

LED RED LIGHT THERAPY

660nm - It can be absorbed effectively by skin, to improve the appearance of our skin, increase collagen production, and faster wound healing.

For skin issues, it is recommended to lay 12-36 inches from the lights.

850nm - It is invisible to the naked eye and can penetrate deeper to reach your bones, tissues, organs, and joints.

It enhances muscle recovery, decreases inflammation and joint pain.

For issues involving deeper tissues, it is recommended to lay 6-12 inches from the lights.

LED LIGHT THERAPY SPECIFIC CONTENT:

LED Light Therapy should be in close proximity to the area being treated. Skin should also be free of clothing, makeup, or anything else that may deflect light away from the skin. Protective eye goggles must be worn at all times if you are using LED Light Therapy on the face or neck area. Do not lie directly on top, lean against or apply full body weight to the device.

LED LIGHT THERAPY CONTRAINDICATIONS:

Do NOT participate in LED Light Therapy if you have any of the following conditions: pregnant or breastfeeding; epilepsy or a history of seizures; taking cortisone injections or any other steroid injections; or currently on photosensitive drugs.