



RED LIGHT THERAPY



Introduction

The Therapy makes use of specific red and near-infrared light wavelengths to improve general wellbeing, minimize inflammation, and improve healing. These wavelengths can penetrate the skin and influence cellular function.

Why to consider Red Light Therapy?

Safest Therapy



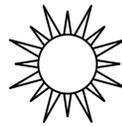
A safest therapy to reduce lot of health concerns, it also has the potential to restore a clear and youthful complexion.

Modern Lifestyle



Our modern lifestyle is one of the factors contributing to red light therapy's growing popularity. The average American spends about 93% of their time indoors, significantly reducing exposure to natural sunlight.

Need for Sunlight



Light is a natural health tool that is frequently taken for granted, even though it is vital to our survival and well-being.

Alternative for Sunlight exposure



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Call us for appointment and consultation (704) 577-8066

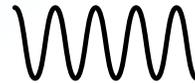


How does Red Light Therapy works?

Wavelength

1

Red light (625-740 nm) and near-infrared light (750-890 nm) penetrate the skin to reach the cells.



2

Stimulating energy

These light wavelengths stimulate the mitochondria, the cell's powerhouses, to produce more energy (ATP).



3

Improves circulation

The therapy promotes the release of nitric oxide, which dilates blood vessels and improves circulation.

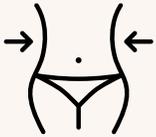


Ready to rejuvenate yourself ? Schedule a consultation with us today .



Benefits of Red Light Therapy

Weight Loss



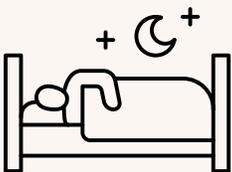
Fat Cell reduction

Red light penetrates the skin, causing fat cells to release fatty acids, glycerol, and triglycerides into the bloodstream. This process, known as lipolysis, reduces the size of fat cells, resulting in a smaller body circumference, especially around the waist.



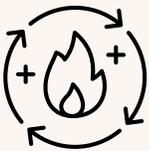
Improves energy & mood

Light therapy has become popular for its beneficial benefits on mood disorders like seasonal affective disorder (SAD).



Improves Sleep

Red light treatment has shown potential in enhancing the quality of sleep and lowering anxiety and depressive symptoms.



Improves Metabolism

Red light therapy enhances metabolism. Cells can perform their functions more efficiently, including the breakdown of fats for energy aiding in weight loss.



Reduces Inflammation & Pain

By enhancing cellular energy and improving blood flow, red light therapy helps to calm chronic inflammation, which is often linked to various health conditions. Studies have shown its effectiveness in reducing inflammation in the brain, lungs, spinal cord, and skin.



Skin-Health Benefits



Anti-aging effect

Boosts collagen and elastin production, reducing wrinkles and improving skin texture.



Clearing Skin Conditions

Significant reduction in acne lesions when combined with blue light therapy.



Promoting Wound Healing and Scar Reduction

Enhances cellular repair and reduces inflammation, accelerating wound healing.

Additional Health Benefits



Boosting Physical Performance and Muscle Recovery

Enhances athletic performance and reduces muscle soreness post-exercise.



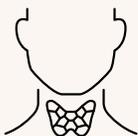
Boosting Testosterone

Supports hormonal health and may enhance testosterone production.



Enhancing Fertility

Improves sperm quality and motility in men, supports ovarian function in women.



Improving gland health

Supports health of thyroid and lymphatic systems.



Preventing Cognitive Decline

Supports brain health and May delay the onset of age-related cognitive disorders.