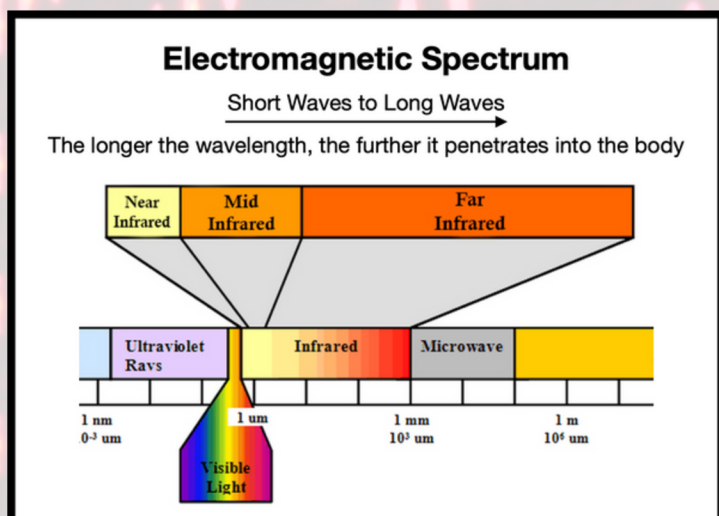


Amazing Benefits of Red Light Therapy

What is Red Light Therapy?

Red light therapy (RLT) is a natural healthcare resource used to regenerate the body's cells and give them more energy. The process in which this happens is called photobiomodulation.

Red light does not create heat, is visible and penetrates about 3/8 of an inch into your body, reaching the cells just below the skin.



The RLT treatment offered at Get Salty & Lit is in our Full Spectrum Infrared Sauna booths. Therefore, you get the benefits of red light, near infrared (IR), mid IR and far IR all in one 40 minute session. These are hot/sweaty treatments and the IR lights penetrate into the body up to 2". The benefits of the infrared lights include: detoxifying the body, cardiovascular health and reduction in inflammation.

Red Light Therapy for Skin



Red light stimulates mitochondria which is the energy in our cells. By doing this it increases collagen production, increases blood circulation to the skins tissue, restores cell function and reduces inflammation in cells. Red light has benefit for treating many skin conditions. Some of the conditions are listed below.

- Psoriasis
- Eczema
- Acne
- Wrinkles
- Rosacea

It can also minimize the appearance of scars and stretch marks by enhancing energy production to damaged skin cells, reducing inflammation, and increasing blood flow.

Hair Growth with Red Light

Red light and near infrared light have been found to stop hair loss and promote regrowth of fuller, thicker hair. This is a result of increased blood flow (microcirculation) in the scalp which stimulates the metabolism in catagen or telogen effluvium follicles.



It can take two to three months to see significant results. Hair cells usually divide and generate quickly, but this will not be an overnight process. You did not lose your hair overnight, it is not going to grow back overnight either.

Healing with Red Light

Red light therapy has amazing healing benefits! It can accelerate the process of wound healing. It reduces inflammation around the wound, produces new blood vessels, creates collagen which helps to create new tissue formation. This all helps the body to regenerate and heal faster.

Younger Brighter Skin

After receiving red light therapy you may notice a great improvement to the look of your skin. It can be brighter, clearer and more even-toned. It can shrink your pores, reduce your wrinkles and give you a more youthful appearance.



Treatment Recommendations

We recommend 15-30 minute sessions of red light therapy 1-5 times a week depending on your goals. Generally treatments closer together give you benefits faster. Consult your doctor for treatment times tailored to your body/health.

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