



# Red Light Therapy Time Guidance Sheet

**NB400**



Use Case	Session Time	Frequency	Distance	Wave	Benefits
Skin Health/Aging	5-10 minutes	3-5 times weekly	6-12 inches	660nm (Red)	Boosts collagen, improves skin tone and reduces fine lines
Muscle Recovery	10-15 minutes	Workout/daily	6-18 inches	850nm (NIR)	Enhances circulation/speeds recovery of tissue and muscle
Pain Relief/Joints	10-20 minutes	3-7 times weekly	6-12 inches	850nm (NIR)	Reduces inflammation and relief for chronic joint/back pain
Wound Healing/Scars	5-10 mintues	1-2 times daily	3-6 inches	660nm (Red) 850nm (NIR)	Accelerates healing and reduces scar formulation/inflammation
Mood Support/SAD	10-15 minutes	Daily	12-18 inches	660nm (Red)	Helps regulate circadian rhythm and boost mood - serotonin
Hair Regrowth (Scalp)	5-10 minutes	3-4 times daily	6-10 inches	660nm (Red)	Stimulates formant follicles and encourages hair regrowth
Acne/Skin Inflammation	5-8 minutes	3-4 times daily	6-10 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.