



Relax Far Infrared Sauna



The Sauna with "Integrity"



Home heat stress training and review of the Relax Sauna

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

I would recommend sauna training and this 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.

www.RelaxSaunas.com

After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. The top two seemed to be Therasage and Relax Saunas, clocking in at a much more pricey \$850 and \$1195. I will list more of the reasons I went with the Relax Sauna below but above all the higher wattage (1500w vs 1000w) is what made me choose the pricier model. The terrible Amazon one claimed to be 900w so the Therasage does not seem that much more powerful or the Amazon one is lying (both equally plausible and I didn't have a watt meter to check). 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 I the results exceeded my expectations greatly.

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.

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.

I'm thoroughly impressed with this unit 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.

https://www.reddit.com/r/Nootropics/comments/5ohi9a/home_heat_stress_training_and_cold_shower/

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