

Red Light Therapy (Whole body)



What is a Red-Light Therapy (RLT)?

Red Light Therapy/NIR (RLT) uses low-level red-light wavelengths to stimulate cells in the mitochondria, which are the "power plant" of cells. Some experts think this helps cells repair themselves and become healthier. The treatments can provide a variety of benefits including, improving wound healing, improving psoriasis, rosacea, and eczema, improving scars, reducing inflammation, improving skin complexion, cellulite reduction, increase immunity and pain relief. Since red-light therapy is non-invasive and does not use ultraviolet light (UV), it is generally considered a very safe and effective treatment.

Q: What are the differences between Red-Light and NIR?

A: Red light has wavelengths in the range of about 620–700 nm, while near-infrared light has wavelengths in the range of about 700–1,400 nm. The defining difference between the two types of light is that red light is visible to the human eye and infrared light is not. Red light is more beneficial for anti-aging, improved skin texture, reduction of cellulite and stretchmarks while NIR LED will aid in healing, pain relief, cell regeneration and more. Our equipment offers just red light, just NIR or you can have both red light and NIR in the same session.

Q: Is Red-Light therapy safe?

A: Yes. Red-light is non-invasive, non-toxic, and doesn't use ultraviolet (UV) light. For red light, it is required to use protective glasses, which we provide for your treatment session. It is important to note that seeing a healthcare professional before starting any treatment with red light therapy is recommended. Please review the pre/post instructions for a list of some contraindications.

Q: How often can I receive Red-Light therapy treatment?

A: Red-Light therapy can be used every day. It is recommended to use Red-Light therapy a minimum of 2-3 times a week to see results.

Q: How long do you recommend for each session & how many sessions do I need?

A: Each session last 20 minutes. The treatment time can vary, in general we recommend 8-12 weeks of treatment.

Q: What do I wear for my Red-Light therapy session?

A: You should wear shorts and a tank or a thin layer of clothing for your session. Since Red light therapy may not be in a private room, we recommend loose fitting clothing, but exposing the skin as much as possible. We also provide robes for use. The light will penetrate through lose clothing.

Q: When will I see results from my Red-Light therapy sessions?

A: The good news is that Red-Light therapy starts helping your body from the first session, but continued treatments will help you achieve more lasting results. You may see or feel minor effects immediately, but the best results are typically conducted over 3-6 months if you consistently visit on a weekly basis.

Q: How should I prepare for my Red-Light experience?

A: Drink plenty of water, eat a light meal or nothing 2 hours prior to treatment, wear comfortable, loose clothing. It is best refrain from using makeup, lotion, sunscreen and any other products on the body before treatment.

Q: Can children use the Red-Light Therapy?

A: In general, children above the age of 14 can use Red-Light therapy.

Q: Who cannot use the Red-Light Therapy?

A: Anyone with photosensitizing medical conditions, such as lupus, or anyone taking a photo-sensitizing drug (including tetracycline, doxycycline, hydrochlorothiazide, naproxen). You should also avoid it if you have any open wounds or lesions on your skin, have migraines brought on by light or have epilepsy. Whole body RLT is not offered for women who are pregnant. We always recommend each client to get doctor approval prior to starting any services.