



SIMPLE RED LIGHT THERAPY

VERSUS

CONTOUR RED LIGHT AND NEAR INFRARED LIGHT THERAPY

WHICH IS BEST FOR YOU?

Simple Red Light Therapy (RLT)

- Wavelength approximately 600-650nm with LED lights
- Typically found in Fitness Centers
- May stimulate collagen production and reduce wrinkles
- No sunburn since RLT does not emit UV light
- Localized benefit
- Penetrates dermis tissue level in a localized region
- RLT between 600-650 nm
Penetrates 1-2mm
Tissue depth only

Contour Red Light and Near InfraRed Light Therapy (NIRLT)

- **ALL BENEFITS ASSOCIATED WITH RLT PLUS:**
- Wavelength approximately 600-850 nm with LED lights
- Stimulates collagen production reducing wrinkles and fine lines
- Penetrates the dermis and hypodermis tissue level to provide localized and systemic biological health benefits
- Reduces fat cell size by penetrating fat tissue at hypodermis depth
- RLT and NIRLT between 600-850 nm
Penetrates 1-3mm tissue depth
- Has systemic health benefits such as:
 - Improving thyroid function
 - Decreasing fat cell size
 - Along with exercise, reduces weight
 - Decreasing inflammation
 - Reducing pain
 - Improving energy
 - Reduce wrinkles and fine lines
 - Increase collagen production
 - Improve testosterone production
 - Improve wound healing
 - Stimulates stem cell activity
 - Improve nitric oxide production
 - Improve circulation
 - Dilate arteries
 - Improves circulation to skin
 - Beautifies the skin
 - Prevent and treat sunburn
 - Helps reduce anxiety
 - Helps reduce depression

The clinical difference between Simple Red Light Therapy that you may find at a Fitness Center or at a home versus Near InfraRed Light Therapy in a clinical setting is the depth of LED Light penetration to the tissue. Red Lights penetrate up to 1mm and provide some localized health benefits while Near InfraRed Lights penetrate between 2 -3 mm of tissue depth. Contour Light Therapy in our clinical setting provides both RLT and NIRLT and this is what gives you the clinical health benefits of Light Therapy. Both offer health benefits but NIRLT offers more systemic health benefits than RLT alone.

Source: www.alexfergus.com

Do you think Near InfraRed Light Therapy might be right for you? Call today to schedule a free, no obligation consultation.

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wellconsulted.com

