



Self Care Days LED Laser

Beauty, Healing and Rejuvenation with LED and LASER

RED - LED & LASER

Some of the conditions that Red LED light therapy may reportedly treat include:

- Osteoarthritis,
- Sports injuries,
- Burns,
- Scrapes and wounds
- Pain relief from cuts,
- Ulcers,
- Macular degeneration,
- Fibromyalgia pains,
- Tendonitis bursitis,
- Psoriasis, eczema and
- Acne.

Red light benefits you in at least three major ways:

- 1 It increases cell growth
- 2 It reduces pain
- 3 It speeds recovery and healing in the body

BLUE - LED & LASER

Blue light therapy may help issues including:

- Acne
- MRSA
- Depression & SAD
- Sleep Disorders
- Periodontal disease/dental disease

- New born jaundice
- Liver issues

Blue light benefits you in at least three major ways:

- 1 It kills bad bacteria.
- 2 It helps regulate mood and circadian rhythms.
- 3 It supports your liver.

GREEN - LED & LASER

Green light therapy may help issues including:

- Skin rejuvenation, dissipating skin spots
- Anxiety and nervousness
- Detoxification
- Liver and Kidney issues
- High cholesterol and High Blood pressure
- Hormone imbalance
- Infertility
- Overall rejuvenation

Green light benefits you in at least three major ways:

- 1 Promotes general healing, restoration and balance
- 2 It helps regulate stress.
- 3 It calms damaged skin and reduces pain associated with it