

Red light therapy seems to be gaining an enormous amount of popularity in recent years, and for very good reasons. This breakthrough treatment, first discovered by NASA, has so many benefits and uses, and so little (if any) risks and side effects. Deep penetrating red light therapy is actually a non-invasive, cost-effective, and risk-free alternative to all sorts of skin problems, skin appearance, and is proven to be effective for all sorts of pain.



More and more traditional tanning salons now offer red light therapy beds, but the treatments are usually expensive and you have to schedule appointments and drive to the place, which can be very difficult (and costly) for busy people.

### **Red Light Therapy for Skin Rejuvenation**

Red light easily penetrates the skin, boosts circulation and bringing more blood and nutrients to the area. It also stimulates vital collagen and elastin production. Collagen helps plump the skin, while elastin firms the skin. The red light is energizing and repairing damaged cells, stimulating collagen and elastin and giving the skin back its youthful look.

Devices for skin rejuvenation typically use *visible red light at a wavelength of 660nm* – That penetrates tissue to a depth of about 8-10 mm – Making it more beneficial for treating problems close to the surface of the skin, such as:

1. Wrinkles and fine lines
2. Tightening and firming (non-surgical face lift alternative,)
3. Blemishes and redness
4. Anti-aging
5. Age spots and hyperpigmentation on face, hands, neck
6. Acne scars

### **Red Light Therapy for Skin Problems**

As written above, red light promotes the healing of the skin and so can be used effectively for many skin problems, *without medication (we all know their dangerous side effects), and chemical-loaded lotions and creams*. You can use different devices for these conditions (Warning: Do not use it if you have an active skin infection):

1. Burns
2. Acne Scars
3. Rosacea
4. Eczema
5. Psoriasis
6. Athlete's foot

### **Red Light Therapy for Pain Relief**

Red light therapy for pain relief is a gentle, non-invasive, drug-free, and chemical-free alternative that has been shown to reduce and in some cases even eliminate aches and pains. At first it sounds ridiculous. How can light help with my chronic back pain? Well, it's quite simple. The infrared light (invisible light) penetrates deeper in our body and repairs or regenerates cell components. The infrared light also activates the production of endorphins and blocks pain-transmitting chemicals. The home devices for this purpose typically use Infrared light (deep penetrating light) – at 880nm, which penetrates to a depth of about 30-40 mm, making it an effective pain relief for:

1. Herniated and bulging discs
2. Muscle related back pain
3. Osteoarthritis

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4. Fibromyalgia
5. Pulled and strained muscles, Muscle spasms
6. Inflammation
7. Nerve injuries
8. Sports injuries: bone fractures and chips, sprains, tennis elbow etc.
9. Neck pain and stiffness

Tested and proven by NASA

Used for:

Cellulite

Collagen

Hydration

Reducing appearance  
of wrinkles

General skin health

Much more



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