

# Red Light Therapy



**Although results may vary among users, Red Light Therapy has been incorporated into our sauna products through the Chromotherapy Lighting System. By doing this, you now get more of a comprehensive therapy sauna session. In addition, Red Light Therapy has been shown to improve healing and reduce inflammation within the body. Red Light Therapy will further complement your sauna session to support balance and health.**

*The above information is provided for informational purposes only and may not be construed as medical advice or instruction. The above is not recommended for any particular treatment and in all cases, it is recommended that you consult your physician before using. This product does not constitute or imply any medical endorsement. Results do vary per person.*

## Chromotherapy Lighting



**This sauna contains both forms of light**

### Violet/Purple LED Light

Violet/Purple light help to slow down an overactive heart and can help cure insomnia. It's also known to help detoxification by stimulating the spleen and the white blood cells

### Green LED Light

Green light is absorbed into the skin where it has a calming effect. It helps to lighten hyper-pigmentation spots revealing a brighter complexion.

### Pink LED Light

Pink light can help relieve grief and sadness. It is also known to help restore youthfulness.

### Turquoise LED Light

Turquoise light works as a disinfectant and antiseptic. It can help to tone the general system, helps rebuild skin, and relaxes sensations of stress.

### Blue LED Light

Blue light has been proven to have powerful anti-bacterial properties that have the ability to kill the acne causing bacteria. It prevents and treats mild to moderate acne.

### Yellow LED Light

Yellow light reduces the appearance of redness, swelling, and inflammation. This color of light is beneficial for rosacea and treating burns such as sunburns.

### Orange LED Light

Orange light helps to revitalize the skin. It has been shown to bring vitality to full and lifeless complexions.

### Red LED Light

Red light has the ability to reach down into all the layers of the skin where it rejuvenates, stimulates collagen production, prompts cellular repair, and increases circulation promoting a more vibrant and youthful complexion.

**Chromotherapy Lighting consist of different color lights that complement and create a relaxed positive sauna experience. Different colors may have different encouraging influences on the human body allowing for relief through comfort and relaxation. As there are eight invigorating colors, they do affect users differently and promote balance of your body's energy.**

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