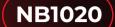


Red Light Therapy Time Guidance Sheet



Use Case	Session Time	Frequency	Distance	Wave	Benefits
Skin Health/Aging	3-6 minutes	3-5 times weekly	10-14 inches	660nm (Red)	Boosts collagen, improves skin tone and reduces fine lines
Muscle Recovery	6-10 minutes	Workout/daily	12-18 inches	850nm (NIR)	Enhances circulation/speeds recovery of tissue and muscle
Pain Relief/Joints	8-12 minutes	3-6 times weekly	10-14 inches	850nm (NIR)	Reduces inflammation and relief for chronic joint/back pain
Wound Healing/Scars	4-6 minutes	1-2 times daily	6-10 inches	660nm (Red) 850nm (NIR)	Accelerates healing and reduces scar formulation/inflammation
Mood Support/SAD	6-10 minutes	Daily	14-20 inches	660nm (Red)	Helps regulate circadian rhythm and boost mood - serotonin
Hair Regrowth (Scalp)	4-6 minutes	3-4 times daily	8-12 inches	660nm (Red)	Stimulates formant follicles and encourages hair regrowth
Acne/Skin Inflammation	4-6 minutes	Daily/every other	8-12 inches	660nm (Red)	Targets acne-causing bacteria, reduces surface inflammation