

# WHAT IS RED LIGHT THERAPY?



Red Light Therapy, also known as photobiomodulation and low level light therapy, uses red low-level wavelengths of light for a variety of health and 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.

In the early 1990s, Red Light Therapy was used by scientists to help grow plants in space. They found that the intense light from red LEDs 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 (Adenosine 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 usable energy for our bodies through the process of cellular respiration.

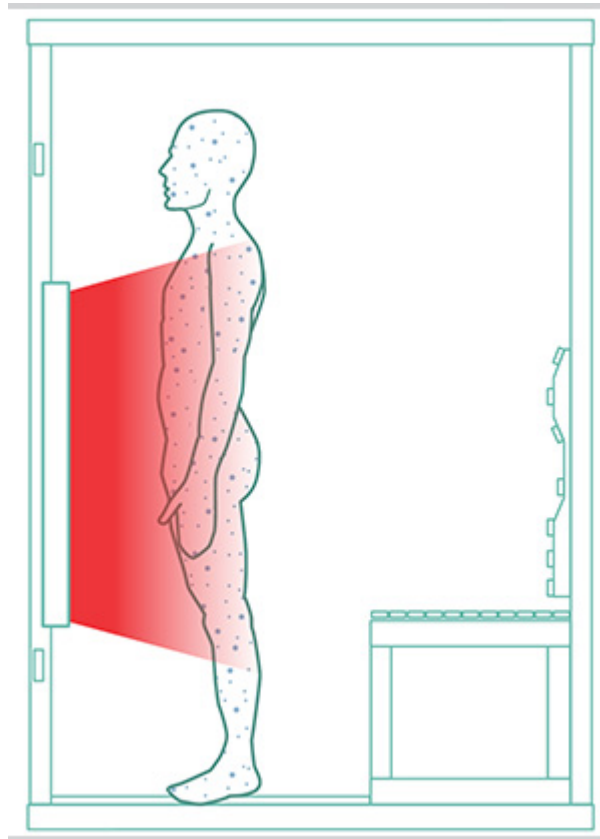
Red Light Therapy, combines powerful red light (650nm) and near infrared (850nm) wavelengths to offer you the best therapy available today. The benefits of Red Light Therapy include:

- Reduction of Chronic and Acute Pain
- Skin Rejuvenation (boost collagen & elastin production)
- Tissue Regeneration
- Wound Healing
- Muscle Recovery
- Muscle Conditioning
- Testosterone Boost
- Reduced Inflammation

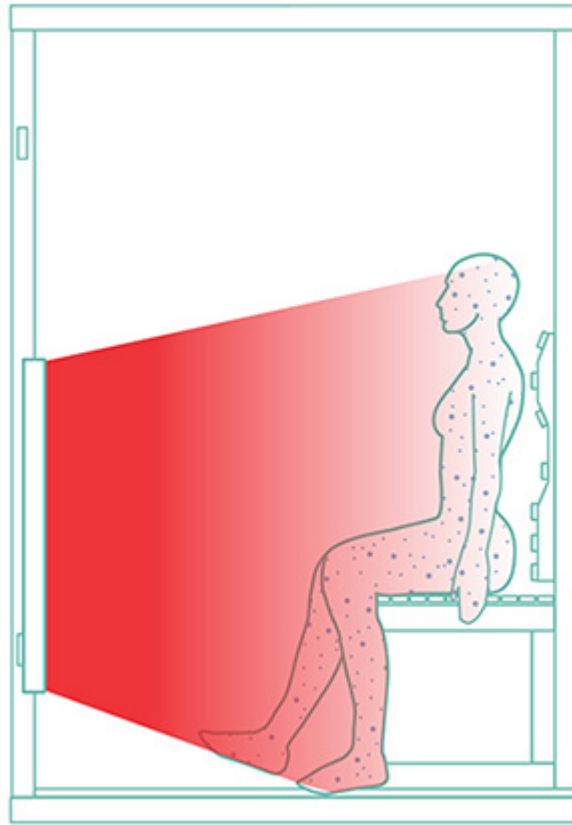
Clearlight Red Light Therapy uses powerful medical-grade LEDs to deliver the optimal wavelengths to the body without adding excess heat. Our technically superior arrays are comprised of 70 red light LED's in the 650 nm range and 70 near infrared LED's in the 850 nm range. The superior output of the Clearlight Light Therapy Towers sets them apart producing up to 110 mW/cm<sup>2</sup>, making them our most powerful and effective light therapy units. Our flicker-free LED bulbs have an intensity rating of 100 mW/cm<sup>2</sup>, ensuring that you receive the optimal wavelengths for effective results. In simple terms, Clearlight 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 outcomes. Experience the maximum benefit in the shortest session time – because we understand that your time is precious.

*Clearlight Light Therapy can be used while seated in the sauna or while standing in front of the tower which concentrates it's healing power on targeted areas of the body.*

*When using your light therapy tower inside your sauna, there are two options for proper use:*



*When standing approximately 6" from the Red Light Tower, we recommend a 10-20 minutes session*



*When using the Red Light Tower while sitting on the sauna bench, we recommend a 20-30 minutes session.*

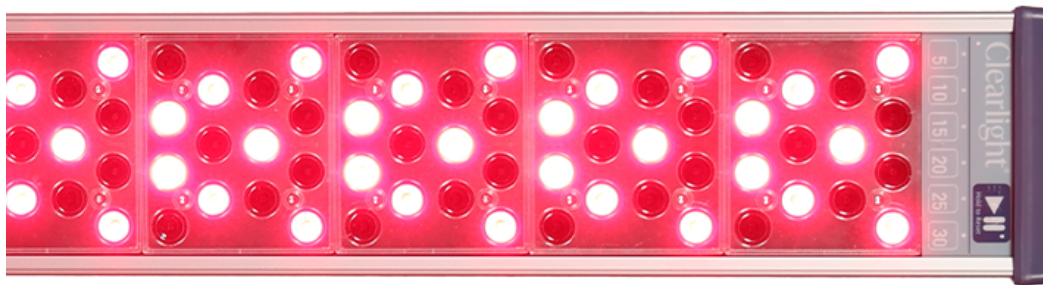
## **VARIABLE OPTICS™ LIGHT THERAPY**

*Clearlight Red Light Therapy is the only red light therapy unit available using Variable Optics™. Most other light therapy units have a single optical output at 30 degrees. This limits the amount of light absorbed by the human body.*

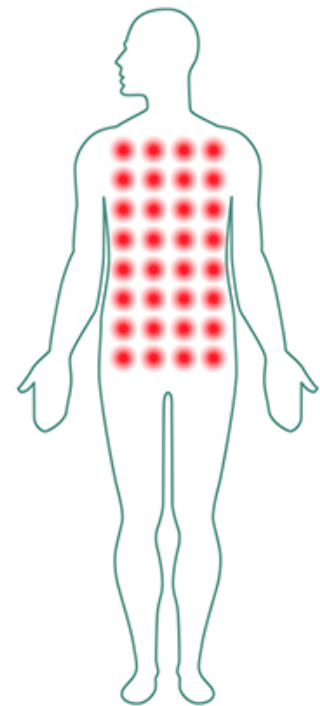
*The light receptors in our skin absorb the Red and Near Infrared light. With a single optic there is a single acceptance angle. With our Variable Optics technology we use a mix of 7 to 60 degree optics creating multiple cross acceptance angles of the light*

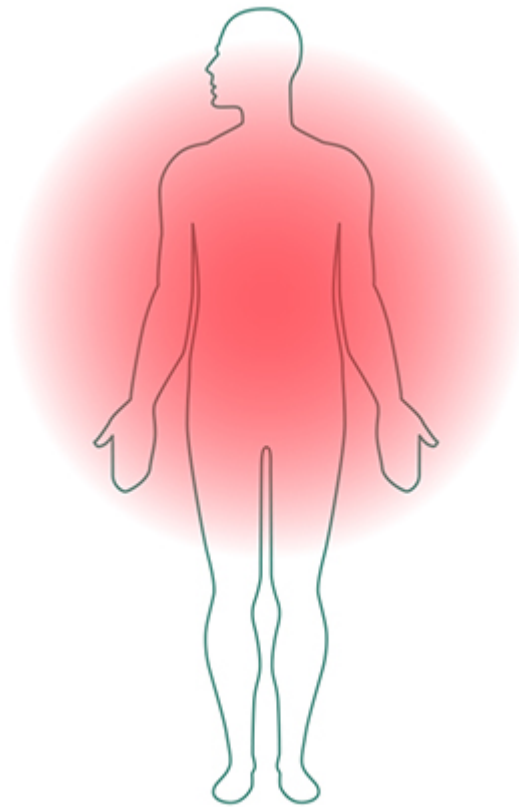
waves. This allows the light to travel better in to our cells and offer more benefit.

Our Variable Optics technology allows you to maximize the benefits of light therapy in every session. This technology is only available with Clearlight Red Light Therapy.



The Narrow Optics light ranges from 7-30 degrees offering targeted and deeper penetration with an irradiance of 75 – 110 mw/cm<sup>2</sup> at of range of 4"-12".





*The Wide Optics light ranges from 40-60 degrees offering full body coverage for overall health & wellness. The irradiance is between 55-85 mw/cm<sup>2</sup> at 4"-12".*