Suggested Use per week

Patience & Consistency are Important
Since red light therapy works at a cellular level, its important to be patient, be consistent with the treatment and give your body a chance to heal. This could take anywhere from 1 to 4 months for most conditions as individual cells heal and resume normal functioning and new healthy cells are born.

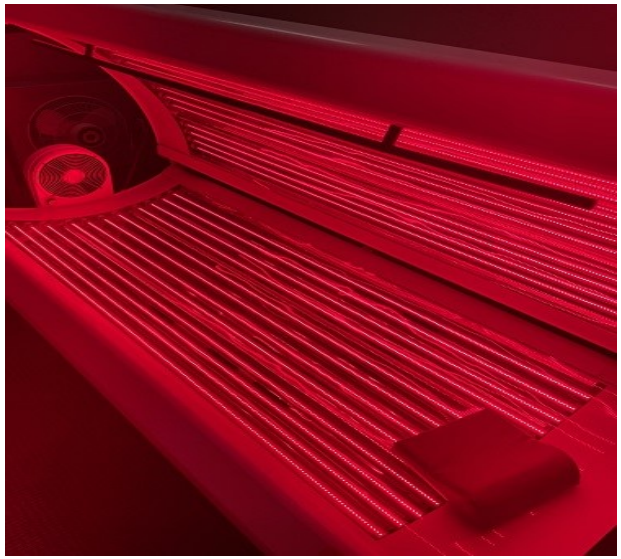
You can continue red light therapy on an ongoing basis to maintain your results.

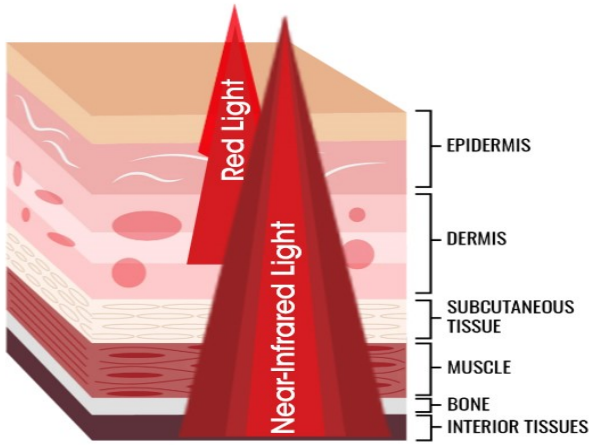
This can be beneficial if you're an athlete striving to maintain peak physical condition; someone who wants to turn back the clock on your face / skin and regain a more youthful appearance; or someone who is suffering from a chronic skin disorder.

It is suggested that your use this therapy 3 to 5 times per week.

Red and Near-Infrared light have the most significant biological benefits without any known side effects.

Red wavelengths penetrate the skin and sebaceous glands to rejuvenate the skins tone & texture.





This is a whole body treatment . For best results you need to use 3 to 5 times a week- just using one time you will not get the full experience of what 660nm led and near infrared 835nm wavelength can do for your entire body.
We offer monthly memberships for this bed. Please call for pricing. 810.629.7874 or go to our web site: www.ub-tan.com

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660nm LED Red Light and Near Infrared 835nm Wavelengths

660 NM LED
AND NEAR INFRARED 835NM
WAVELENGTHS

In the early 1990's, Red Light therapy was used by scientists to help grow plants in space. They found that the intense light from Red LED"s promoted the growth and photosynthesis of plant cells.

Red Light was then studied for its ability to increase energy inside human cells. The human body needs to make ATP (Adenoine Triphosphate) cellular energy to function and survive. This occurs naturally when our bodies are exposed to natural sunlight. Red and Near Infrared wavelengths of natural light stimulate the Mitochondria in our cells. The Mitochondria turn the light into useable energy for our bodies through the process of cellular respiration.

What is the best wavelength & spectrum for Red Light Therapy? You will get the best results by using (610-660nm) red light and near infrared (820-850nm) wavelengths simultaneously.

These therapeutic wavelengths provide to the entire body reducing oxidative stress and stimulates the production of ATP (Adenosine Triphospate)

This process known as Photobiomodulation, has been extensively researched for many years and add measurable energy to the Mitochondria of your cells.

Red Light Therapy uses powerful medical-grade LED's to deliver the optimal wavelengths to the body without adding excess heat. Red Light Therapy uses specific types of light to provide an energy boost to your cells, promote cell regeneration and help you achieve your desired health and wellness outcome.

WHAT IS RED LIGHT THERAPY?

Red Light therapy, also known as Photobiomodulation & low level light therapy, uses red low-level wave lengths of light for a variety of health & wellness benefits.

Red Light is considered "low level" because it works at an energy density that's low compared to other forms of laser therapies.

GET THE MOST OUT OF YOUR RED LIGHT LED THERAPY SESSION:

We offer a wide variety of lotions and sprays to enhance your LED Red Light, Near Infrared treatments. These products enhance collagen and elastin production and maximize the effectiveness of your session. These lotions are located on the wall right next to the Red Light room.

POTENTIAL BENEFITS OF 660nm and near infrared 835nm wavelengths

- Reduction of chronic and acute pain
- Skin rejuvenation (boost collagen & elastin production)
- Tissue regeneration
- Wound healing
- Muscle recovery
- Reduced inflammation
- Pain reduction
- Mood improvement
- Better sleep
- Reduces fine lines & wrinkles
- Improvement in chronic skin conditions
- Hair re-growth for both men & women
- Treatment of acne
- Reduced fatigue
- Improved bone healing
- Reduced neuropathic pain
- Accelerated wound healing