

RED LIGHT THERAPY

WHAT IS RED LIGHT THERAPY?

Red Light Therapy (also known as Photobiomodulation Therapy) uses low levels of red or near-infrared light to help power your cells. The low wavelength produced by our Red Light Therapy machines can be absorbed by the mitochondria in your body, which are responsible for many important processes in your day to day health, healing abilities, and energy production. This relaxing service may help the body promote healing, boost energy levels, relieve minor pain and swelling, and balance your mood—all in as little as 10 minutes per day. Visit your local studio to learn more!

HOW DOES RED LIGHT THERAPY WORK?

Red Light Therapy uses low levels of red or near-infrared light to help power your cells and promote healing and energy. The low wavelength red light produced by our Red Light Therapy machines that can be absorbed by the mitochondria in your body, which are responsible for many important processes in your day to day health, healing abilities, and energy production.

WHAT IS A RED LIGHT THERAPY SESSION LIKE?

Not sure what to expect when you visit Restore for a Red Light Therapy appointment? Red Light Therapy, also known as PBM or Photobiomodulation Therapy, is a painless and relaxing service that takes only ten minutes. Before your Red Light Therapy appointment, you'll fill out a simple waiver and then head back to our private Red Light Therapy room. Our store staff will turn on the Red Light Therapy machine and give you some privacy. Customers usually remove their shirt or change into a robe so that their skin can soak up the maximum amount of light during their session. During your Red Light Therapy session, you'll feel a mild warmth coming from the lights. You can choose to wear sunglasses during your PBM session or simply close your eyes, relax and soak up the glow!

OVERVIEW

The Red Light session is 10 minutes long

Sunglasses are provided to help protect your eyes

Red Light does not penetrate through clothing so we ask you undress to you comfort level

