



River Rock Massage Therapy Clinic

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Introduction to Red Light Therapy (RLT) Red light therapy, also known as photobiomodulation (PBM) or low-level laser therapy (LLLT), uses low-energy light emitting diodes (LEDs) or lasers to promote cellular functions, offering a range of health and cosmetic benefits. The wavelengths used in RLT penetrate about 5 millimeters below the skin's surface.

Key Benefits of Red Light Therapy

1. Skin Health and Anti-Aging: Boost collagen and elastin production

- **Wrinkle Reduction:** Red light stimulates collagen and elastin production, reducing the appearance of fine lines and wrinkles.
- **Acne Treatment:** It can help reduce inflammation and promote the healing of acne scars.
- **Pigmentation:** RLT can reduce hyperpigmentation and age spots, leading to more even skin tone.

2. Wound Healing and Tissue Repair:

- **Stimulates Healing:** By promoting cellular regeneration, RLT can speed up the wound healing process.
- **Reduces Inflammation:** It can be beneficial for inflammatory skin conditions like psoriasis and eczema.

3. Pain and Inflammation: Reduction of chronic and acute pain

- RLT has anti-inflammatory effects that can benefit those with joint pain, arthritis, and muscle pain.
- Speeds up muscle recovery and conditioning.
- It helps reduce inflammation and oxidative stress in the affected areas, leading to pain relief.

4. Hair Growth:

- For individuals with androgenic alopecia (male/female pattern baldness), RLT can help stimulate hair follicles, leading to increased hair growth.

5. Improved Circulation:

- By increasing the formation of new capillaries, RLT can improve overall blood flow, aiding in oxygenation and nutrient delivery to various body cells.
- Testosterone Boost

6. **Mood and Sleep Enhancements:**

- **Seasonal Affective Disorder (SAD):** Exposure to red light can counteract seasonal depression by stimulating serotonin production.
- **Improved Sleep:** Red light exposure in the evening can increase melatonin production, leading to better sleep.
- **Improve Thyroid Health**

7. **Eye Health:**

- Some studies suggest RLT can be beneficial for certain eye conditions, especially age-related macular degeneration.

Considerations Before Starting and During Red Light Therapy

- **Duration and Frequency:** Specific needs determine session lengths, but generally, treatments last between 10 to 20 minutes. Multiple weekly sessions might be needed to achieve desired results. In the beginning, it is important to maintain consistency in your light therapy treatments. Daily use is recommended, and as time goes on the time can be tapered to three or four times per week. For an area with specific, concentrated pain, exposure can be as often as 2 to 3 times per day.
- **Photosensitivity:** Prior to beginning, it is advised that you test for any photosensitivity.
- **Spot treatment therapy:** To focus on a particular body area such as back, arm or joints, it is recommended that you place the body part approximately 4 to 6 inches from the unit.
- **General Health, Wellness and Energy:** While sitting in the sauna, you will be approximately 12 to 18 inches away from the unit. This distance allows a rejuvenation of your cells over a broader area which will help with an overall feeling of wellness.
- **No UV Rays:** RLT doesn't use ultraviolet (UV) rays, ensuring no risk for skin damage or cancer.
- **Minimal Side Effects:** Red light therapy is generally safe, but some individuals might experience irritations or rashes.
- **Consultation:** Always consult with a healthcare or skincare professional before starting a new therapy, especially if you have existing health concerns.

Why Choose River Rock Wellness for Red Light Therapy? Our advanced RLT equipment is calibrated to provide the most therapeutic light frequencies, ensuring maximum efficacy. Our experienced staff is trained to tailor treatments to individual needs, ensuring safety and best results.

Discover the rejuvenating power of Red Light Therapy at River Rock Wellness and experience a holistic approach to well-being and beauty.

FAQ'S

- **Eye Protection:** Eye protection is not necessary. However, some individuals may find the lights uncomfortable, and eyewear may be used as an option. When initially turning on the unit, your eyes will need to adjust to the strong output so you may want to look away or close your eyes and then open them slowly so your eyes can adjust. It is not recommended to look directly into the LED's.
- **Clothing:** You may wear clothes, if desired however, the areas being treated should be fully exposed to the light with no obstructions.
- **Creams and Lotions:** It is best not to use creams or lotions right before a treatment as it forms a barrier and prevents you from getting the full effect of the therapy. It also might irritate the skin.
- **Medications:** There are some medications which interact with Light Therapy. Some drugs cause photosensitivity, so it is always best to check with your physician before using the unit if you are taking medications.
- **Children and Elderly:** Clinical studies are constantly showing how Light Therapy can be safe and beneficial for everyone. However, if you have any doubts or concerns, we recommend checking with your health care provider.