**Some of the Air Relax Benefits:**

**1. Diabities, neuropathy, lymphedema**

**2. Enhanced sleep quality**

**3. Greater energy**

**4. Improves circulation, which nourishes cells and improves waste elimination**

**5. Helps relieve pain in legs**

**6. Perfect for frequent flyers, or anyone suffering from swollen legs and ankles**

**7. Releases of nerve compression**

**8. Regular use led to improvements in pain, stiffness, range of motion, hand grip strength and overall function of the joints**

**9. Premenstrual-syndrome sufferers have decreased water retention and cramping**

**10. Relieves migraine pain**

**11. Pumps oxygen and nutrients into tissues and vital organs, improving circulation**

**12. Good blood circulation and a strengthened immune system can all help slow the aging process of a human being**

**13. Leg and foot massage can normalize hormones and the risk of birth complications**

**14. It is proven effective in reducing stress by decreasing the stress hormone cortisol, which in turn helps boost the immune system**

**15. Releases endorphins/amino acids that work as the body's natural painkiller**

**16. Reduces spasms and cramping**