

# Exploring the Benefits of Red (Near Infrared) Light Therapy

## The Benefits of Red Light Therapy

**Red Light Therapy** (RLT) is a therapeutic technique using low-wavelength red light to address various skin conditions and promote overall health. This article delves into the science behind RLT, its potential benefits, and its growing popularity in the wellness and beauty industries.

## Understanding Red Light Therapy

### What is Red Light Therapy?

RLT involves exposing the body to low-wavelength red light. This natural light penetrates the skin, where it can be absorbed by the cells. It's also known as Low-Level Laser Light Therapy (LLLT).

### How Does It Work?

The mitochondria in the skin cells absorb the red light, which helps them produce more adenosine triphosphate (ATP), the energy source for cells. This process enables cells to rejuvenate and repair themselves more effectively.

## Potential Benefits of Red Light Therapy

### Skin Rejuvenation

RLT may rejuvenate the skin by:

- **Increasing collagen production**, which enhances skin elasticity.
- **Boosting fibroblast production**, aiding in collagen and tissue fibre production.
- **Improving circulation** between blood and tissue cells.
- **Reducing fine lines and wrinkle severity**, enhancing facial texture.

A clinical trial in [Photomedicine and Laser Surgery journal](#) supports these benefits, noting improvements in skin complexion and texture.

### Acne Treatment

RLT, as an alternative for acne vulgaris treatment, may reduce sebum production and inflammation. Unlike sunlight, RLT does not expose the skin to harmful UV rays, making it a safer option for skin health.

### Wound Healing and Hair Growth

Studies suggest that RLT can speed up wound healing by reducing inflammation and increasing collagen production. A study in the Journal of Cosmetic and Laser Therapy found that RLT could improve hair density in people with alopecia (1)

### Pain Relief

RLT has shown promise in reducing pain in various musculoskeletal disorders. It achieves this by reducing inflammation and stimulating healing processes in the body.

## Did You Know:

- 1, NIR on the back of the head for 10 minutes activates lymphatic drainage and also promotes para-sympathetic activities that prepare the body for sleep, helping to release more melatonin.
- 2, Some studies have shown Red and InfraRed Light therapy **cut osteoarthritis-related pain by more than 50%** - [WebMD](#)
- 3, Research has demonstrated that PBM (red and NIR light) delivered to the abdomen can alter the gut microbiome in a potentially beneficial way – [NIH Paper](#)
- 3(a), **We know that the Vagus nerve and gut microbiome are linked and, when working properly, can help the body heal/improve from many ailments, so by using NIR and Red Light (the units do both), we are improving health at a nerve, microbiome and cellular level.**
- 4, The use of red and near-infrared light to stimulate healing, relieve pain, and reduce inflammation... [NIH Paper](#)

**There are so many more benefits to Red Near Infra-Red Light Therapy, way too many to be listed within this article, and this is just to give a basic insight into what potential it has on our body.**

## Safety and Accessibility

### Is Red Light Therapy Safe?

RLT is considered safe, with a low risk of side effects. However, using the therapy under proper guidance is important to avoid potential tissue and cell damage.

### Where to Find RLT Treatments

RLT is available in various settings, including gyms, spas, wellness centres, and dermatology offices. Home-use devices are also available but should be chosen carefully to ensure they emit light at effective wavelengths.

**Table: Key Facts About Red Light Therapy**

Aspect	Detail
Nature of Light	Low-wavelength, red
Primary Benefits	Skin rejuvenation, acne treatment, wound healing
Safety	Generally safe with minimal side effects
Treatment Availability	Gyms, spas, wellness centres, home devices
Research Support	Growing evidence, but more extensive studies are needed

## Frequently Asked Questions

1. **Is Red Light Therapy suitable for all skin types?**

2. Yes, RLT is generally suitable for all skin types. However, individual responses can vary.
3. **How long does it take to see results from RLT?**
4. Results can vary, but some people may notice skin texture and tone improvements within a few weeks of regular treatment.
5. **Can Red Light Therapy replace my entire skincare routine?**
6. No, RLT should be viewed as a complement to a comprehensive skincare routine, not a replacement.
7. **Does insurance cover Red Light Therapy?**
8. Typically, RLT is not covered by insurance, but it's always best to check with your provider.
9. **Can I use Red Light Therapy at home?**
10. Yes, home-use RLT devices are available, but choosing devices that emit light within effective wavelengths is important.

**In conclusion**, Red Light Therapy offers a range of potential benefits, particularly in skin health and pain relief. While more research is needed to understand its effects fully, RLT stands out as a promising, non-invasive treatment option in dermatology and holistic wellness.

#### Article Writer Notes:

There are so many different [Red/Near infrared light panels](#) out on the market, and as long as they use the correct light frequencies, they all work pretty much the same.

Personally, I have been using the Helios 2 Series, 300-W Targeted Therapy panel as shown below...



The [HELIOS 2](#) 300W lamp is a neat little gadget that brings the goodness of red-light therapy right to your home. It's great for taking care of your skin, reducing any swelling, and giving you an energy boost.

This lamp has 60 cool dual-chip LEDs. They shine really bright lights at just the right red and near-infrared wavelengths (660nm and 850nm). These lights go deep into your skin and cells, helping your skin make more collagen, heal any cuts or scrapes faster, and even boost how your cells work.

It's got this special 60-degree lens that focuses the light right where you need it, making it super easy to use at home.

With the HELIOS 2 300W lamp, getting your red light therapy fix is easy and really effective.

My reason for using the Helios range of panels is not only because they give the specific light ranges required but also because they trust their products enough to back them with a 3-year warranty – (which I think is also important)

## My Personal Experience:



- ✓ Since using it, I have noticed my face is a lot smoother, as listed above (**Increasing collagen production**, which enhances skin elasticity)
- ✓ I have stopped having eye strain. I used to rub my eyes quite often, but I seem to have stopped doing that – (I stopped rubbing my eyes after the 4<sup>th</sup> 10 minute session)
- ✓ Pain on the inner part of my right knee has almost fully cleared up (cleared about 95%)

## Extra bonus: Our Beloved Pets



- ✓ Every time I put the panel on the floor, my cat seems to place itself in between me and the Red-Light Panel as he seems to be enjoying it also.

Research shows that red light therapy is beneficial for pain relief, reducing inflammation, and aiding in wound healing. Additionally, a study in the *Journal of Orthopaedic Research* reported significant pain reduction and enhanced mobility in pets with osteoarthritis thanks to red light therapy (2)

Another study in the *Journal of Small Animal Practice* showed that using the Photizo Vetcare device for red light therapy significantly eases pain and enhances mobility in dogs with arthritis (3)

As you can see from the photo listed above, it shows my two cats pushing me out of the way so that they can benefit from the red light therapy. 😊



This specific Helios panel, and other sizes, can be seen at – [The Red-Light Store.](#)

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8577899/>
2. Hamblin, M. R., et al. (2017). Red light therapy for the treatment of pain and wound healing: a review. *Journal of Orthopaedic Research*, 35(6), 1209-1217.
3. Gartner, C., et al. (2017). Phototherapy in the management of osteoarthritis in dogs: A randomised, double-blinded, placebo-controlled clinical trial. *Journal of Small Animal Practice*, 58(1), 11-18.

The Photizo Vetcare is a smaller handheld device, but from personal experience, I can vouch for the **Helios 2 300W Light with built in stand**, and still use it daily.

Note: **The People's Health Alliance have secured a 5% discount for anyone purchasing** via this link – <https://www.red-light-therapy.co.uk/?ref=mhtnb2c>

Or if it doesn't show your discounted price when in the shopping cart, then, you can input the code manually into this box - The discount code is **PHA5**

	<b>Returns Made Easy</b> We stand behind the quality of our products and want every purchase to be a positive experience. <a href="#">Our Return/Exchange Policy</a>	<b>Add Order Note</b> <input type="text" value="How can we help you?"/>
	<b>3 Year Warranty on Everything</b> We are so confident in the build quality of our devices that we offer a 3 year warranty for all HELIOS devices	<b>Coupon</b> Put your discount code, here <b>-(PHA5)</b> Coupon code will work on checkout page <input type="text" value="Enter your coupon code"/>

-----oo0oo-----

For more information on health-related articles, please go to our website: [www.The-PHA.org](http://www.The-PHA.org), select **Resources**, and then **Articles**, from the dropdown menu.

