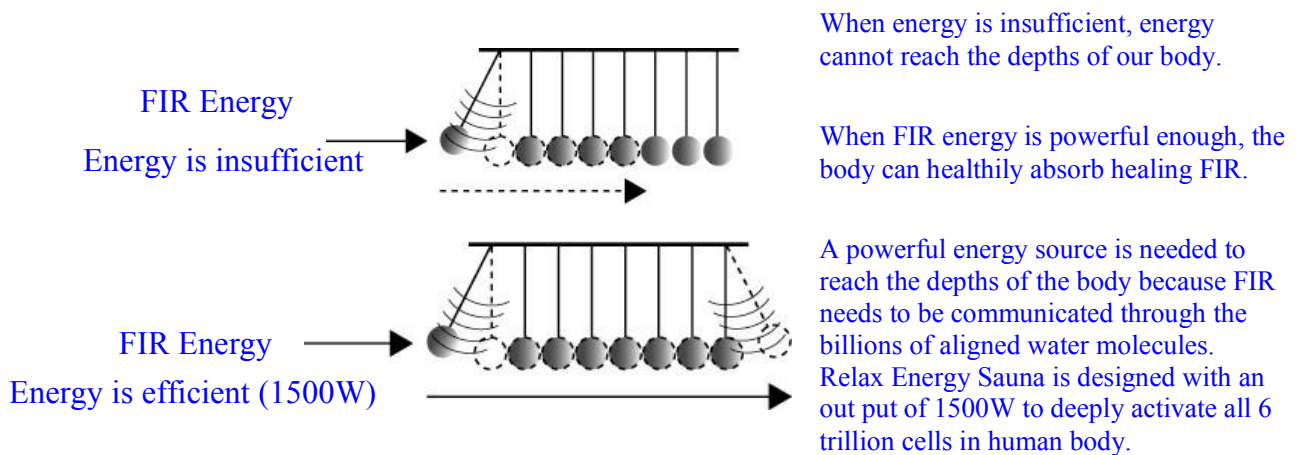
Qigong is an ancient martial and healing art which the Chinese practice to maintain good health. Like FIR, it promotes microcirculation in the body.

The Relax FIR Sauna device is ideal for busy people as it takes only fifteen minutes every day to obtain the same microcirculation benefits gained by jogging or practicing Qigong.



The Relax FIR Sauna cover is coated with a unique reflecting material. Together with a specially designed “whirlwind heater fan”, the ceramic semiconductors employ the most efficient method of producing far infrared ray energy which the whirlwind spreads evenly in the chamber. Energy is easily absorbed and internalized by the body.

The produced wavelengths of FIR energy are mainly 4-14 microns and are uniquely compatible with the human body and thus with the body’s ability to conduct and absorb FIR energy. The skin will not burn even after a long stay inside the chamber ( powered by 1500w ); FIR energy is uniquely safe.



Through the resonance and absorption by water molecules, protein, and organic molecules, the body is able to widely conduct FIR Energy which is then absorbed by our cells and internal organs. When FIR energy is powerful enough, it can be transmitted into the deeper parts of the body.

# Relax FIR Energy

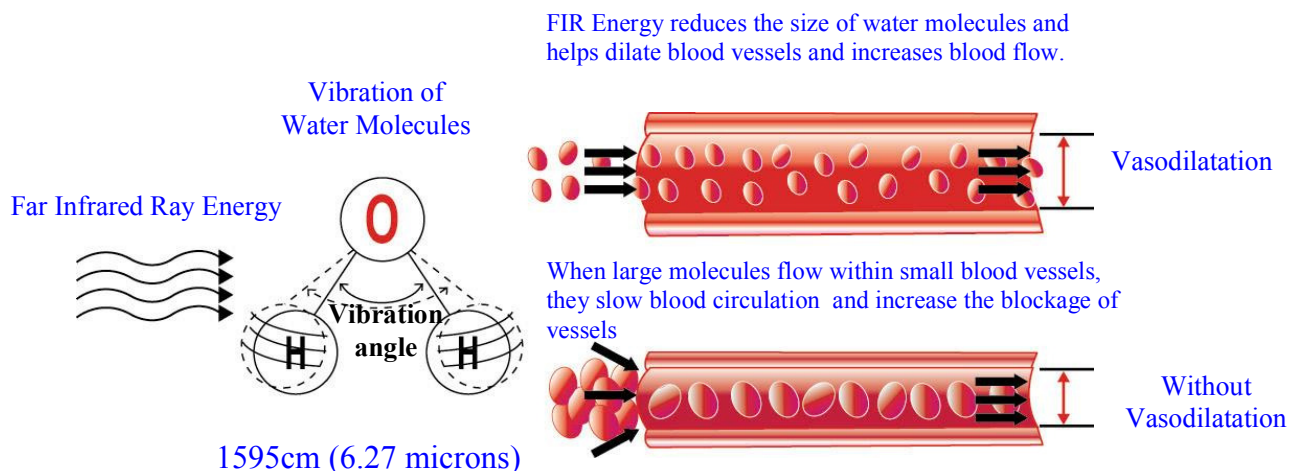
## Improved Blood Circulation • Metabolism • Cellular Renewal

The continuous supply of far infrared energy in the Life Energy Sauna can narrow the molecular angle and reduce the size of water molecules (clusters). Resonant absorption by the body's water molecules, protein, and organic molecules re-harmonizes them, which fully energizes the body's internal molecules and helps dilate blood vessels. Given that blood vessels are now dilated and water molecules (clusters) in the body are also reduced to a healthier active size, blood circulation is much smoother.

When blood vessels are unblocked, blood pressure will not increase. Blood vessels now have better elasticity. Thus, FIR supports prevention of vascular sclerosis (hardening of blood vessels). Incidence of cardiovascular disease(s) will thus also decrease.

Once blood flow is smooth, it can flow throughout the blood capillaries of the whole body effectively and ensure a sufficient supply of nutrition; our metabolic rate will also healthily increase. Muscles and skin regain elasticity and maintain the suppleness of youth.

The elderly often suffer from poor blood circulation and other chronic diseases because nutrients and oxygen cannot effectively be delivered to their cells. This prevents toxins from being eliminated, which in turn, speeds up the cellular aging process. If toxins accumulate inside the body for long periods, the subcutaneous vessels shrink with resulting poor absorption of nutrients, This results in the blockage of pores and the skin loses its elasticity. Perspiration can help detoxify the body which is another healthy benefit of enjoying the Relax FIR Sauna. Conventional saunas on the market may be beneficial but are very pricey while cheaper alternatives do not bring good results. Relax FIR Sauna however is superior in its competitive pricing and delivers superb health-promoting results.



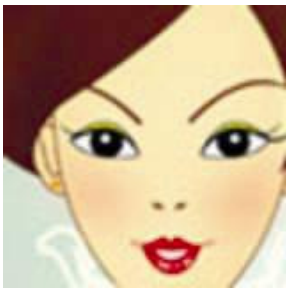
## **Relax FIR Energy**

**Relax FIR Sauna is useful in slowing down the aging process; helps users lose weight and healthy function of the skin. FIR absorption promotes elimination of body toxins and helps eliminate chronic illnesses.**

### **Anti-aging**

- Life Energy Sauna healthily assists the molecules in our body to vibrate more vigorously. This increases blood circulation, so cells can more naturally absorb nutrition and oxygen and more easily eliminate toxins. In Japan during times of war, after each battle, warriors recuperated in hot spring baths, in order to help wounds heal faster and better. This is time-tested and powerful evidence that FIR Energy helps reactivate healthy cellular function.
- Relax FIR Sauna allows blood vessels to dilate and opens skin pores. This helps to relax the body and pacify the mind.
- The dilation of blood vessels helps in improving blood circulation and promotes elimination of toxins. Cells can also better receive and absorb nutrition; muscles and the skin regain their elasticity. Wrinkles are prevented and the skin becomes more lustrous.
- Relax FIR Sauna also improves capillary circulation, and removes excess toxins from the body thereby reducing the burden on the kidneys, helping to prevent kidney failure.

### **Beauty and FIR**



Relax FIR Sauna is excellent for increasing blood circulation to the skin, which is essential for beautiful, youthful, glowing skin. The result is a new “inner glow” as the skin becomes free of accumulated dirt and dry skin cells; FIR promotes deep cleansing of impurities. FIR promotes healing of acne, eczema, psoriasis, burns, skin lesions and cuts. Open wounds heal more rapidly with reduced scarring. FIR firms the skin, improving tone, texture and elasticity.

Cellulite is a gel-like substance made up of fat, water and waste, which becomes trapped in pockets below the skin. The Relax FIR Sauna supports cellulite elimination, as profuse sweating and cellular activation together clear away this unwanted form of debris from the body. In Europe and Scandinavia, women have used saunas for hundred of years to prevent and eliminate these difficult to reduce spots. Due to a deeper heat penetration into cellulite, combined with more effective heating in these tissues, FIR Relax Sauna is significantly more effective than conventional saunas.

## **Relax FIR Energy**

The ideal PH for body fluid, which is around 7.4, is slightly alkaline. Why does the human body's PH change from alkaline (during childhood) to acidity (in adulthood)? This is because acids are not completely discharged from our system. Relax FIR Sauna can help to discharge the body's toxins and acids through our skin pores. Relax FIR Sauna helps cleanse the body's systems and promote vibrant health.

### **Relaxation**



Discharge of lactic acid through profuse sweating helps relax muscles. Lactic acid is one of the causes of fatigue and aging of tissues. Life Energy Sauna delivers benefits of regular physical exercise without production of lactic acid and additionally rids the tissues of lactic acid accumulation in the body. Accumulation of lactic acid over time results in chronic fatigue. Regular use of Relax FIR Sauna promotes elimination of lactic acids, prevents their accumulation and thus also prevents premature degeneration of muscle tissues.

### **Slimming and overall improved appearance**

Gravitational force and water retention in the body cause muscle mass and organs to become slack and the skin to lose its elasticity. This causes poor blood circulation and excessive fat accumulation, especially the swelling around the waist, belly and eyelids. Relax FIR Sauna can help to discharge excessive water in the body and is a very healthful tool for maintaining firmness and body shape.

### **Outstanding Caloric Consumption and Weight Control**

In Guyton's Textbook of Medical Physiology, we find that producing one gram of sweat requires 0.568 kcal. The Journal of the American Medical Association (JAMA) states, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300kcal, which is equivalent to running 2~3 miles. A heat-conditioned person can sweat off 600~800 kcal with no adverse effects. While the weight of the loss can be regained by drinking water, the calories consumed will not be." Relax FIR Sauna helps generate two or three times the sweat produced in a conventional sauna, so the implications for increased caloric consumption are quite impressive.

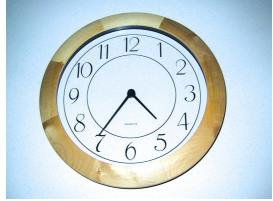
Relax FIR Sauna can thus play a pivotal role in both weight control and cardiovascular conditioning. This can be very valuable for those who don't exercise enough and for those who can't exercise yet want an effective weight control and fitness maintenance program which provides the caloric burn, detoxification, metabolic improvement, and especially the energetic body fluid activation benefits of regular exercise. There is of course no substitute for regular exercise to maintain health in body and mind. FIR fully supports exercise, yet provides similar benefits for the body's energetic function.

# Relax FIR Energy

**Amazing! Relax FIR Sauna reduces body fat.**

Consumes calories and burns fat in just 15 minutes.

Start:

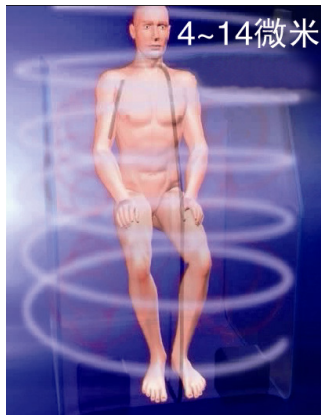


15 minutes

End:



**Relax and Enjoy  
Relax Waterless "HotSpring"**



Profuse Sweating

Powerful yet comfortable

**Weight and body fat readings:**

Before:



↓ 0.4 kg

↓ 4%

**Why?**

After:





### **Prevention of Chronic Diseases**

A sedentary life style, overeating and lack of physical exercise are identified as causative factors in obesity, diabetes, heart disease, hypertension and danger of stroke. In many developed countries obesity and generally being overweight are among the top five enemies to good health and are responsible for about 55 percent of deaths, according to the World Health Organization. On the other hand, more and more people in the developing world (such as India, China and Brazil) are suffering from obesity and related chronic diseases, which were once associated mainly with the rich and developed world just a few decades ago. Increased urbanization, sudden changes in diet combined with a more sedentary lifestyle, play a large part in this shift towards obesity, as pointed out in the WHO Expert Report 2003. Obesity can cause, among other things, coronary heart disease, diabetes, certain forms of cancer, and arthritis. Relax FIR Sauna can play a pivotal role in disease prevention and in health maintenance by activating the body to relieve degenerative disease and to avoid the fall into chronic disease.

### **Prevention of Abnormal Cells Growth**

Toxic substances accumulate in our body due to free radicals. Examples include insecticides (used on fruits and vegetables), antibiotics (in poultry and other farm animals) and antiseptics (used on other foods) and many other chemicals we use in daily life. The best way to prevent abnormal cell growth is to detoxify through perspiration. The human body has a powerful self-healing ability. But its self-healing ability is dependent on healthy cellular function combined with sufficient nutrition and effective detoxification. FIR energy improves blood circulation and efficient nutrient and oxygen delivery. FIR thus promotes cell growth and cell reactivation, overcoming and preventing growth of abnormal cells, and supports good cellular maintenance.

### **“Detoxify or Die” ~ Restoring Total Wellness and Our Natural Healing Power**

Dr Sherry Rogers, a leading environmental medicine authority outlines the scope of chemical pollution in our bodies in her book “Detoxify or Die” and shows in detail how to prevent disease and treat chemical overload. She wrote “...the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into sweat” and adds that “between **4 to 14 microns** in the FIR spectrum fall most of the rays that are the safest and most vital to health and healing.”

### **Reduction of Blood Glucose Level**

Viscous blood, caused by excessive blood glucose, slows down blood flow, increases blood pressure and prevents the absorption of nutrients by the body's cells. Over the long term, viscous blood can cause eye complications, kidney problems, heart diseases and stroke.

Studies have shown that regular exercise lowers blood sugar by speeding the transport of glucose in the cells and so exercise is considered an "invisible insulin". Regular exercise make cells more receptive to glucose and decreases the sugar circulating in our blood stream.

Relax FIR Sauna therapy is excellent for promoting the burning of calories which helps improve cardiovascular conditioning. Furthermore, Relax FIR Sauna provides FIR energy, which helps reduce the size of water molecule clusters and decreases the possibility of blood coagulation; thus blood flow is smooth. Long-term usage can help to reduce the problems of viscous blood.

### **Reduction of Uric Acid Through Sweat**

Gout is a very painful inflammatory arthritis caused by uric acid crystals forming in the joints. Supersaturated uric acid in the urine can crystallize to form kidney stones that may then block the tubes that lead from the kidneys to the bladder.

Heavy uric acids can gradually build up in body tissues, leading to gout. Using the Relax FIR Sauna may help relieve gout. It is believed that urea and uric acid can be released most readily and frequently through sweating. It is apparent that the Relax FIR Sauna can most easily, conveniently and efficiently help the human body to release surplus uric acid without producing uric acid (as is the case in prolonged exercise), and thus unlike exercise, does not place an extra burden on the kidneys.

It is suggested that when using the Relax FIR Energy Sauna, it is best in advance to drink a copious amount of water and eat alkaline food (green vegetables, sprouts and low sugar fruits). This approach is most helpful for those who suffer from having excess uric acid in their system (as occurs in gout).

## *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!

## Specifications

Power Requirement Power Output Radiators	110~120V, 50Hz 1500W ± 10% 20 Ceramic Semiconductors and 1 fan for each radiator heater
Size of Reflective Cover (Erected)	0.8m (w) x 0.8m (d) x 1.15m (h)
Weight of Reflective Cover Weight of Foldable Chair (for max. weight of 100kg)	1.8 kg 3.6 kg
Weight of 2 Radiators (c/w base frame, cables and controller)	6.4 kg
Size of package Weight of package Shipping 20 ft container	0.69m (w) x 0.30m (d) x 0.56m (h) 14.5kg 250packages

The above specifications may be changed without prior notice.



This product conforms both CE ( Standard of European Union ) and GS ( German Equipment Safety Law ) Standards.

## Patented Products

	<i>PTC Heater</i>	<i>FIR Sauna</i>
<i>Us Patent</i>	<i>5,125,070</i>	<i>6,615,419 B1</i>
<i>German patent</i>	<i>41 04 521</i>	<i>202 13 147.5</i>

Contact an authorized dealer of the Relax Sauna:

**Energy Immunology by FIR 4-14um with patented Ceramic Semiconductor Technology**

**International Invention Awards • Worldwide Patents • Quality & Safety Standards**