

What is Red/Infrared light therapy?

Therapy OVERVIEW

Red light therapy (RLT) is a treatment that uses low wavelength red light to reportedly improve your skin's appearance, such as reducing wrinkles, scars, redness and acne. Often described as the fountain of youth, red light therapy has been clinically shown to reduce wrinkles, promote the healing of scars and blemishes, and tighten sagging skin, resulting in a more youthful appearance, you know, one that matches the 'you' on the inside.

WHY

Why would you do red light? The benefits of red light for your brain. Research on red light therapy and brain health shows that natural light improves reaction time, attention, memory, and executive function. Some of the benefits that show the most potential are as follows: Improved cognitive function. Improved recovery from stroke. Research shows it can help reduce inflammation in the body to help with pain.

RECOMMENDED

Who is red light therapy recommended for? Red light therapy is recommended for all customers of all ages.

HOW OFTEN

How often should you do red light? Red light is completely safe and can be done everyday.

BENEFITS

What are red light benefits? Clinical research shows red light therapy reduces fat and helps with weight management. Red light therapy's positive effects on fat and cellulite loss, obesity control, and cosmetic body enhancement have been seen in numerous clinical trials in recent years.

RESULTS

What are the results of red light? Red light therapy often combined with infrared light is a “non-invasive method of decreasing fine lines and wrinkles as well as increasing skin firmness, elasticity and texture.”. The light therapy works by helping your body produce more of the proteins that give your skin its bounce and firmness. By decreasing inflammation it can reduce pain symptoms.

SUMMARY

What does this help to improve? The potential for using red light therapy as a way to rejuvenate the skin has led to a large number of studies. As the review in the journal *Seminars in Cutaneous Medicine and Surgery* notes, red light therapy helps rejuvenate the skin by increasing collagen production in the skin, which gives the skin its elasticity, increasing fibroblast production, which helps produce collagen and other tissue fibers, increasing circulation between blood and tissue cells, protecting cells from damage, increasing mRNA in the cells, which helps stimulate the cell, improving facial texture, reducing fine lines and reducing wrinkle severity. Red light therapy (RLT) is a treatment that uses low wavelength red light to reportedly improve your skin's appearance, such as reducing wrinkles, scars, redness and acne. Red light helps the body release nitric oxide, a signaling molecule that helps our cells manage blood pressure levels. According to additional research, LED red light therapy has even more health benefits than potentially lowering blood pressure.

A clinical trial in the journal *Photomedicine and Laser Surgery* explored light treatment for some basic skin issues in a small group of 136 people. The researchers found that these light therapies could rejuvenate the skin, improve the complexion and improve the feeling of the skin.