WHAT IS CLAIMED IS:

1. A method of enabling a contact lens to release far-infrared rays, comprising the steps of:

providing a container body coated with a far-infrared material, wherein the far-infrared material is coated on an inner surface of the container body;

placing a soaking solution and a contact lens in an accommodating space of the container body;

releasing far-infrared rays with a wavelength between 4 μm and 14 μm to the accommodating space through the far-infrared material;

wherein after the contact lens absorbs the far-infrared rays and is removed from the accommodating space, the contact lens is able to release the far-infrared rays with the wavelength between 4 μm and 14 μm, and an emissivity of the far-infrared rays from the contact lens is between 0.70 and 0.91.

2. The method as claimed in claim 1, wherein the far-infrared material is coated on an outer surface of the container body.

3. The method as claimed in claim 1, wherein the far-infrared material includes 5 to 30 parts by weight of a far-infrared powder and 70 to 95 parts by weight of an adhesive.

4. The method as claimed in claim 3, wherein the far-infrared powder is one of a ceramic powder, bamboo charcoal powder, tourmaline powder, germanium powder, titanium powder, graphene powder, nano-copper powder, cordierite powder and mullite powder or a combination thereof.

5. The method as claimed in claim 3, wherein the adhesive is a natural resin, an artificial resin, or a combination of the natural resin and the artificial resin.

6. The method as claimed in claim 1, wherein the contact lens is placed in the accommodating space for 4 to 24 hours.

7. The method as claimed in claim 1, wherein when the contact lens is placed in the accommodating space, the container body is kept at a preset temperature of between 40°C and 80°C.

8. The method as claimed in claim 1, wherein before or after the container body is coated with the far-infrared material, the container body and an energy material are placed in a heating space with a temperature between 35°C and 90°C for 2 to 24 hours.

9. The method as claimed in claim 8, wherein the energy material is one of a medical stone, spar, granite, tourmaline, serpentine, dolomite, bamboo charcoal ore and titanium hertz energy stone or a combination thereof.

10. The method as claimed in claim 1, wherein the soaking solution is a contact lens care solution or a contact lens medicinal liquid.

11. A contact lens container for performing the method as claimed in any one of claims 1 to 10, comprising:

the container body, having the accommodating space;

the far-infrared material, coated on an inner surface of the container body;

wherein the far-infrared material releases the far-infrared rays with the wavelength between 4 μm and 14 μm to the accommodating space.

12. The contact lens container as claimed in claim 11, wherein the container body is a personal contact lens storage box or a contact lens sealing box.