



It's Time to Recharge Your Health

Red Light Therapy is a form of integrative physical therapy and like physical therapy, feeling better takes a commitment and consistency. The more consistent you are the faster you will see results.

Red Light Therapy is the treatment of human tissue with specific red and near infrared wavelengths of light at certain concentrations to induce therapeutic benefits. First discovered in the early 1900's, Red Light was then studied by NASA scientists in a research project examining the effects of different light wavelengths on humans with tremendous results. Since near infrared and red light wavelengths can be found in the sun; our bodies are inherently receptive to these beneficial wavelengths.

With red light therapy; the therapeutic process begins in the mitochondria. Red light works to decouple the bond between cytochrome C oxidase & Nitric Oxide (a byproduct of all oxidative stress or cell damage). This process frees up the Cytochrome C oxidase in our mitochondria to optimally produce ATP, the energy that powers & heals all living cells. Red light therapy has thousands of studies on Pubmed, and has been used to treat a wide variety of conditions from fatigue & cognitive and mental health issues, to Improved Appearance of Skin, weight loss & athletic performance. Like any physical therapy, feeling better takes commitment and consistency.

CHOOSE AN OPTION THAT WORKS BEST FOR YOU:

- 1) Choose a 30-minute session for \$20.00
- 2) Choose our value packages. 10 sessions for \$170.00
- 3) Our value packages do not expire, no refunds. (a great option for clients who need more flexibility with their sessions)
- 4) Monthly memberships coming soon.