

LED LIGHT THERAPIES

	LIGHT THERAPY	WAVELENGTH RANGE	BENEFITS
→	Red Light	620-700 nm	Promotes collagen production, improves skin elasticity, reduces appearance of wrinkles, stimulates cellular activity
→	Near Infrared Light	700-1000 nm	Improve circulation, reduce inflammation, promote collagen synthesis, pain relief, tissue repair
	Blue Light	400-470 nm	Treats acne, blemishes. Helps kill bacteria responsible for acne. Reduces inflammation
	Green Light	520-570 nm	Targets hyperpigmentation, sunspots, discoloration. Helps even skin tone
	Yellow Light	570-590 nm	Improve skin clarity, reduce redness, stimulate lymphatic circulation
	Amber Light	590-620 nm	Reduces inflammation, promotes relaxation, improves mood, calms and soothes