



ask the expert

Written by **Michelle Crevier Gerukos**, resident and community sponsor
Sponsored By BluVida Precision Health and Wellness

Red Light Therapy

(Photo Biomodulation)

ARE YOU READY TO BOOST YOUR WELLNESS TO A WHOLE NEW LEVEL - REDUCE OXIDATIVE STRESS, INCREASE ENERGY AND RECOVER FASTER?

Interested in elevating your health to the next level? Try TheraLight 360!

The TheraLight 360 is an FDA registered full body wellness system - light pod device.

What Is Red Light Therapy?

Red light therapy is an advanced treatment that exposes you to red or near-infrared wavelengths to help skin, muscle and other tissues heal on a cellular level. Red light therapy is similar to infrared treatments but is part of the visible spectrum and can be seen with your eyes, while infrared light is only felt as heat or warmth by the body. Red light penetrates deeper than blue or ultraviolet light and is used to rejuvenate your appearance, reduce inflammation, improve your mood, alleviate pain or discomfort, and more.

How Does Red Light Therapy Work?

Our TheraLight 360 Red Light bed uses 46,000 LEDs to produce low-level energy that penetrates beneath the skin, where it is absorbed by the cell's mitochondria. The mitochondria are specialized structures that act as the cell's "powerhouse," producing most of the energy needed for biochemical reactions and storing it in adenosine triphosphate (ATP) molecules.

When delivered at the correct dosage, intensity, and pulse frequency, using red and near-infrared light wavelengths promote ATP production, which increases energy in the cells and reduces oxidative stress. These effects can help boost wound healing, reduce chronic inflammation and improve cellular repair and health, giving red light therapy a number of applications in skin-care, pain relief, and anti-aging.

Red Light Therapy Results

You may notice the effects of red-light therapy after your first session, but more than one treatment is beneficial for an optimal outcome. Red light therapy is most effective when performed in a series of six to eight treatments, as the cumulative results can lead to meaningful improvements in your health, wellness, and beauty.

Benefits of This Treatment Include:

- Improves skin tone
- Supports immune function
- Reduces inflammation
- Increases mental clarity
- Stimulates cellular repair
- Accelerates soft tissue healing
- Increases athletic performance
- Reduces anxiety
- Improves mood
- Alleviates pain and stiffness
- Stimulates collagen production
- Diminishes the appearance of wrinkles
- Promotes hair growth

Red light therapy (photo biomodulation) is a very popular therapy offered at BluVida Precision Health & Wellness.

BluVida's Health and Wellness Center is in Katy, and for those of us living in Tanglewood, it is an easier (and faster) drive than getting to Houston's Med Center! BluVida is a fully credentialed med spa providing the tools and talent to empower our clients to optimize their Health and Wellness. Our IV spa is staffed by RNs, supervised by our physician medical director. We also offer a variety of other treatments, including traditional nutritional I.V. services along with PEMF. Visit www.BluVida.com for a full menu of our technology and services.

*These statements have not been evaluated by the Food and Drug Administration. These products and/or services are not intended to diagnose, treat, cure or prevent any disease.

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BluVida Precision Health and Wellness

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