

Red & Near-Infrared Light Therapy device

Stimulate your mitochondrial energy production, regulate your circadian rhythm, balance out all your blue light exposure from phones/computers, and induce deep relaxation.

Specifications:

- Dual wavelength: 660nm red light, 850nm near infrared light
- 3 settings: Red & Infrared light, Red light only, or Infrared light only (infrared light is invisible to the naked eye)
- Externalized power supply, which eliminates EMF output from the device
- Ultra-low EMF! (tests included in product photos)
- Zero flicker rate
- Sturdy metal frame with thin body and built in metal stand

Red Light vs. Near Infrared Light

- Red Light uses bright visible red wavelengths (610-660nm) that benefit the skin and systems within the skin tissue, such as circulation, healing scars/burns, and collagen production.
- Near Infrared Light has longer, invisible wavelengths (810-850nm) that penetrate below the skin, to cells deep in your body, including muscles, joints, and bones.

Red Light Benefits

Red Light mainly benefits the skin, but the bright light also supports the circadian rhythm and can benefit mood and energy as well.

- accelerating wound healing
- reducing the appearance of fine lines, wrinkles, and scars
- promoting collagen and elastin production in the skin

- reducing inflammation and increasing circulation
- promoting healing of active acne
- stimulating hair follicles for growth

NIR Light Benefits

Because NIR penetrates deeper into the body, it can benefit our muscles, bones, and tissues on a cellular level to soothe pain and promote healing and regeneration.

- muscle healing and recovery
- joint, tendon, and bone repair
- reducing chronic pain & inflammation
- dental healing/pain reduction
- counteracts the harmful effects of excessive blue light exposure
- eye health and damage protection
- stimulates mitochondria to create more energy

How to Use

For maximum benefits, we recommend using both the Red and NIR light settings at once, however, you can use one at a time if preferred.

Recommended treatment time: 15-20 minutes per treatment area at a time. Repeat multiple times per day as needed.

You can apply the light **directly onto the skin** for the most penetration, or as close as you can get it to the treatment area.

It is recommended to **keep your eyes shut** if applying red light to your eyes/face, otherwise, you can keep them open during treatment. If you are very sensitive to bright light eye protection may be beneficial.

You can use the device at any time throughout the day, however, it is important to consider the circadian rhythm and **work with it, not against it.**

- Using the Red & NIR lights first thing in the morning can help wake up the body, reset the circadian rhythm, and provide energy.

- At night/before bed, it is best to only use NIR to avoid the bright Red light from keeping you up by reducing melatonin.
- During the fall & winter months, when there is less sunlight available, it's even more beneficial and supportive to health to get Red & NIR light exposure daily.

<https://lifeblud.co/products/relax>

<https://lifeblud.co/blogs/research/red-light-therapy-guide-tips>

For more excellent information: [Red Light Therapy by Mark Sloan](#)