

# ☀️ Red & Infrared Light Therapy

Renew • Restore • Sculpt

## ✨ What Is Red & Infrared Light Therapy?

Red and near-infrared (NIR) light therapy uses specific wavelengths of light that penetrate the skin and tissues to energize your cells, calm inflammation, and stimulate repair.

- 660nm (Red Light): Works at the skin's surface to improve complexion, collagen, and healing.
- 850nm (Near Infrared): Reaches deeper into muscles, joints, and tissues for pain relief and circulation.
- 635nm (Red Light): Targets fat cells for slimming and contouring.
- 880nm (Near Infrared): Stimulates metabolism, improves blood flow, and reduces inflammation.

## 👩‍🦰 Benefits You'll Notice

### 🌸 Anti-Aging Blanket (660nm / 850nm)

- Skin Rejuvenation: Boosts collagen & elastin for firmer, smoother skin
- Wrinkle Reduction: Softens fine lines and improves texture
- Healing & Recovery: Speeds up wound healing and reduces scars
- Pain Relief: Relieves muscle and joint discomfort naturally
- Anti-Inflammatory Relief: Reduces swelling and inflammation from arthritis, fibromyalgia, or injury
- Cellular Energy: Supports mitochondria (your body's "powerhouses") for whole-body vitality

### 🔥 Body Contour Lights (635nm / 880nm)

- Fat Cell Reduction: Stimulates fat cells to release contents, helping shrink stubborn areas
- Slimming & Toning: Supports inch loss and improved body shape
- Detox & Circulation: Improves lymphatic flow to flush toxins and excess fluids
- Performance & Recovery: Increases oxygen and blood flow for faster workout recovery
- Anti-Inflammatory Benefits: Calms systemic inflammation, supporting metabolism and reducing discomfort
- Cellular Renewal: Enhances tissue health and overall vitality

## ☀️ What to Expect

- Comfortable Sessions: Relax under the blanket or place pads on target areas
- Duration: 20–40 minutes per session
- Experience: Gentle warmth – no UV, no pain, and no downtime

## 🌸 Invest in Your Glow & Confidence

From reducing inflammation and pain to rejuvenating your skin and sculpting your body, Red & Infrared Light Therapy is a safe, non-invasive way to look and feel your best.

✨ Shine from the inside out.