

Red LED Light 625-740 NM

One of the most widely researched forms of LED Therapy.
Known for its powerful ability to promote healing and detoxification.

Increases the Process of Tissue Recovery
This wavelength activates anti-apoptotic, anti-oxidant, and pro-proliferation genes to repair and heal. Regenerates tissues and helps with muscle recovery.

Stimulates Collagen and Elastin Production
Red LED light penetrates deeply into the innermost layers of skin, promoting collagen and elastin production which helps reduce the appearance of wrinkles and fine lines.
It increases skin firmness and elasticity.

Increased Circulation
By increasing blood circulation, red LED therapy enhances the delivery of oxygen and nutrients to the cells.

Reduces Inflammation
Red light therapy boasts anti-inflammatory properties, which can help modulate the immune response.
Reduces joint inflammation, which helps relieve pain from arthritis and fibromyalgia.

Yellow LED Light 565-590 NM

Improved Lymphatic Function
This spectrum of light stimulates lymphatic flow, which helps with the removal of toxins and waste products from the skin and body for improved health.

Healing of Wounds and Scars
Yellow light therapy aids in healing wounds and scars by promoting collagen synthesis and enhancing cellular regeneration. It supports the recovery process. Also diminishes stretch marks.

Reduction of Redness
Yellow light has anti-inflammatory properties that can help calm and reduce redness in the skin. It is particularly useful for individuals with sensitive or rosacea prone skin.

Skin Rejuvenation
Yellow light therapy stimulates collagen production and promotes cell turnover, leading to improved skin texture, tone and overall radiance.

Elevates Mood
Experience the rejuvenating embrace of yellow light therapy.
Warm and soothing, harmonizing beauty and well being.

Green LED Light 500-565 NM

Natural Pain Relief
Several studies have demonstrated that green light therapy works by triggering the release of endogenous opioids, which have natural pain relieving effects.
It is a non-pharmacological option for pain management.

Boosts Serotonin
Exposure to green light boosts the production of the hormone Serotonin.
Also called the Happy Hormone.

Alleviate Depression
The green light wave can help patients with Seasonal Affective Disorder (SAD) by stabilizing the body's circadian rhythm, contributing to overall mental well being.

Targets Skin Pigmentation
This wavelength improves skin pigmentation damage incurred by overexposure to UV rays from the sun. It targets melanocytes responsible for producing melanin in the skin which contributes to sunspots and age spots.

Regulates Oil Production
Green light therapy regulates oil production and improves overall hydration through its specific wavelength. Resulting in skin that can handle external stressors and maintain a natural barrier.

Calms Nervous System
Demonstrated ability to heal nerves

Cyan LED Light 485-500 NM

Enhanced Cellular Metabolism
Cyan light therapy stimulates cellular activity and energy production. Combined with the steam you will rev up your metabolism, causing you to burn calories even after your session. By boosting your metabolic rate, you can burn more calories throughout the rest of your day.

Mood Enhancement
Cyan light is associated with feelings of tranquility and relaxation. Exposure to its wavelengths have positive effects on mood and mental well-being, promoting a sense of calm and reducing stress and anxiety.

Restore Energy Levels
Exposure to Cyan wavelengths helps balance and restore energy levels, promoting a sense of vitality and well-being.

Improved Sleep
Blue light therapy can help regulate your sleep-wake cycle.

Blue LED Light 440-485 NM

Clinically proven
Blue light therapy's efficacy has been well documented in clinical studies.
It has gained recognition as a valuable tool in dermatology and skin care due to its consistent results.

Inflammation reduction
Blue light therapy has anti-inflammatory properties. By modulating the immune response and suppressing inflammatory cytokines. Reduces swelling and discomfort.

Targets Acne
By focusing on the bacteria responsible for causing acne. Blue light therapy activates porphyrins, which destroys bacteria. This antibacterial action helps reduce the severity of acne breakouts and prevent future ones.

Purple LED Light 380-440 NM

Purple light therapy combines the benefits of blue and red light, providing twice the potency for overall well-being.

Acne Gamechanger
By combining the antibacterial properties of blue light with the skin calming effects of red light, it effectively eliminates acne causing bacteria, reduces inflammation and promotes healing.

Cellular Regeneration
Purple light therapy stimulates cellular regeneration by increasing energy production.
This promotes repair and renewal.

White Light

Clinical White Light is the Most Deeply Absorbed Wavelength

Regulate Circadian Rhythm and Sleep
White light therapy helps regulate your body's natural sleep-wake cycle, improving sleep quality and reducing fatigue.

Mood enhancement and Alertness
White light therapy can increase alertness, boost mood and help combat seasonal affective disorder (SAD)