



Frequently Asked Questions

What does Red Light Therapy do?

- ✚ Discovered by NASA, red light penetrates to the bottom of your skin's dermis layer and directly to the fatty layer. Red light stimulates fibroblast cells which boost the production of collagen and elastin proteins.

How many treatments are required?

- In the first 4-12 weeks it is recommended that you have 3 treatments per week. In the time to follow it is recommended that you have 1 session a week to maintain the benefits gained.
- Skin will be noticeably softer and smoother after just 3 or 4 sessions of red light therapy, with visible reduction of fine lines and wrinkles after 60-90 days of continuous use.
- We suggest three sessions per week for 2 weeks (or more if required), then 2-3 sessions per week for 6 weeks for best results.
- Red Light therapy can be done immediately before a UV-free spray tan, and many customers report improved spray tan results when preceded by Red Light therapy.
- *Note: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Does Red Light Collagen Therapy treat acne, age spots, and damaged skin?

- Red light helps remove the bacteria that causes acne, and generates cellular activity that deals with age spots and damaged skin. Anti-aging red light therapy brightens skin and reduces the formation of pigmentation marks.

Red Light Therapy Benefits include:

- Firms, tones and increases skin elasticity
- Proven effective in the repair and rejuvenation of skin
- Minimizes wrinkles, fine lines and pore size
- Improves skin tone and clarity
- Helps diminish acne blemishes
- Increases blood circulation to the skin
- Fades scars, stretch marks, age spots and irregular pigmentation
- Creates smooth skin that appears more youthful and allows for a longer lasting tan.
- Reduces pain and inflammation from tendonitis, arthritis, torn muscles, fibromyalgia, broken bones, strains and nerve damage

Does Red Light Therapy work equally well on all skin types?

Red Light Collagen Therapy is safe and effective for all skin types. The main prerequisite is that skin be clean for effective light transmission.

How to prep for Red Light Therapy.

- ❖ **For maximum results, we recommend:**
- ✓ Exfoliate weekly and before your sessions.
- ✓ Make sure your skin is free of make-up or moisturizers.
- ✓ Using Red Light Prep Spray before your session to best prepare your skin.
- ✓ Using Red Light Post Creme after your session.
- ✓ Using Red Light Targeting Serum anywhere you want a greater result.



Are there side effects?

There are no reported side effects from Red Light Therapy.

To learn more visit us at

<https://heatwavestanningkutztown.net/red-light-therapy>



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