NATURAL ORIGINS

How To Use Red Light

A simple guide to intentional light exposure

Red and near-infrared light give you a simple way to bring intentional light exposure into your daily environment. The goal is not to make your routine complicated. It is to use light consistently, intentionally, and in a way that works with your device and lifestyle.

YOUR RED LIGHT ROUTINE

STEP 1: POSITION YOURSELF

Stand or sit comfortably in front of your red-light device. For larger panels or full-body systems, orient your body so the light reaches as much of the intended area as possible. You may expose one side of the body and then reposition when appropriate for your setup.

Eye Safety Notice: It is not recommended to stare directly into red light, same as the sun.

STEP 2: CHOOSE YOUR LIGHT

Select red, near-infrared, or red and NIR depending on your device features:

- **Red Light:** Visible red light designed around wavelengths widely studied in photobiomodulation research.
- **Near-infrared Light (NIR):** Light beyond the visible red spectrum, widely studied in relation to deeper tissues.

STEP 3: SET UP YOUR SESSION

Always start short, build gradually, and prioritize consistency over session length. Follow the exact timing protocols designated for your specific hardware platform below.

DIFFERENT LIGHTS, DIFFERENT SETUP

Device Configuration	Exposure & Timing Protocol
Regular Red Light Panel	Start with **5 minutes on the front** and **5 minutes on the back**. Gradually increase your session time as your body adapts.
Krypton - RED + NIR	Begin with **5 minutes on the front** and **5 minutes on the back**. Gradually work toward longer sessions, up to a maximum of 20 minutes.
Krypton Full Spectrum (RED, NIR, UVA, 311nm Narrowband UVB)	• **If only using Red/NIR:** Session begins with 5 minutes on the front and 5 minutes on the back. • **For UVA/UVB modes:** Start much shorter. Begin with exactly **1 minute** using the Krypton's built-in timer. Increase only gradually according to EMR-TEK's instructions. ⚠️ **Protective blackout goggles are required for this setting.**
Eterno LED Face Mask (Three custom target modes)	Standard session time is **10 minutes**. Choose one of the three settings based on your skincare focus: • **RED (630 + 660nm):** Smoother, firmer looking skin. • **GREEN (525nm):** Brighter, more even looking tone. • **YELLOW (580nm):** Hydration and skin barrier support.

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PURCHASE EMR-TEK DEVICES

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