

Relax FIR Sauna



Relax Far Infrared Saunas Proven to be More Effective than Near Infrared Saunas.

The Relax Sauna has had a 20 year track record of proven success.

Comparison Study of The Relax Far Infrared Sauna Energy Lamp to a Near Infrared Light Bulb (Heat Lamp) - Taiwan - 2004

Listen to Your Heart, NOT other people's Minds,

Dr. Sherry Rogers wrote a book, Detoxify or Die, in about 2001.

The book is a testimony of the amazing healing benefits of Far Infrared Saunas, as she described how many environmentally sick people were brought back to life from being extremely ill by using Far Infrared Saunas.

In the last few years, Promoters of Near Infrared Saunas have been making outlandish claims that Near Infrared Saunas using 250 watt heat lamps do all the things that Far infrared Saunas have been proven in the last 40 years to be able to do, and further claim that Far infrared Saunas DO NOT have any of these benefits.

These many misinterpretations of data from Near Infrared Lasers and LEDs suggesting that Near Infrared Heat Lamps can thus penetrate more than far infrared, and their negation of the 40 years of research on Far infrared Energy has left many individuals and Doctors very confused over what is what ?

So we dug up this research from our archives, presented in 2004 at an International Bio-photonic Conference to educate you about what is Real, and to Encourage you to Listen to your Inner Guidance, and to make decisions based on Your Experiences, and the thousands of testimonials of Elated Relax Sauna Users.

In 2004, A team of Scientists in Taiwan had observed that Far Infrared Rays and Near Infrared Rays have both been shown to promote wound healing in humans and animals.

At that time, No Comparison Studies had been done comparing The effects of Far Infrared Light compared to Near infrared.

They wanted to know whether Far infrared energy or Near infrared energy penetrated Deeper into Human and Animal Tissue, and Whether one caused a greater increase in micro-circulation than the other.

To discover which worked better, they used a 150 watt Far Infrared Radiator from the Relax Sauna Company, which generated Far infrared Energy between 4 - 14 microns.

They compared the Relax Sauna Energy Radiator to a 250 watt Philips Near Infrared Heat Lamp, which generates Near Infrared Energy between .7 and 2 Microns.

Notice that the Relax Sauna radiator was only 60% of the wattage of the Philips Heat lamp. (4-14 microns is 4000 - 14000 nanometers, .7 to 2 microns is 700 to 2000 nanometers.)

They performed 3 tests, one on mice, one on pigs, and one on humans, and discovered that:

The Relax Energy Lamp penetrates deeper into Human and Animal tissue than heat lamps

They also induce a higher skin blood flow than near infrared irradiation from Philips Heat Lamps.

The Relax 150 watt radiator penetrated 3 cm, far more than the 250 watt Philips Near Infrared Lamp, and was also more effective in increasing core temperature. The Relax Sauna, penetrated deeper, & increased both the core temperature & the dilation of the blood, causing much greater micro-circulation.

Conclusion: Relax Sauna might benefit patients w/ poor wound healing due to compromised circulation.

Note: The Relax Sauna generates 1500 watts (10 times the Wattage of this lamp) & that Near Infrared Saunas usually use 4 Philips 250 watt Heat Lamps (1000 watts) & generate only 4 times the wattage of 1 heat lamp.

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*This study was conducted by the Electric Engineering Department, *Department of Dermatology & *Institute of Clinical Medicine, Collage of Medicine, National Cheng Kung University No.1, Ta-Hsueh Road, Tainan 701, Taiwan. **Claiming***

Near infrared Saunas DO NOT penetrate deeper than far infrared. - YouTube Videos Demonstrate this !

Go to: www.relaxsaunas.com/near.html to see this Complete Study on the Relax Sauna & hundreds of video testimonials.