

WEBSITE FAQ'S

A new client should always know what to expect

What is red light therapy?

Red light therapy uses specific wavelengths of red and near-infrared light to support circulation, recovery, and overall wellness. It's a non-invasive experience designed to help the body feel and function at its best.

How does red light therapy work?

Red and near-infrared light are absorbed by the body and support natural cellular processes. This can help promote circulation, relaxation, and recovery without heat or UV exposure.

What are the benefits of red light therapy?

Many people use red light therapy to support:

- Muscle recovery
- Joint comfort
- Skin health and glow
- Circulation
- Relaxation and overall wellness

How long is a session?

Most sessions last 10–15 minutes. Some recovery-focused sessions may last up to 20 minutes, depending on the selected mode and personal comfort.

How often can I use red light therapy?

Red light therapy can be used several times per week, and some clients enjoy it daily. Our team can help recommend a frequency that fits your goals.

Is red light therapy safe?

Red light therapy is considered a gentle, non-invasive wellness service. It does not use UV light and does not produce heat. If you have specific medical concerns, we recommend consulting your healthcare provider before starting any new wellness routine.

WEBSITE FAQ'S

Continued FAQ's

Do I need to prepare for my session?

No special preparation is needed. We recommend wearing comfortable clothing or following staff guidance for optimal exposure during your session.

Can I use red light therapy after a workout or sauna?

Yes. Red light therapy pairs well with workouts, stretching, and sauna sessions and is commonly used to support recovery.

What is the difference between the different red light therapy modes?

Yes, participants must be at least 16 years old with a parent or guardian's consent.

Each mode is designed to support different wellness goals, such as:

- Recovery
- Pain Management
- Anti-Inflammation
- Healing Injuries
- Skin Management
- Weight Loss

Our staff can help you choose the best mode based on how you're feeling and what you're looking to support.

Can red light therapy help with weight loss?

Red light therapy is often used as a supportive wellness tool alongside exercise, movement, and healthy lifestyle habits. It is not a standalone weight-loss solution.

Do I need eye protection?

Eye protection may be recommended depending on the setup and positioning. Our staff will guide you before your session.