

# Relax Far Infrared Sauna

## The Sauna with Integrity



### Heat shock proteins

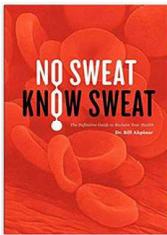
"Heat shock proteins play a critical role in keeping the immune system healthy and functional.

Along with T-cells, these have been termed the "second arm of the immune system."

These proteins help rebuild and reconfigure proteins damaged by stress, toxins, microbial factors and well as other variables. They help keep the body healthy and disease at bay. Heat is a major activator of these defensive proteins.

The proprietary nanotechnology feature of the Relax Far Infrared Sauna has been shown to activate these in a remarkable manner."

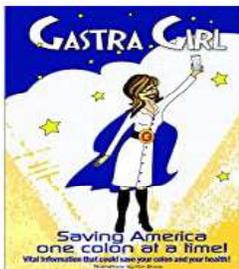
Dr. Bill Akpinar, M.D. - Voted best Cancer Doctor - NY City - 2007



### No Sweat? Know Sweat!

The Definitive Guide to Reclaim Your Health

By Dr. Bill Akpinar - M.D., D.D.S., Dr.Ac., Ph.D.  
Keynote speaker - 1st Intl Ozone Conf - 2006  
Chi Gong Master - Author of 10 books



### Gastra Girl

Vital Information to save your Colon and your Health!

Why Infrared Saunas are an absolute necessity !

Rebecca Harder has one of the nicest looking, pristine Hydrotherapy clinics in Portland Oregon, which includes hyperbaric oxygen chambers, ozone therapy, massage, etc. She gives this extremely resourceful resource guide (GASTRA GIRL, Saving America One Colon at a time!) to many of her clients, which includes about 40 articles on environmental toxicity and natural solutions, written by some of the most famous individuals in the industry.

One of the articles is entitled, "Why Infrared Saunas are an absolute necessity for Everyone," (Rebecca had been promoting wooden far infrared saunas for over 10 years.) In this article, she says "I can understand your GUT REACTION," when I tell you that the BEST Sauna is NOT necessarily the Nicest Looking or the Most Expensive Sauna.

Rebecca then shares her story of having turned her nose up at the Relax Sauna for 10 years at the health conferences she attended, until a few years ago when she finally Tried the Relax Sauna. She was sold within the first 3 MINUTES. She could FEEL the DIFFERENCE. No Pre-heating. INSTANT RELAXATION. She has been promoting the Relax Sauna to her clients ever since.

### Home heat stress training & Review of the Relax Sauna

"I made a post giving my thoughts on a more systematic way to evaluate saunas for home use and quantify heat stress training, citing some existing research."

I also noted that Both the \$250 and \$500 Amazon saunas I ordered were dismal failures. After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. I went with the Relax Sauna.

I was still skeptical of the Relax Sauna but as you'll see below, the results exceeded my expectations greatly. At 25 minutes my temp rose to 101.1F. Second, my heart rate went from 90bpm to 133bpm.

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 on the benefits of Far Infrared Saunas.

I would recommend sauna training and The Relax sauna in particular to anyone (especially paired with cold showers). It seems to have such wide ranging benefits.

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 (on the benefits of Far Infrared Saunas.)  
... Do not waste your time with sub \$500 units on Amazon.

see: [www.relaxsaunas.com/reddit](http://www.relaxsaunas.com/reddit)  
for the complete Relax Sauna Review.

## RelaxSaunas.com

3509 N. High, Cols, Ohio 43214  
email: [phil@relaxsaunas.com](mailto:phil@relaxsaunas.com)  
Phil Wilson - Cell 626 200 8454  
614 262-7087 office



# 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](http://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.

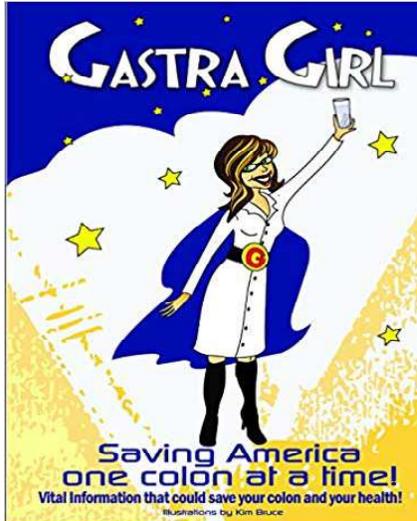
[https://www.reddit.com/r/Nootropics/comments/5ohi9a/home\\_heat\\_stress\\_training\\_and\\_cold\\_shower/](https://www.reddit.com/r/Nootropics/comments/5ohi9a/home_heat_stress_training_and_cold_shower/)

**Relax Saunas of Momentum email: phil@relaxsaunas.com Phil Cell 626 200 8454**

**Relax  
Saunas**

# **Relax Far Infrared Sauna The Superior Sauna**

## **Gastra Girl Saving America One Colon at a Time**



**Vital Information that could save  
your Colon and your Health!**

### **Resource Guide (193 pages)**

**by Rebecca Harder - \$30.00**

This is a Resource Guide that I give out to my clients during their new client consult. Many of the articles and resources provided in this book are "lost" amidst the myriad of modern supplements, iv therapy and allopathic treatments of "cut, poison & burn" simply because they take more time to give and there is little profit in them. And while some of these modalities may otherwise be labeled as "outdated" or "quackery", I have through my own professional experience, found them to be very effective with little to no side effects or contraindications. What worked beautifully for people decades ago, still works beautifully today. The body has not changed in thousands of years, and is still operating on the original blueprint. It is that blue print that this resource guide is based on.

### **Why Infrared Sauna is an absolute necessity ... For Everyone (chapter 10)**

Over 2,000 years ago, the famous Greek physician Parmenides said, "Give me the power to create fever, and I will cure any disease." What a bold statement from Dr. Parmenides! Could it be true? Could sweating under Infrared Light really change your life differently and far better than sweating from exercise and from electric saunas? I have owned and strongly suggested to clients many different kinds of infrared Sauna and light devices over the years including Far and Near Infrared, wooden Finnish Electric Heat Sauna, Biomat and in Light Wellness Light pads and also various PEMF, Rife and Frequency Devices. This article is going to give reasons why you should invest in an infrared sauna as soon as possible. ...

Why is it necessary to do infrared sauna? There are many reasons, but the top two reasons are: First, it is absolutely necessary to reach and maintain proper body temperatures (98.6) and infrared sauna is the best way to achieve that (along with addressing Thyroid malfunctioning). Dr. Mark Sircus, MD, gives the perfect explanation as to why. ...

The second reason why infrared sauna is necessary would be to aid in the detoxification of heavy metals and chemicals. ...

In an article in the Townsend Letter for Doctors and Patients, Dr. Lawrence Wilson writes, "If I were to single out one method to combat cancer, it is the sauna. It assists removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body." ...

When someone asks me which Infrared Sauna to get, I ask them what is their purpose, financial and space limitations and most important what is their energy state? ... However, for people with enough energy, (not perfect energy but enough energy), I recommend a Far Infrared Sauna for the purpose of sweating, and specifically the Relax FIR Sauna over all other ones. Why that one? ...

Infrared Sauna will make the biggest impact upon people's health after proper water intake and getting the bowels eliminating. Before I address diet with clients, I encourage them to start doing infrared Sauna. Before starting an exercise program, I encourage people to start doing Infrared Sauna! Why is it so incredibly important and why must it be one of the first things a person does to improve their health? Because the "issues are in the tissues"! If you want to be healthy, happy, fit, and feeling fabulous, then you need to get the toxins out and the most effective ways to do that are through infrared Sauna and Colonics. Since you can't do a colonic everyday, you can do infrared Sauna everyday and (get) excellent results with just 3-4 times per week. Just 20 minutes a day will make a huge and immediate impact in your health. You will see & feel the difference from your very 1st session. And it will motivate you to exercise and eat better. ...

Now I know the Relax Infrared Sauna does not look impressive making it hard to believe that the best Sauna is not necessarily the most expensive and nicest looking one. Especially when you compare the Relax Sauna to the beautiful wooden saunas ... I Understand your gut reaction! For the last 10 years, I have turned my nose up at the Relax Sauna every time I saw them at the health conferences until this last year when I tried one. I was sold on the Relax Sauna within the first 3 minutes! Right away I could feel the difference. No preheating like with wooden saunas. I experienced Instant Relaxation. ...

I realized the Relax Sauna was head and shoulders above all the rest to recommend. ... The Relax Saunas are so small that it can fit most anywhere and fold away within minutes. Any home can afford them and find room for them. (see Page 53-60 of her book for further info.)

**RelaxSaunas.com phil@relaxsaunas.com Phil Wilson - Cell 626 200 8454 614 262-7087 office**

## Hormesis, Heat shock proteins & the Relax Sauna Home heat stress training

**Relax® Sauna**  
The Sauna with Integrity

"The Relax (PORTABLE) 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 research. Do not waste your time with sub \$500 units on Amazon... The internal biometrics are even more exciting.... Relax Sauna increased core temp to 101.1F at 25 minutes. My heart variability rates were equivalent to a moderate cardio workout. ... 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. I was able to accomplish all this even with my head out." - Review of Relax Sauna, Feb. 2017 on reddit.com

### Only 4-14 micron FIR Energy pulsates the Water Molecules.

Relax Sauna increases core temperature 2.8° - 4.2° in 25 - 60 minutes.

**The Relax Sauna Increases Core Temperature more than any other sauna** (according to many reports)

#### Increasing Core Temperature can:

Kill Lyme spirochetes, pathogens, viruses, fungi & bacteria and can also...

#### • Mobilize the Lymphatic System

(Detoxifying Heavy Metals, Dioxins, Phylates, Metabolic Waste)

• **Activate the Parasympathetic Nervous System**  
(Producing Deep Profound Relaxation, Better Sleep & Relieving Stress)

• **Activate Mitochondria to produce ATP & Nitric Oxide**  
(Rejuvenating & Enhancing Oxygenation of the Body)

#### • Increase Microcirculation

(Ameiorating Diabetic Ulcers, Scar Tissue, Neuropathy, Reynaud's)



"FIND ME A WAY TO CREATE SWEAT (FEVER) AND I WILL CURE DISEASE" -HIPPOCRATES



**Patented Self - Temperature Control Semi-conductor Far Infrared Technology**



#### The Sky Eye Medical Lamp

Used in hospitals & practitioner's offices. It is approved by the FDA as a medical device.



#### The Table lamp

Used for spot treatments to reduce pain, inflammation & swelling.

**Near Infrared light bulbs penetrate 1-2 mm. Far infrared Light penetrates 2 inches.**

Near Infrared Specific Frequency LED generators can penetrate 9 inches, but the light bulbs only penetrate 1-2 mm.

**All statements saying Near Infrared Saunas can penetrate 9 inches are totally NOT TRUE ...**

Their links documenting this point only to "Specific Frequency LED Lights."and not to any research on near infrared bulbs"

Research presented at the 2004 Pacific Rim Biophotonic Conference in Taiwan, shows that the 150 watt relax Far infrared Raidator penetrated much deeper and increased microcirculation significantly more than the 250 watt near infrared heat lamps. ([www.relaxsaunas.com/townsend](http://www.relaxsaunas.com/townsend))

### Endorsed by 100's of Medical Professionals!

**Dr. Thomas Lucky - M.D** Author of "7 Steps to Health and Longevity,  
"It's like the radiant energy going my entire body was like magic reality, in that length of time, five minutes, I said 'I have to have one of these!'."

**Dr. Bill Akpinar (MD, OMD, LAC, Chi Gong Master)** author of "No Sweat?, Know Sweat!"  
Those other portable saunas are NOT going to Create Heat Shock Proteins like the Relax Sauna does. I call the Relax Sauna the "Chi Gong Sauna."



**For over 800 Testimonials**  
search "relax sauna testimonials" on youtube!

All Infrared Saunas are going to be beneficial to the human body in helping detox the body, decrease pain and inflammation, and much more.

A 100 mg tablet of Vitamin C may not be strong enough to have the same impact as 1 gram Vit. C.

Similarly, infrared saunas with 1/5 to 1/9 of the Amount of Far Infrared as the Relax Sauna ... cannot create as many heat shock proteins as the relax saunas creates, and thus cannot achieve the same results as evidenced by over 800 Relax Sauna video testimonials on YouTube.

Highest Quality & Most Effective Portable Far infrared Sauna in the World !



# Relax® Far Infrared Sauna

Instant, Powerful, Safe, Effective, Incredible river sweats in 15-20 minutes!

Endorsed and sold by thousands of Medical Professionals, Doctors and Therapists & Dr. Bill Akpinar, author of "No Sweat? Know Sweat!" & voted Best Cancer Doctor in NY. Dr. Akpinar claims that the Relax Sauna is the ONLY sauna that creates Chi (life force) energy.

## Create Heat Shock Proteins by Increasing Body Temperature

Relax Sauna can increase core temp more than any other sauna (2.8-4.2° in 25-60 min)

The temperature inside the Relax Sauna gets to 130°-140° within 5 minutes and can get up to 169°

### Far infrared Saunas proven to increase immune function

Excerpts from Dr. Dan Lee Dimke on [www.futureworld.com](http://www.futureworld.com)

"Numerous laboratory studies have shown that most upper respiratory viruses, including 200 different rhinoviruses, picornaviruses, respiratory syncytial viruses, influenza viruses and coronaviruses quickly perish at mildly hot air temperatures. Several SARS coronavirus survival studies have concluded that it is easily killed in less than 15 minutes at 56° C. or 133° F."

"Just 20 minutes, in a dry sauna, at or above 60° C. (140° F.) is enough to kill most of the coronavirus within a patient's sinuses. Note that typical sauna temperatures are often even higher than this. Next, cooling off for 40 minutes, allows body temperature and heart rate to return to normal."



**HEART  
HEALTHY!**

**DEEP DETOX  
DEEP RELAXATION  
DEEP SLEEP**

### ♥ FAR INFRARED SAUNAS ARE GREAT FOR CARDIOVASCULAR HEALTH ♥

Heart disease and high blood pressure patients show marked improvement after far infrared sauna treatments. This energy helps dilate blood vessels, increase blood flow and micro-circulation, unblocking and eliminating waste, heavy metals, toxins and fats inside the blood vessels. It also increases oxygen in the blood and boosts nitric oxide in the brain and throughout the entire body without stressing the heart.

Far infrared light is the healing portion of the light spectrum and heats objects directly from the inside-out, penetrating deeply into the cells and tissues of the human body.

Japanese scientists experimented with heart patients using far infrared light saunas with surprising success. In ground-breaking research, blood flow in 34 end-stage health patients improved following daily 15-minute sessions in a far infrared sauna. The study suggested that heat-induced vasodilation has beneficial effects in those with severe heart failure. These scientists discovered that this type of sauna is not only safe and effective, but actually vital to turn around the health of even the most serious end-stage heart patients!

## "Infrared Saunas will make the biggest impact upon people's health."

Rebecca Harder is the author of "Gastric Girl: Saving America One Colon at a Time," and owner of an immaculate and highly esteemed clinic in Portland, OR. She offers this well-researched comprehensive resource guide of holistic health information on topics such as environmental toxicity, vaccines, EMF, autism, hyperbaric oxygen, ozone therapy, colon hydrotherapy, far infrared saunas and much more.

Rebecca had come across the Relax Sauna at professional conferences many times before she decided to finally try it. She had been committed to wooden infrared saunas for 10 years at her respected clinic. Immediately after trying the Relax Sauna, she experienced instant dramatic positive healing results. She was so impressed with it that she dedicates an entire 8 pages to the Relax Sauna in the chapter "Why infrared Sauna is an absolute necessity for Everyone." She enthusiastically recommends the Relax Sauna to her clients and lets them know that it is the best way to rid the body of toxins and feel good.

Rebecca states in her book: "I realized the Relax Sauna was head and shoulders above all the rest to recommend."



Purchase this great resource of a book here:  
[RELAXSAUNAS.COM](http://RELAXSAUNAS.COM)

See over 800 True Testimonials: [relaxsaunas.com/youtube](http://relaxsaunas.com/youtube)

CALL 626.200.8454

[phil@relaxsaunas.com](mailto:phil@relaxsaunas.com)

[relaxsaunas.com/townsend](http://relaxsaunas.com/townsend)

# MOST POWERFUL PORTABLE FAR INFRARED SAUNA IN THE WORLD!



## Relax® Far Infrared Sauna ♥

can increase core temp more than any other sauna (2.8-4.2° in 25-60 min)

### EXCELLENT & HIGHLY EFFECTIVE FOR MOLD TOXICITY AND LYME DISEASE!

#### Relax Sauna Users Raving about the Relax Sauna:



*"I was a non-sweater. It's amazing because it just helped me start eliminating and dumping all of my mold toxins. I found out that I had very high levels of mycotoxins from mold that was found in my home. By doing Relax Sauna therapy and glutathione, I was actually able to eliminated all of the mycotoxins. This was a life-saver for me. I love it." - P.S.*

*"When I would get in the sauna, it would absolutely, positively boost my immune system and I was able to overcome the virus and germs that were invading my body. If I did have a cold, it shortened the duration of it by 70 to 80%" - Dr. K Moses*

*"It's just phenomenal. I had some diabetic retinopathy, which it's just great for. The feeling in my hands and feet has just been astronomically better. I feel better overall. I sweat for the first time after I got the sauna. I hadn't sweat in 10 years. It's just fabulous. I know that heating up the core actually kills off Lyme." - Casey*

*"I have many clients who have Lyme. In the extreme cases what actually worked on those that are now Lyme-free, has been the Relax Saunas." ... "This is the easiest protocol I know to get rid of Lyme, get yourself feeling better, looking better and get the toxins out" - Dr. Catherine*



*"After using the Relax Sauna, I realized I was able to achieve a sweat much more rapidly, and that it utilized an incredible technology I had not found in any other sauna. I highly recommend the Relax Sauna. I have benefited tremendously, as have my patients and family."*

Dr. Bill Akpinar, (M.D., D.S., O.M.D. Chi Gong Master)  
Author of "No Sweat? Know Sweat!"  
Definitive guide to hyperthermia and detoxification therapy.

- **Increasing Core Temperature**  
(Killing Lyme Spirochetes, Pathogens, Viruses, Fungi, Bacteria)
- **Mobilizing the Lymphatic System**  
(Detoxifying Heavy Metals, Dioxins, Phytates, Metabolic Waste)
- **Activating the Parasympathetic Nervous System**  
(Relieving Stress, Better Sleep & Producing Deep Profound Relaxation)
- **Activating Mitochondria to produce ATP & Nitric Oxide**  
(Rejuvenating & Enhancing Oxygenation of the Body)
- **Increasing Microcirculation**  
(Arthritis, Muscle Pain, Diabetic Ulcers, Scar Tissue, Neuropathy, Reynaud's)

### Medical professionals find the Relax Sauna great & highly effective for treating Lyme



The Relax Sauna is very effective for treating Lyme disease and Lyme co-infections. This has been proven in many happy, relieved Relax sauna customers who are extremely grateful as they have reported that they miraculously went into remission after using the Relax sauna for as little as 15 minutes a day! The Relax Sauna is very effective in treating Lyme because of its ability to warm the body instantly, increase core temperature significantly within a few minutes and create a profuse sweat within 15-20 minutes. The intensity of the light rays of the Relax Sauna penetrate deeply into the tissues and disable the reproduction of the spirochetes by starving them. Many familiar with Lyme disease know the importance of sweating out the toxins and the Relax Sauna does this in the comfort and privacy of your home, and at an excellent, affordable price. Users are able to get in and out of the sauna multiple times a day and aggressively attack the Lyme on all fronts.

### Using The Relax Sauna for combating COVID-19

Dr. Stephen Forbes has achieved remarkable results treating patients with the Relax Sauna and even developed a special protocol. He reported:

*"After people exit out of the therapy, they find that their breathing is generally easier. This sauna reduces body inflammation. And beneficial side effects like improved joint motion reduced pain and a feeling of wellness. There are really no side effects other than those good side effects with this type of therapy.*

*"Know that we can beat this pandemic. ...This will kill any virus or bacteria due to this hot environment."*

The temperature inside the Relax Sauna rises to 120°-169°, in 5-25 minutes.



See Over 800 Testimonials:  
[relaxsaunas.com/youtube](https://relaxsaunas.com/youtube)

CALL 626.200.8454

[phil@relaxsaunas.com](mailto:phil@relaxsaunas.com)

[relaxsaunas.com/townsend](https://relaxsaunas.com/townsend)



# RAISE YOUR CORE TEMPERATURE!

## Relax® Far Infrared Sauna



Instant, Powerful, Safe, Effective, Incredible sweats in 15-20 minutes!

### Voted "Best Cancer Doctor" of NYC 2007

The Relax Sauna has been Endorsed for 9 years by Dr. Bill Akpinar, author of "No Sweat? Know sweat !: the Definitive Guide to Reclaim your health."

#### BAJA MEDGATE Cancer Clinics Use & Recommend the Relax Sauna



Dr. Jennifer Miele is the co-founder and clinical director of the BAJA MEDGATE clinic in San Diego, and in Tijuana, Mexico. Jennifer focuses on medical research and development of new protocols based on an integrative approach involving a focus of PDT/Photodynamic Therapy in oncology, immunotherapy, regenerative medicine, endocrinology, infectious diseases, autoimmune diseases, and nutrition. They have experienced the effectiveness of the Relax Sauna in their clinics and recommend them to their patients.

Jennifer recently enthusiastically confided to us, *"I Love the Relax Sauna, and frankly, the wood infrared saunas just do not penetrate as much as the Relax Sauna."*



#### Cancer Clinic uses the Relax Sauna while doing IV Therapy

A Washington cancer clinic has informed us that they have been able to increase the effectiveness of their IV Therapy by putting many of their patients in the Relax Sauna while their "IV arm" sticks out of the armhole. They usually increase core temperature 4.2° in 1 hour, and are excited with their results.

#### Relax Sauna Radiators Emit Pure Far Infrared Light



The Relax Sauna company in Taiwan has been in business for 40 years. It took 10 years for their researchers to develop a semi-conductor chip that filters out near & mid infrared and gives you over 95% FIR energy between 4-14 microns (Water vibrates at 8 microns, humans, mammals & birds vibrate at 9.4 microns)

**Only 4-14 micron FIR Energy pulsates the Water Molecules.**

Relax Sauna increases core temperature 2.8° - 4.2° in 25 - 60 minutes.

Rebecca Harder runs the Taos Hyperbaric Wellness Center, and Colon Care Hydrotherapy Clinic in Portland, and is the author of *"Gastra Girl: Saving America One Colon at a Time"* which is an inspiring compendium of innovative health articles on hyperbaric oxygen, ozone, far infrared saunas, vaccines, etc., and includes articles written by Paul Harsh, Dietrich Klinghardt, Sherry Tenpenny, and Russell Blaylock and others. Chapter 10 is entitled, "Why Infrared Saunas are an Absolute Necessity for Everyone." She intones, "I realized the Relax Sauna was head and shoulders above all the rest to recommend."

(Book available at [relaxsaunas.com](http://relaxsaunas.com) 30% off code **gg30**)



After "turning her nose" at the Relax Sauna for 10 years (having wooden infrared Saunas in her pristine clinics), Rebecca finally experienced the Relax Sauna. In 3 minutes she was sold, because of the instant relaxation and the difference she felt. She tells us, "NO OTHER SAUNA feels as good as the Relax Sauna or gives you the benefits as this one does in such a short amount of time because of its pure infrared light with no negative EMF."



integrative cancer doctors testimonial videos: [relaxsaunas.com/cancer](http://relaxsaunas.com/cancer)

[phil@relaxsaunas.com](mailto:phil@relaxsaunas.com) CALL 626.200.8454 [relaxsaunas.com/townsend](http://relaxsaunas.com/townsend)

**ACTIVATE YOUR SUPER GENES. BECOME A SUPER HUMAN. BE AN IDEAL BEING.**

**"An infrared sauna at 140 degrees for 30 minutes, that REALLY TAKES CARE of viruses in the body, including the Corona virus!" ~ Dr. Gary Null**



## **Relax® Far Infrared Sauna**

**"No Sweat? Know Sweat!" Author Recommends Relax Sauna**

The Relax Sauna is Highly recommended by thousands of Medical professionals, doctors and therapists. Dr. Bill Akpinar, Best Cancer Doctor NYC, says, "The Relax Sauna creates more Chi than any other Sauna."



### **FAR INFRARED SAUNAS ARE GREAT FOR BRAIN HEALTH**

In one shocking study on saunas, people that used a sauna 4-7 times per week had a 66% REDUCED RISK of dementia and Alzheimer's versus those who used the sauna only once a week! If only there were a pill that could do this! Additionally, heat stress, the good kind of stress, like working out, activates one of the genes associated with longevity called FOXO3, which makes cells resilient to age-related stresses. Evidence suggests that heat therapy, intensified by far infrared energy, can increase longevity & endurance, extend life and quality of life, create healthier genes and positive, lasting changes in the body. Surprisingly, those with depression who used a sauna ONLY ONCE reported great and lasting effects in their mental health! **Sweat is magic!**

Far infrared rays harmonize our nervous system into a more calm and relaxed state. This beneficial healing light also lowers cortisol, the stress hormone and puts us into peaceful and euphoric moods. So, the more often you activate your nervous system with far infrared light, this practice of enjoyable persistence trains the body to deal with stress on a more relaxed, easy going and less reactive way. Better for sleep, better for all relationships!

The autonomic nervous system has two legs that are supposed to balance each other out: the sympathetic and the parasympathetic. Many factors can disrupt the balance. Stress forces our reactionary fight-or-flight responses to extremes. This fight-or-flight mode puts the sympathetic (stress) nervous system in control and creates inflammatory responses in the body, which then lowers immune function. Far infrared light rays are very serene to the body, which helps us sleep better and deeper, and aids with insomnia and anxiety. Sleep is divine!

Far infrared and sweating helps our nervous system switch into a parasympathetic state that is more calming and relaxing which creates more tranquility. The parasympathetic (rest and digest) nervous system will send the blood flow back to the brain and you'll be able to think more clearly. It can also help reactivate your digestive system. A less chaotic digestion process sends signals to the brain that all is ok to rest peacefully. This gut brain connection is a crucial fundamental of overall immune health as all systems are connected and each must be content and in sync for symbiotic optimal conditions of the whole.

**The best things in life make you sweaty!**

**Relax  
SAUNA**

THE SUPERIOR SAUNA

### **WHY IS THE RELAX SAUNA CONSIDERED THE SUPERIOR SAUNA?**

- Warms instantly! 20 seconds versus 30 or more minutes to heat up.
- Short, yet sufficient and effective sessions.
- Uses less electricity and takes less time with great results.
- Fast acting! Relief of symptoms happen quickly!
- You can breathe! Head outside the tent makes a huge difference in comfort and endurance.
- Effective even with clothes on for 5-10 minute treatments!
- Amazing, deep river sweats in 15-20 minutes or even less! (not 30-60 minutes or not at all!)
- It is safe, simple, strong, pure, portable, medical grade and very affordable!

### **DON'T THROW IN THE TOWEL, USE IT TO WIPE THE SWEAT!**

The Relax Sauna is the highest quality & most effective portable sauna in the world! It is well-known & highly regarded for creating instant calmness, deep relaxation & pleasant, unbelievable dripping sweats, penetrating quickly & deeply into the tissues, skin & cells, pushing out toxins safely through the sweat. It is also a powerful lymphatic system activator and gets that vital system flowing! This is why Hippocrates has stated, "Find me a way to create sweat, and I WILL cure disease." **SWEAT IS MAGIC!**

#### **Deep Profound Relaxation**

"After 8 to 10 minutes in the Relax Sauna, I experienced the most profound and deepest sense of relaxation I have ever had in my life." - KC  
(KC has owned a Quality \$5000 Wooden Infrared Sauna for 6 years)



**See Over 800 Testimonials:**  
[relaxsaunas.com/youtube](http://relaxsaunas.com/youtube)

CALL 626.200.8454

[phil@relaxsaunas.com](mailto:phil@relaxsaunas.com)

[relaxsaunas.com/townsend](http://relaxsaunas.com/townsend)



# Relax Far Infrared Sauna



The Relax Sauna is used in conjunction with many other detox treatments.  
The Relax Far Infrared Sauna enhances almost any other program.

## Relax Sauna Rack Card Order form / Reseller Program

We have available to help you resell the Relax Sauna to your patients or clients:  
Rack cards (3.6" x 8.5" - 1/3 sheet of paper) with a place for you to write a \$70 discount code

retail \$2000, internet MAP = \$1300+25 s/h = 1325 - \$825 Wholesale + \$25 shipping = \$850

Rack Card Program - offers a \$70 discount on the Relax Sauna when your customer or client goes to the [www.relaxsaunas.com](http://www.relaxsaunas.com) website and orders a Relax Sauna or Sky Eye Lamp, and uses your Discount Code Your client's discounted cost becomes \$1230 + \$25 s/h = \$1255.

You EARN the difference between that price, and \$850 = \$405 commission, or bonus.

The discount code tracks the sale to you. Make sure your discount code has been confirmed.

YOU can also call us to order. We charge you \$850 & can ship directly to your patient or customer.

### Choose your Discount Code:

Make your Discount Code Simple and Easy to Remember. \_\_\_\_\_

**NEW Rack Card**

Relax Far Infrared Sauna  
New quality & Best choice for relaxation in the world

Relax Far Infrared Sauna  
How to choose the most suitable frequency of energy WITH THE RELAX SAUNA!  
Hot Springs Energy  
In your hand!

Relax Energy Medical and Table Lamp

Why do thousands love & prefer the Relax Sauna?

RELAXSAUNAS.COM - 1-800-850-8454

**Original Rack Card**

Relax Sauna  
Professional Quality Far Infrared Sauna

Safe

Reliable

Convenient & Simple to Use

Technologically Advanced

Relax Sauna's pure and clean energy is what separates it from other infrared Saunas.

\$70 off! use check-out program code: relaxsaunas.com

**24 page handout (No Name)**

Relax-FIR Sauna

Relax Far Infrared Saunas  
Lyme, Fibromyalgia

Page 1 & 24

**36 page Laminated Ringed Flip Chart**

Relax-FIR Sauna

## Rack Cards and other Sales Aids for Relax Sauna Venders

The new Rack Card is very sophisticated and distinguishes between the Relax Sauna and other Saunas.

NEW Rack Cards w/yel/grn/blue: Send us: \_\_\_\_\_ 25 \_\_\_\_\_ 50 \_\_\_\_\_ 100

Original Rack Cards blue/black: Send us: \_\_\_\_\_ 25 \_\_\_\_\_ 50 \_\_\_\_\_ 100

**Relaxsaunas.com**  
**phone: 626 200 8454**  
**phil@relaxsaunas.com**

24-page no-name booklets: \_\_\_\_\_ 10 \_\_\_\_\_ 20 \_\_\_\_\_ 40

36-page Spiral "laminated" Booklet for Waiting Room \_\_\_\_\_ 1

to see Large Pictures, go to: [www.relaxsaunas.com/reseller](http://www.relaxsaunas.com/reseller)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Company Name: \_\_\_\_\_

ship Address: \_\_\_\_\_ City \_\_\_\_\_

State, Zip: \_\_\_\_\_ Email: \_\_\_\_\_