

Red light therapy is a healing strategy that makes use of red tinted light in order to stimulate the body's natural defense systems and bring relief from various ailments. The basis for this type of treatment has to do with the fact that red light helps to activate ATP or adenosine triphosphate in the muscle tissues, releasing more energy for the body to use.

Employing the therapy simply involves focusing the generated light on an area of the body that is currently experiencing some type of distress. For example, headaches are one of the more common reasons to employ red light therapy. Proponents of this treatment method note that by using either a hand held device or using a bed for 15 – 20 minutes the pain of the headache begins to subside and eventually vanishes. There are a number of different ailments that can be addressed with the use of red light therapy alone or with a combination of blue and red light therapy. Poor circulation is one example. Blood vessels begin to relax and healthy blood flow is restored. In like manner, the therapy can be used to help counteract stress after a rough day by helping to relax the mind and body.

Red light acne therapy is said to help adolescents with skin problems, possibly by helping to clear out clogged pores. Facial red light therapy may also be helpful with nervous tics. Mild depression may also be helped with a series of mini red light therapy treatments, offering some of the same effects that can be found by spending time in natural sunlight. There are even claims that the stimulation of ATP in the body can help with various forms of sexual dysfunction in both men and women.

Depending on the ailment that is addressed, the duration of the red light therapy session will depend on the nature of the health issue. The

sessions may be anywhere from two to five minutes in length, with repeated sessions occurring after a short period of rest. For example, when using red light skin therapy to facilitate wound healing, it would not be unusual to conduct one five minute session, allow the patient to rest for roughly three minutes, then apply a second treatment lasting five minutes. This procedure would be repeated daily in order to motivate the body's natural processes to heal the open wound.

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The use of red light therapy has been around since the 1950's and studies show that it is effective in the repair and rejuvenation of skin whether it be wrinkles, fine lines or even acne. Just by using it 15-20 minutes a day! It does this by stimulating and energizing skin cells as well as reducing pore size.
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You can also use red light therapy for reducing pain and inflammation. If you have pain from tendonitis, arthritis, torn muscles, fibromyalgia, broken bones, sprains, strains, cuts or nerve damage to name a few, then you may want to consider light therapy.
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Whether it's for repairing skin or easing pain, light therapy is a great alternative, since there are no side effects as well as no invasive procedures.
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When using red light therapy for the face/skin time is fairly short, only 15-20 minutes. To prepare skin cleanse as usual with no product left on skin, no makeup, moisturizers etc. In addition, exfoliation of the skin is recommended weekly for better light penetration. After treatment finish up with your normal skin care routine.

RED LIGHT THERAPY

.....Aging is optional

Bronze Bay Tanning® is utilizing NASA® developed light therapy technology: a non-invasive, low-level, non thermal light energy that activates skin cells.

Bronze Bay Tanning® *Elite*

248 E Saginaw Street

East Lansing, MI 48823

517-351-8266





How Does It Work?

Red Light Therapy is a safe and natural process that requires no needles, surgery or lasers. It has many benefits to the skin by naturally slowing down the aging process and improving skin tone. The light causes soft tissue coagulation which leads to remodeling of the collagen within the dermis. The remodeled collagen fills in wrinkles and sagging, for overall skin tightening.

When talking about collagen lamps being used for anti-aging purposes in a tanning salon, we are referring to visible red light that is UV free. At a wavelength of 620 to 700 nm, the red light of collagen lamps penetrates human tissue to a depth of about 8 to 10 mm.

Skin layers, because of their high blood and water content, easily absorb red light. It is extremely beneficial in treating problems close to the surface such as wrinkles, age spots, broken capillaries, wounds, cuts and scars, trigger points and has shown particular effectiveness in treating infections.

Benefits

- Increased radiance (the “photo-therapy glow”)
- Firms aged and tired skin
- Smooths and reduces wrinkles
- Reduces inflammation in skin conditions such as acne
- Reduces the appearance of scars and stretch marks
- More consistent skin coloration and complexion
- Increases moisture retention
- Increases circulation (due to the increased formation of new capillaries)



- Promotes collagen production for plumper, more youthful looking skin
- Increases oxygenation and restoration of skin’s natural cellular activity, which keeps skin renewed and fresh
- Lightens age spots, under-eye circles
- Reduces pore size

Recommended Exposure Frequency

Standard exposure time per session is 20 minutes. The more time you spend in the bed, the better the results will be.

- Weeks 1 – 4: 3 – 5 sessions
- Weeks 5 – 12: 2 -3 sessions
- Weeks 13 +: Once or twice

Common Questions

Does the red light bed tan?

No. The red light therapy lamps do not transmit any UV light.

Can I use the red light bed the same day that I tan? Should I use it before or after tanning?

Yes, you may use the red light therapy bed the same day you tan. In fact, it is recommended that it be used before tanning, since the red light therapy brings blood to the surface of your skin and produces a better tan through increased oxidation of melanin.

Is there a minimum age requirement?

There is no legal requirement; however, parental guidance is suggested for younger individuals.

Do I need to wear protective eye wear?

Due to the intensity of the lamps, eye protection is recommended for comfort.

How soon will I notice results?

Changes occur naturally over a period of weeks. Best results are noticed after 2 ½ to 3 weeks