



Red Light Therapy Time Guidance Sheet

NB1020



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 dormant 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

Red light therapy is generally safe, but times are for guidance only. If you have medical conditions, are pregnant, or unsure about use, consult your GP or healthcare professional first. Always follow manufacturer instructions.