



Relax Far Infrared Sauna



Patented Relax Sauna Radiator

Home heat stress training and cold shower treatment and review of the Relax Sauna - published Feb 2017 on reddit.com



semi-conductor chip

https://www.reddit.com/r/Nootropics/comments/5ohi9a/home_heat_stress_training_and_cold_shower/relaxsaunas.com/superior - in order to access the link to this article.

“The Relax Sauna is probably the best and only realistic option to do hyperthermic heat stress training at home that can replicate (or actually exceed based on my results) the benefits found in (far infrared sauna) studies.”

... “Do not waste your time with sub \$500 units on Amazon.”

“I would have loved to have come here and said the \$250 Amazon model is great and we can all enjoy the benefits of heat stress daily at home with a low bar of entry but I believe this (The Relax Sauna) is the cheapest viable option.”

“I would recommend sauna training and (The Relax) Sauna unit in particular to anyone (especially paired with cold showers). It seems to have such wide ranging benefits similar to and is a great addition to the commonly recommended 'core' practices like diet, exercise, sleep, meditation.”

“I made a post here giving my thoughts on a more systematic way to evaluate saunas for home use and quantify heat stress training and citing some existing research comparing dry, wet, and infrared saunas. I also noted the sub \$300 portable IR sauna I bought on Amazon was a dismal failure and had a new higher end one on the way.”

After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. These manufacturers make a lot of claims about the healing power of IR but I'm fairly skeptical about all that and ultimately I think what matters is how many total watts are going into the closed box.

“All that said, I was still skeptical of the Relax Sauna.

But as you'll see below, the results exceeded my expectations greatly.”

“I'm thoroughly impressed with this unit (The Relax Sauna) and even more amazed as I write this up and am comparing my numbers to those in the studies. It's even more impressive it was able to accomplish all this even with my head out.

“I turned on the sauna at at 2 minutes this thing had reached the 100F mark (rather than 30 minutes in the cheap sauna). At 10-12 minutes I was sweating. After 20 minutes the air temp reached a really surprising 165F. Final reading was around 169F at 25 minutes! ...

“The internal biometrics are even more exciting!”

“My starting body temp this time was 98.4F. At 25 minutes my temp rose to 101.1F! If you read my previous post this handily beats both the IR and 176F dry Finnish sauna used in the study (176F Finish sauna: +1.62F 100.2F, 136F IR Sauna: +.63F 98.95F).

Second, my heart rate went from 90bpm to 133bpm (it was already elevated from a light workout) a 47% increase (from elevated). This is higher than the dry and wet sauna in the other comparison study (+21.2% for wet). My resting is around 60 and 133bpm is in my steady state aerobic training zone according to my Polar app (70-80% HR max), so by the end this was working my heart equivalent to a moderate cardio workout.

Finally, I weighed myself and lost 2lbs (+/- 0.5lbs). This beat the 45 minutes in the dry sauna in the third study (1.59lbs) (was done in three 15 minute segments with 5 minute breaks) in one unbroken 25 minute session.

5 minutes after getting out my body returned back to 98.8F. It's remarkable how quickly it re-established. You can also see my heart rate remained elevated for another 6+ minutes.

Subjectively the heat felt great. It was not harsh or uncomfortable at all like many wet and dry saunas I've been in. Head being out is really nice. I could really feel my heart going by 25 minutes.”

to see complete review, go to: RelaxSaunas.com/superior