

RED & BLUE LIGHT THERAPY

Red Light Therapy for Skin Rejuvenation & Problems

Red light therapy seems to be gaining an enormous amount of popularity in recent years, and for very good reasons. This breakthrough treatment, first discovered by NASA, has so many benefits and uses, and so little (if any) risks and side effects. Deep penetrating red light therapy is actually a non-invasive, cost-effective, and risk-free alternative to all sorts of skin problems, and skin appearance.

Red light easily penetrates the skin, **boosts circulation and bringing more blood and nutrients to the area. It also stimulates vital collagen and elastin production. Collagen helps plump the skin, while elastin firms the skin. The red light is energizing and repairing damaged cells, stimulating collagen and elastin** and giving the skin back its youthful look. Red light promotes the healing of the skin and so can be used effectively for many skin problems, *without medication (we all know their dangerous side effects), and chemical-loaded lotions and creams* (Warning: Do not use it if you have an active skin infection):

Devices for skin rejuvenation typically use *visible red light at a wavelength of 660nm* – That penetrates tissue to a depth of about 8-10 mm – Making it more beneficial for treating problems close to the surface of the skin, such as:

1. Wrinkles and fine lines
2. Tightening and firming (non-surgical face lift alternative,)
3. Blemishes and redness
4. Anti-aging
5. Age spots and hyperpigmentation on face, hands, neck
6. Acne scars

Blue Light Therapy for repairing Damaged Skin & Mild Acne

Blue light therapy is often **used to treat mild acne** (bacteria *P. acnes*), rosacea, psoriasis and wrinkles caused by sun damage and age. For acne patients who wish to avoid the side effects and potential long-term consequences of prescription medications, light therapy may be an ideal alternative. Because blue light frequencies effectively **destroy bacteria**, many dermatologists report patients treated with narrow-band blue light show significant improvement in acne conditions. It may take a few weeks to see the results.

