

# Basic information about red light therapy

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Red light therapy involves red light (600-700 nm), which is one of the wavelengths of sunlight and near infrared (850 nm), which is invisible to the naked eye. Red light therapy is based on the effect of light applied locally to the tissue. Light therapy activates cells and enhances their regeneration (photobiomodulation).

The wavelength affects how deeply the light reaches the tissues. Most light wavelengths, such as ultraviolet and blue, do not extend beyond the skin's surface layers or are absorbed in them completely. Red light and near-infrared light penetrate more deeply than the surface of the skin, thus reaching the cell mitochondria, which are responsible for cellular respiration. Cellular energy production (ATP) is activated as the cells receive more nutrition and the body functions more efficiently.

Clinical studies have found no undesirable side effects of red light therapy or overdoses of it. Red light therapy, which does not use dangerous UV rays or excess heat, has been proven a safe treatment option.





# Benefits of light therapy

Thousands of studies have been conducted on red-light and near-infrared therapy. The effects have been tested on both animals and humans. There are tremendous examples in the scientific literature of how red light or near infrared has protected cells and enhanced their metabolism with no negative effects.

- *Better skin condition*
- *Faster scar healing*
- *Higher levels of collagen*
- *Hair growth*
- *Treatment of pain conditions (Joint and muscle pain, lower back pain, etc.)*
- *Improved muscle performance during exercise*
- *Faster recovery after exercise*

## Innolux RED S:

RED S device is well suited for local treatment. The device can be conveniently focused on where you want it to work and treat one area at a time. Very convenient for joint, lower back or knee pain, for example. Also great for facial skin care. Because of its size, the device is easily moved, it can be carried around and placed on the desired platform. Place the lamp on a table, sofa, chair, for example, or even hang it on a hook using the cables provided. Use the device for each treatment area for 2-15 minutes at a time at a distance of 10-30 cm from the object to be treated. For example, 5 minutes for the face, 10 minutes for the lower back and 10 minutes for the knee.

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[Product number: 780300](#)

EAN 6420611984713

Material: steel and plastic

Colour: white Power: 90 W

Size: 31x21x7 cm

Weight: 2,3 kg

Cord: 150 cm

Light source: LED



## Innolux RED XL

RED XL saves you time when you want your whole body to get the same treatment effects at the same time. Thanks to the large size of the lamp, the treatment is faster, as light is emitted over a large area at once and does not need to be focused on different parts of the body. Light penetrates deep into the tissues and effectively treats different pain states at the cellular level. You can put the device on the floor or hang it on a hook and enjoy the treatment for 10-15 minutes a day.

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[Product number: 781000](#)

EAN 6420611984690

Material: steel and plastic

Colour: white

Size: 91x21x7 cm

Power: 300 W

Weight: 8,6 kg

Cord: 150 cm

Light source: LED

## Innolux RED M

As the name implies, the RED M device is medium in size and is suitable for a larger area (47 cm) than the RED S. The device can be used, for example, on the entire back area, chest muscles or calves. The device can handle several areas at once. Place the lamp on the floor, table, chair or hang it on a hook and enjoy the treatment for 10-15 minutes a day.

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[Product number: 780500](#)

EAN 6420611984706

Material: steel and plastic

Colour: white

Size: 48x21x7 cm Weight: 4,6 kg

Power: 160 W

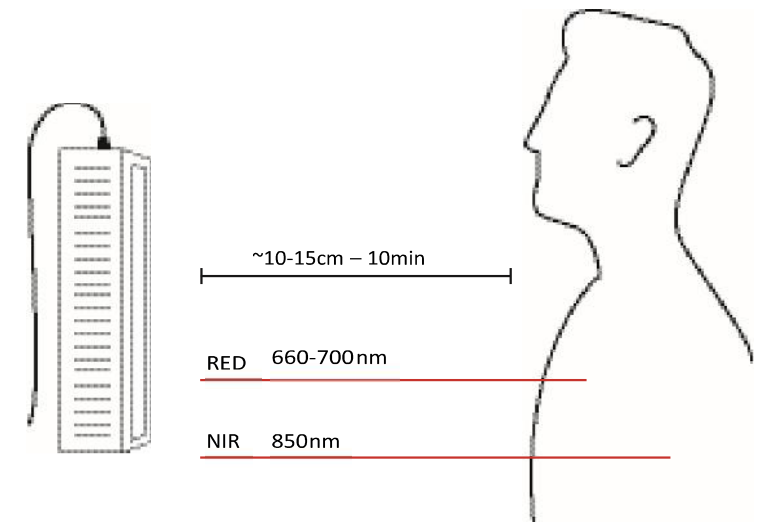
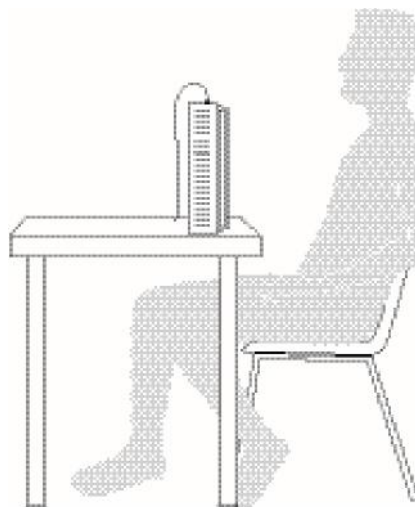
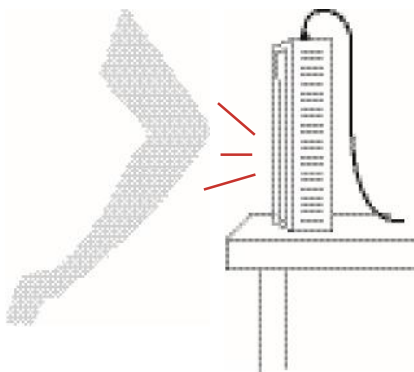
Cord: 150 cm

Light source: LED



# How to use a device

- Treatment time: 2-15 min per day
- Approx. 5-7 times per week
- Therapy distance: 10-50 cm
- The device should be placed where you want the light treatment to be applied
- Can be used with or without eye protection
- No negative effects on the red light therapy overdose  
-> Longer treatment time may erase the benefit gained
- No dangerous UV rays or excess heat







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RED LIGHT

Increased collagen production

Better skin condition

Faster hair growth

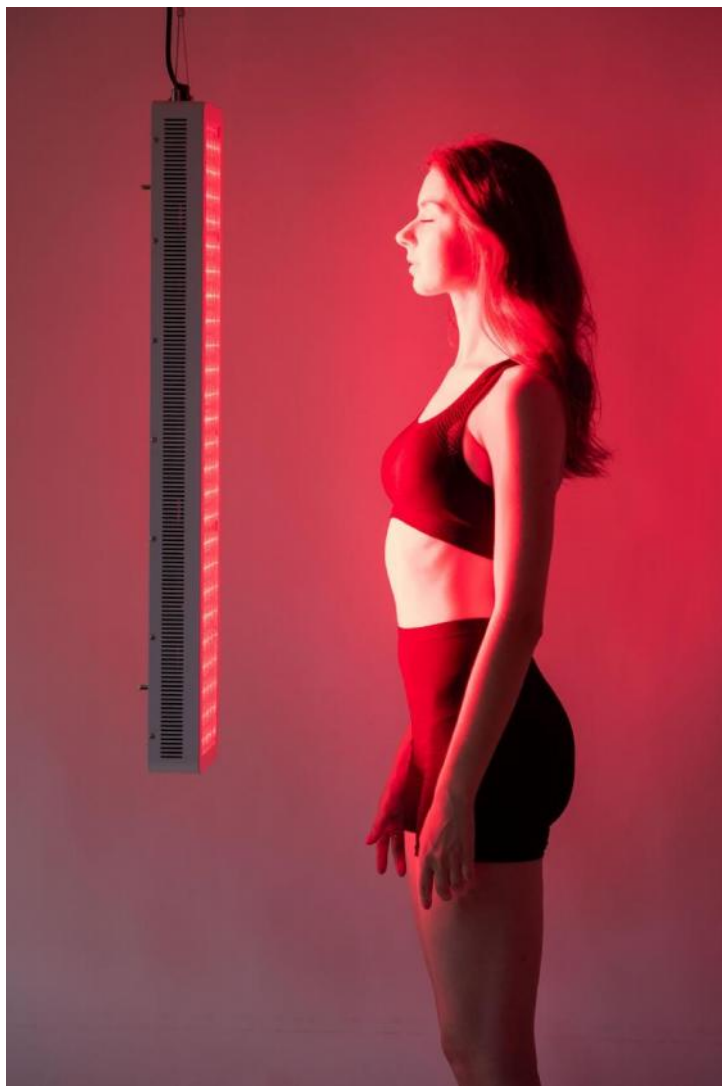
**Pain relief**

Better sleep quality

More efficient  
muscle performance



How?



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# What do you need to know about red light?

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**Red light therapy** is based on the effect of light applied locally to the tissue. Light therapy activates cells and enhances their regeneration (photobiomodulation ).

Red light = one of the wavelengths of Sunlight (600-700nm)

Near-infrared = light invisible to the naked eye 850 nm

The wavelength affects how deeply the light reaches the tissues.

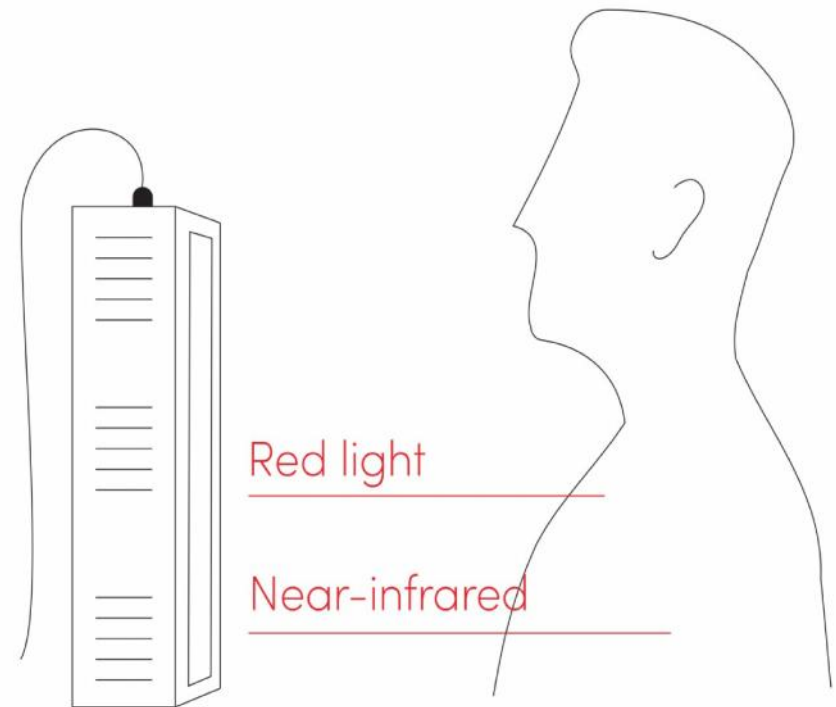
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Most light wavelengths, such as ultra violet and blue, do not extend beyond the skin's surface layers or are absorbed in them completely.

Red light and near-infrared light penetrate more deeply than the surface of the skin, thus reaching the cell mitochondria, which are responsible for cellular respiration.

- > Cellular energy production (ATP) is activated.
- > cells receive more nutrition and the body functions more efficiently.

Near-infrared penetrates more deeply to the tissue than red light.

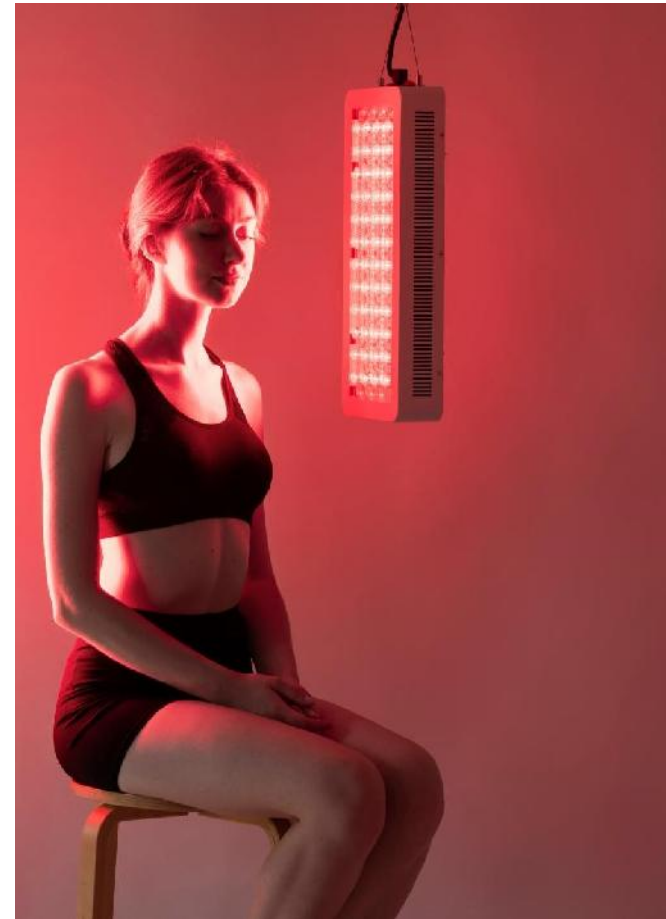


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# Benefits of light therapy

- Better skin condition
- Faster scar healing
- Higher levels of collagen
- Hair growth
- Treatment of pain conditions (Joint and muscle pain, lower back pain, etc.)
- Improved muscle performance during exercise
- Faster recovery after exercise



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# What is it based on?

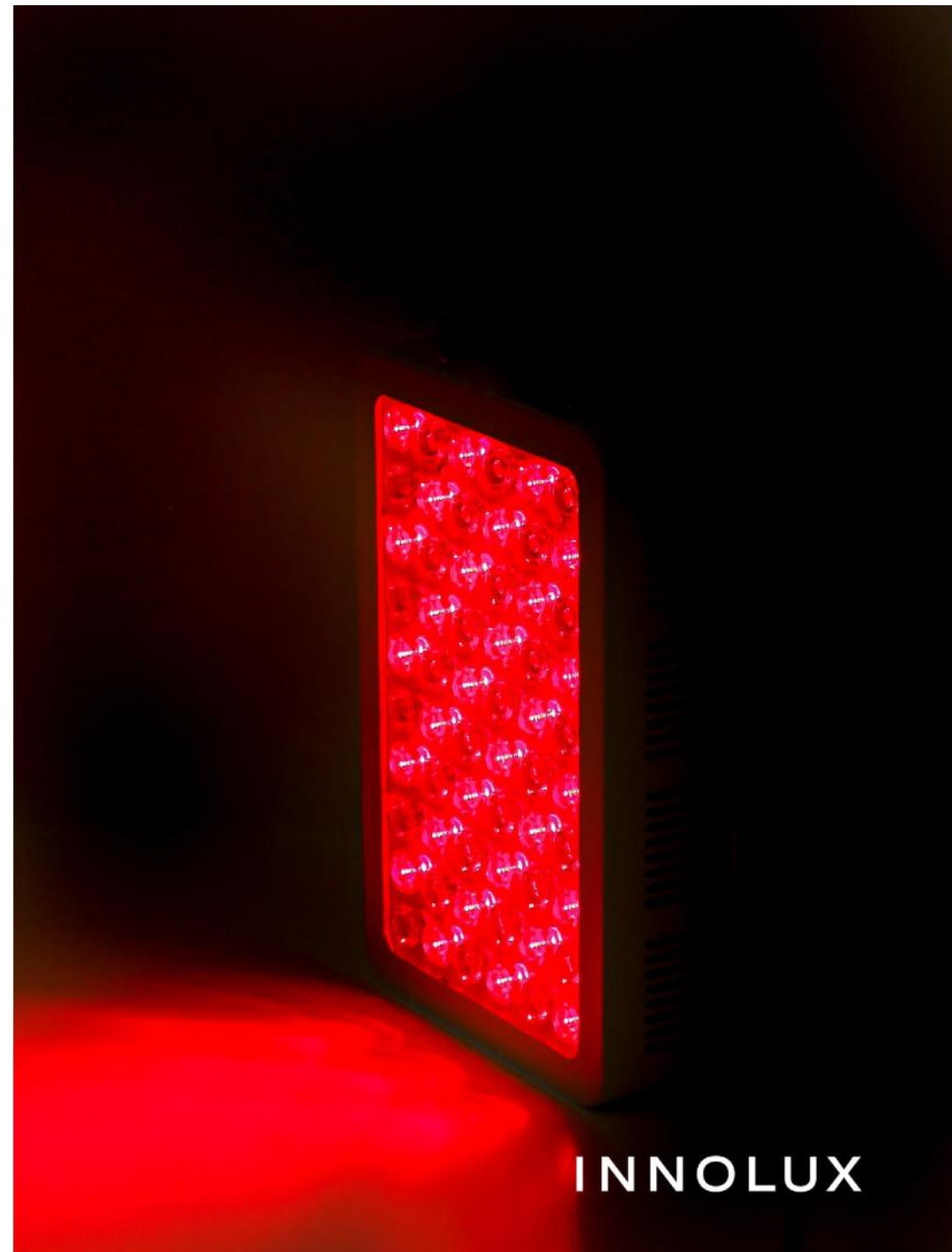
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Over 4000 researches done since 1960s

The effects have been tested on both ani-mals and humans.

There are tremendous examples in the scientific literature of how red light or near-infrared has protected cells and enhanced their metabolism with no negative effects.

Over 100 studies going on right now.





# Why is it becoming so popular?

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Increased consumer interest in their own health and wellbeing over the last 10-15 years

Comprehensive research material

Visible positive effects

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Innolux red light devices

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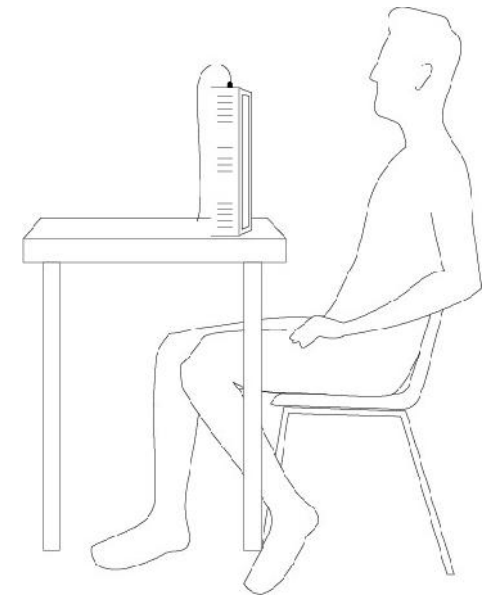


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# How to use

- Treatment time: 5-15 min per day
- Therapy distance: 15-30 cm
- Approx. 5-7 times per week
- Used on bare skin
- The device should be placed where you want the light treatment to be applied
- Can be used with or without eye protection
- No dangerous UV rays or excess heat
- No negative effects on the red light therapy overdose

Longer treatment time may  
erase the benefit gained

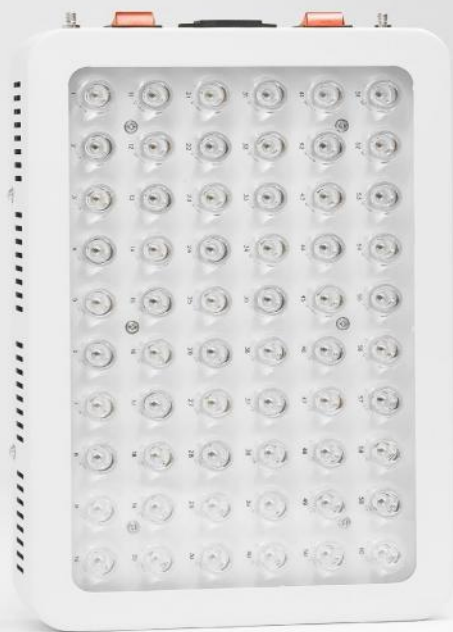


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# How to use



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## RED S (780300)

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EAN 6420611984713 Material: steel & plastic

Colour: white

Size: 21x31x7 cm

Power: 90 W

Weight: 2,3 kg

Cord: 150 cm

Light source: LED

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## RED M (780500)

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EAN 6420611984706

Material: steel & plastic

Colour: white

Size: 48x21x7 cm

Power: 160 W

Weight: 4,6 kg

Cord: 150 cm

Light source: LED

**INNOLUX**



## RED XL (781000)

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EAN 6420611984690

Material: steel & plastic

Colour: white

Size: 91x21x7 cm

Power: 300 W

Weight: 8,6 kg

Cord: 150 cm

Light source: LED

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Thank you!

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