

Advanced Red Light Therapy Program at Pinecone Physio

Welcome to the Advanced Red Light Therapy Treatment program at Pinecone Physio! This program optimizes body contouring treatments for exceptional results by combining medical grade FDA-cleared, scientifically proven body contouring treatments with whole body vertical vibration, professionally designed fitness routines, advanced exercise techniques such as blood flow restriction therapy, virtual fitness coaching, nutrition plans, and hydration recommendations! You also have access to monthly body composition analysis using STYKU 3-D Body Scan Technology.

Red Light Therapy treatments typically range from \$50 to \$100 in spa and other medical settings, including only the treatments without the full advanced program to optimize results. Pinecone Physio offers a complete program to enhance your results for \$12 to \$39 per session.

Red Light Therapy is also known as Photobiomodulation (PBM) involving red LED and near infrared light.

This healing light is an effective, non-surgical treatment for body contouring, fat loss, healing skin, increasing collagen in the skin for a more youthful appearance, hair regrowth, inflammation, muscle and joint pain, arthritis, and increasing local blood circulation. Pinecone Physio uses the Contour Light, the only FDA cleared device of its kind for body contouring, pain management, and increased blood circulation.

HOW TO PREPARE FOR A RED LIGHT THERAPY SESSION AT PINECONE PHYSIO

- Please arrive at least 5 minutes early so our staff can help check you in to your private and sanitized Red Light Therapy body sculpting and skin rejuvenation room.
- Avoid makeup, lotions or creams as they can block the light waves from penetrating your skin. Make sure your skin has not had any oils, lotions, etc., applied within 1 hour prior to appointment. Anything you apply to your skin could act as a barrier for the lights. If you want to use the lights on your face, it is best to be free of sunscreen and make-up.
- Wear clothing that will be easy to take on and off. Your skin will need to be bare in the areas you want to work on because the light cannot penetrate through clothing. **Undergarments or a bathing suit must remain on during session.** If you prefer, you can also wear short athletic shorts, raise your shirt, and lift your sleeves so we can place Contour Light body wraps around your thighs, waist, and on your upper arms.
- Modesty towels and gowns will be provided for your privacy and for our staff—so please use them appropriately.
- Come well hydrated and bring water!
- Bring headphones and your phone (or another device) if you would like to listen to music, a podcast, or audiobook during the 20 minute session. We will place eye protection goggles over your eyes and place the face/chest Red Light Therapy hood over your face and neck.
- Once you have the wraps on your arms and the face/chest Red Light Therapy hood over your face and neck area, you will not be able to bend your arms or view your phone. It is important that you relax, not bend your elbows, and stay still for the 20 minute Red Light Therapy session. If you would prefer to read or use your phone we can omit the upper arm wraps, face/chest hood, and focus on treating your mid section and legs.
- Bring a gym bag to place your belongings in during your Red Light Therapy session and while you work out on the gym floor.



Pinecone Physio Red Light Therapy 6 Step Program



Body Sculpt: 20 minutes each session. Private red light therapy body sculpting with the Contour Light wraps placed directly on your skin. The Contour Light is FDA-approved and clinically proven to target areas of fat that can be resistant to diet and exercise. Additional benefits include increased blood circulation for skin rejuvenation and pain relief from arthritis, muscle pain, and muscle spasms.

Vertical Vibration Plate: 10 minutes each session. Optimize Red Light Therapy with activity on a vertical vibration plate to increase calorie burn by as much as 50 percent. Vertical vibration enhances the power of gravity and can stimulate bones, muscles, nerves, and flush lymph and fat from your body.

Exercise: 20 minutes each session. Perform any workout you prefer. You may utilize the open gym, including blood flow restriction therapy if you have been previously trained by Pinecone Physio staff. You will also be able to use apps and videos for inspiration from virtual trainers. Research shows exercise combined with Red Light Therapy greatly improves results.

Increase Hydration: Minimum of 3 month commitment. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for most men.
- About 11.5 cups (2.7 liters) of fluids a day for most women.

Healthy Nutrition: Minimum of 3 month commitment. Pinecone Physio recommends you choose from 5 specific diet plans (unless you have been diagnosed with specific dietary needs): [Healthy Foundations Diet](#), [Anti-Inflammatory Diet](#), [DASH Diet](#), [Mediterranean Diet](#), or [Ketogenic Diet](#).

Avoid All Alcohol: Minimum of 3 month commitment. When the liver is busy processing alcohol, it is not able to process the fat liberated by the Contour Light. If you do not avoid or minimize alcohol consumption, it will require additional time and treatment sessions, with desired results likely being unattainable.



Red Light Therapy

Frequently Asked Questions

HOW DOES RED LIGHT THERAPY WORK?

Specific wavelengths of light improve health and wellness in a process called photobiomodulation (PBM) therapy. Red Light Therapy typically uses LEDs to deliver PBM therapy and is most effective when combining red light wavelengths with near infrared (NIR) light wavelengths.

The combination of red light and near infrared light can penetrate the skin and reach the inner tissues of the body. At the cellular level, visible red and invisible NIR light energy are absorbed by fat cell mitochondria, which perform the function of producing cellular energy called "ATP". This starts a chain reaction that opens transient pores in the fat cell membrane, releasing the contents into the interstitial space of the body (the fluid space between cells). The key to this entire process is a mitochondrial enzyme called cytochrome c oxidase, a chromophore, which responds to light energy of specific wavelengths. Red Light Therapy affects adipocytes (the body's fat cells) by urging them to break down and release triglycerides that are needed for energy utilization. The ultimate result is inches lost through decreased fat cell volume.

Once the infrared light has reached the inner tissue, it also begins to warm the body and increase blood flow to the various tissues. By increasing blood flow, the body can improve healing time and reduce inflammation, which aids in pain relief. A positive side effect of Red Light Therapy is increased collagen in the skin which offers a more youthful appearance. It has been successfully used to aid in hair regrowth as well. Recent studies have also shown benefits for cardiovascular health.

Red Light Wavelengths (610 - 660 nm wavelengths)

- Penetrates the body superficially, with most of the energy absorbed in the first 2 cm of the tissue.
- Historically used in dermatology medical practices for treatment of the skin.
 - Speeds the healing of wounds and injuries.
 - Improves and restores range of motion.
 - Reduces inflammation and pain.
- Triggers the release of nitric oxide, the body's natural vasodilator.

InfraRed Light Wavelengths (810 - 880 nm wavelengths)

- Penetrates the body deeper than red wavelengths, reaching deeper into fatty tissue, soft tissues, muscles, joints, and tendons.
- Triggers the release of nitric oxide, the body's natural vasodilator.

HOW DOES RED LIGHT THERAPY FEEL?

Red Light Therapy with the Contour Light at Pinecone Physio is a noninvasive, painless, body contouring device that helps you achieve a natural looking, slimmer appearance without surgery. You will simply feel a soothing warmth on your skin. Most individuals meditate, listen to music, a podcast, or audiobook during the 20 minute session. Many members report enjoying the experience, feeling recharged and energized afterward.

Red Light Therapy

Frequently Asked Questions

WHAT DOES RED LIGHT THERAPY HELP?

- Body contouring.
- Fat loss.
- Lose inches around hips, waist, thighs, and arms.
- Skin rejuvenation.
- Wound healing.
- Scar reduction.
- Production of collagen and elastin.
- Increased energy.
- Better sleep.
- Reduce inflammation.
- Pain management.
- Myofascial pain.
- Arthritis related pain.
- Rheumatoid arthritis.
- Heart health.

IS RED LIGHT THERAPY SAFE?

Pinecone Physio utilizes the Contour Light, the only body wrap device that is FDA cleared for circumferential reduction (inches lost) and pain management. Red Light Therapy with the Contour Light is a safe, effective, non-invasive, FDA cleared treatment for circumferential reduction (inches lost) and for the temporary relief of arthritis pain, muscle pain, muscle spasms, and improved blood circulation.

Red Light Therapy is not recommended during the following situations:

- Pregnancy.
- Taking medications causing light sensitivity.
- Sustained burns (including sunburns) within 48 hours prior.
- History of epilepsy or seizures.
- History of malignant tumors or cancers.
- History of light sensitivity.
- History of photodermatitis, lupus, or rosacea.
- Hyperthyroidism.
- Current fever or symptoms of infection.

HOW LONG ARE RED LIGHT THERAPY SESSIONS?

Each Red Light Therapy session at Pinecone Physio consists of approximately 50 minutes:

- 20 minutes of private body contouring with Red Light Therapy.
- 10 minutes of functional activities on the Vertical Vibe Plate.
- 20 minutes of exercise on the open gym floor.

Red Light Therapy

Frequently Asked Questions

HOW OFTEN AND HOW LONG WILL I NEED RED LIGHT THERAPY SESSIONS?

If you would like to reduce your weight in addition to changing your circumference measurements and rejuvenating your skin, we recommend **12 sessions each month for 3 to 12 months**.

You should notice steady progress toward your goal each month, first noticing inches lost and rejuvenated skin, then progressing to weight loss.

If you would like to maintain your current weight and only change your circumference measurements, or rejuvenate your skin, Pinecone Physio recommends **8 to 12 sessions each month for 3 months**.

You should notice steady progress toward your goal each month.

To help maintain your progress, Pinecone Physio recommends **4 sessions each month for 3 months**.

Additional treatments will lead to improved results, although individual results may vary.

HOW LONG DO RED LIGHT THERAPY RESULTS LAST?

Red Light Therapy with the Contour Light does not destroy fat cells, instead emptying them of their contents. This means fat cells can restore fat if you resume caloric imbalance. A healthy diet, exercise, and optional nutrition supplementation is the only way to ensure long-term success. Members who eat more calories than they burn, resume increased alcohol intake, or return to skin damaging habits, will see their fat loss and skin rejuvenation improvement decrease over time.

HOW LONG WILL IT TAKE UNTIL I NOTICE A DIFFERENCE?

Many members see results immediately and lose 2 to 5 inches from just their waist each month. The Contour Light was specifically featured in an IRB-approved clinical study that involved 118 patients who experienced an average loss of 2.5 inches throughout their body each session. This study is registered with clinicaltrials.gov under #NCT04451824. Individual results vary.

WHY SHOULD ALCOHOL BE AVOIDED DURING THE ADVANCED RED LIGHT THERAPY PROGRAM?

There are three main reasons why alcohol should be avoided or greatly minimized with Red Light Therapy:

- It is critical the body stays optimally hydrated throughout the treatment program. Alcohol is a diuretic.
- Alcohol contains empty calories! This directly conflicts with the recommendations of the program, which calls for a balanced diet and a healthy lifestyle.
- Most importantly, alcohol is processed by the liver which directly restricts the body's ability to process the newly liberated fat from the Red Light Therapy body sculpting session. Once fat cells are liberated by Contour Light, the fat that is not used up as energy is processed by the liver using enzymes. The total amount of fat being processed at any given time is limited by the number of enzymes produced by the liver. When the liver is busy processing alcohol, it is not able to process the fat liberated by Contour Light. If you do not avoid or minimize alcohol consumption, it will require additional time and treatment sessions, with desired results likely being unattainable.



Pinecone Physio Red Light Therapy Pricing

Each Red Light Therapy session at Pinecone Physio consists of:
 20 minutes of Red Light Therapy body contouring.
 10 minutes of functional activities on the Vertical Vibe Plate.
 20 minutes of exercise on the open gym floor.
 Recommendations for hydration and nutrition to optimize results.
 Open gym access during business hours.
 Access to apps and videos for inspiration from virtual trainers.



	12 sessions per month	8 sessions per month	4 sessions per month
EACH	<p>12 MONTH COMMITMENT</p> <p>\$144</p> <p>Auto billed every 30 days 12 month commitment, then month to month</p>	<p>12 MONTH COMMITMENT</p> <p>\$120</p> <p>Auto billed every 30 days 12 month commitment, then month to month</p>	<p>12 MONTH COMMITMENT</p> <p>\$72</p> <p>Auto billed every 30 days 12 month commitment, then month to month</p>
EACH	<p>3 MONTH COMMITMENT</p> <p>\$198</p> <p>Auto billed every 30 days 3 month commitment, then month to month</p>	<p>3 MONTH COMMITMENT</p> <p>\$156</p> <p>Auto billed every 30 days 3 month commitment, then month to month</p>	<p>3 MONTH COMMITMENT</p> <p>\$90</p> <p>Auto billed every 30 days 3 month commitment, then month to month</p>

\$39 single session

Red Light Therapy sessions are by appointment only.
 There is a 24 hour cancellation policy on all Red Light Therapy sessions due to limited space. Providing less than 24 hour notice will forfeit one of your Red Light Therapy Sessions. If an emergency arises, we cannot promise your missed session will not be forfeited, but we will do our best, while we also expect our members to do their best to cancel early and notify us so we can open the spot up for others.
 Monthly memberships are deeply discounted, and sessions do not roll over, but we can pause your membership if you are experiencing an unexpected long term medical emergency.