

YOUR RED LIGHT THERAPY GUIDE

Red light therapy

Everything you need to know about red light therapy — how it works, what a session is like, and what to expect.

WAVELENGTHS: 660nm + 850nm

SESSION: 20 minutes

01 THE BASICS

What is red light therapy?

Red light therapy (photobiomodulation) uses specific wavelengths of red (660nm) and near-infrared (850nm) light to penetrate your skin and reach your cells.

This light boosts mitochondrial function — the energy factories inside every cell — increasing ATP production and supporting repair. Our INNER-Light LED Bed features thousands of medical-grade LEDs on both top and bottom panels for full-body treatment in a single 20-minute session.

Sessions & packs

Start with a single session or save with a pack.

SINGLE SESSION

\$85

20-minute full-body treatment. Try RLT or use as a one-off session.

5 - PACK

\$375

\$75/session. Start building consistent benefits.

BEST VALUE

10 - PACK

\$600

\$60/session. Best pack value for committed protocols.

What to know before your session

1

EXPOSE YOUR SKIN

Wear as little as comfortable — more skin exposure means better results. Red and near-infrared light can't penetrate clothing.

2

PROTECTIVE GOGGLES

We provide protective goggles for your eyes. Wear them during the entire session.

3**20 MINUTES TOTAL**

10 minutes per side — you flip halfway through. Your nurse or provider will help you select the right Nogier Frequency based on your goals.

4**NO SPECIAL PREP**

No fasting or special preparation needed. Come as you are — the session is comfortable and relaxing.

04 TIMELINE

What to expect

Best results with 2-3 sessions per week consistently.

FIRST SESSION

Some notice improved energy and mood immediately. The light feels warm but comfortable — no UV exposure.

WEEK 2-4

Reduced inflammation, improved recovery between workouts, better sleep quality.

MONTH 1-3

Skin improvements, sustained energy, reduced joint pain. Collagen production increases with consistent sessions.

ONGOING

Sustained benefits with regular sessions. Safe for daily use — your cells continue to benefit from consistent light therapy.

05 SAFETY

Important safety

information

IMPORTANT CONSIDERATIONS:

- ✗ Not recommended over active cancerous lesions
- ✗ Use caution with photosensitivity medications
- ✗ Always wear protective goggles during sessions

POSSIBLE SIDE EFFECTS:

- Mild warmth or tingling (normal)
- Temporary skin redness (resolves quickly)
- Mild energizing effect

Non-invasive with no known significant side effects.
Protective goggles provided.
Safe for daily use.

Important: Individual results vary. These treatments are not FDA-approved to diagnose, treat, cure, or prevent any disease.

Questions? We're here.

Whether you want to schedule a session or explore a membership, our team can help.

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