

LIGHT THERAPY HEALTH BENEFITS GUIDE

			BLUE	GREEN	RED					NEAR INFRARED											
Wave-length:			415nm	528nm	605nm	630nm	633nm	640nm	650nm	660nm	670nm	800nm	810nm	820nm	830nm	850nm	855nm	860nm	900nm	980nm	
Pain Relief & Healing		Pain Relief	✓	✓					✓	✓			✓	✓	✓				✓	✓	
		Arthritis				✓					✓	✓	✓			✓				✓	
		Wound Healing	✓	✓		✓					✓	✓	✓			✓				✓	
		Injury Healing				✓					✓	✓	✓			✓				✓	
Weight Loss		Weight Loss				✓				✓			✓		✓	✓					
		Fat Burning				✓					✓			✓		✓	✓				
		Cellulite Reduction				✓					✓			✓		✓	✓				
		Metabolism				✓					✓			✓		✓	✓				
Anti-aging		Anti-aging			✓	✓	✓	✓	✓	✓	✓				✓		✓				
		Hair Growth								✓	✓										
		Sun Damage				✓	✓	✓	✓	✓	✓				✓		✓				
		Scars				✓	✓	✓	✓	✓	✓				✓		✓				
Skin Care		Wrinkles & Fine Lines			✓	✓	✓	✓	✓	✓	✓				✓		✓				
		Skin Infections	✓			✓	✓	✓	✓	✓	✓				✓		✓				
		Under Eye Circles & Bags				✓	✓	✓	✓	✓	✓				✓		✓				
		Acne	✓			✓	✓	✓	✓	✓	✓				✓		✓				
		Pigmentation		✓		✓	✓	✓	✓	✓	✓				✓		✓				
		Shingles		✓		✓	✓	✓	✓	✓	✓				✓						
		Rosecea				✓	✓	✓	✓	✓	✓				✓		✓				
Athletic Performance		Athletic Performance				✓		✓		✓	✓		✓			✓			✓	✓	
		Post Workout Recovery				✓		✓		✓	✓		✓			✓				✓	✓
		Muscle Building				✓		✓		✓	✓		✓			✓				✓	✓
		Multiple Sclerosis				✓		✓		✓	✓		✓			✓				✓	✓
Brain Health		Cognitive Performance								✓	✓		✓	✓							
		Depression & Anxiety				✓		✓					✓								
		Parkinson's Disease									✓		✓								
		Migraines		✓					✓	✓			✓		✓					✓	✓
		Tinnitus							✓				✓					✓			
Other		Stem Cell Regeneration				✓				✓			✓								
		Liver Function				✓					✓		✓								
		Asthma, Hypertension								✓			✓								
		Fertility & Sperm Motility				✓			✓						✓						
		Sleep		✓		✓			✓	✓	✓		✓								
		Neuropathy		✓					✓	✓	✓		✓		✓	✓					
		Diabetes		✓		✓			✓	✓			✓		✓	✓					