

Red Light Therapy at Home

CHEAT SHEET

THE SKINCARE EDIT



Editor's Note

I created this resource to help you understand the benefits of red light therapy and how to do your own treatments at home. Over the years, I've tested dozens of beauty gadgets, but none have been as effective as my red light device—it's the one skincare and haircare tool that is definitely worth the investment! With this cheat sheet, you'll know what red light can treat, how to choose the right device, and which protocols to follow for your skin and hair concerns.

Michelle

PS: For best results, I recommend the lights from **Red Light Man**, which are the most powerful and effective devices I've found!

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Benefits at a Glance

| Concern | Red Light Therapy Benefits |
|----------------------|--|
| Acne | <ul style="list-style-type: none">• Reduces frequency and severity• Speeds up healing• Reduces inflammation/swelling• Helps prevent and treat scarring and post-inflammatory pigmentation |
| Oily skin | <ul style="list-style-type: none">• Reduces oil production |
| Large pores | <ul style="list-style-type: none">• Reduces pore size |
| Wrinkles and sagging | <ul style="list-style-type: none">• Prevents and treats the excess collagen accumulation that causes wrinkles and sagging• Stimulates tissue repair• Improves blood flow |
| Pigmentation | <ul style="list-style-type: none">• Prevents hyperpigmentation after sun exposure• Helps prevent and treat post-inflammatory pigmentation |
| Eczema | <ul style="list-style-type: none">• Reduces inflammation and redness |

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Benefits at a Glance — Continued

| Concern | Red Light Therapy Benefits |
|------------------------|---|
| Rosacea | <ul style="list-style-type: none">• Reduces inflammation and redness |
| Dermatitis | <ul style="list-style-type: none">• Reduces frequency and severity• Reduces itching, inflammation and redness |
| Scars | <ul style="list-style-type: none">• Speeds up healing• Stimulates tissue repair• Treats the excess collagen accumulation associated with hardened scar tissue |
| Wounds and cuts | <ul style="list-style-type: none">• Speeds up healing |
| Hair loss | <ul style="list-style-type: none">• Normalizes energy production in hair follicles• Helps reduce and prevent hair loss |

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Choosing a Device

Both red light and near-infrared light can be used for red light therapy. For skin, red light is generally favoured, although studies comparing the two types of light have demonstrated similar results.

| | Red Light | Near-Infrared Light |
|--------------------|---------------|--|
| Wavelengths | 600 to 700 nm | 700 to 900 nm |
| Penetration | Skin surface | Deeper tissues and through dark/thick hair |

Ideally, look for a device that emits one or more of the four best peaks of light (or within 10-15 nm of them):

| Good | Better | Best |
|--|---|--|
| Any wavelength between 600-900 nm will deliver some benefits | Close but not perfect wavelengths: <ul style="list-style-type: none"> • 610 nm • 630 nm • 660 nm • 680 nm • 770 nm • 810 nm • 840 nm | Ideal, scientifically-proven wavelengths: <ul style="list-style-type: none"> • 620 nm • 670 nm • 760 nm • 830 nm |

Also make sure it has a minimum power density within these ranges:

| Red Light | Infrared Light |
|------------------------------|-------------------------------|
| 20 to 100 mW/cm ² | 100 to 200 mW/cm ² |

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Treatment Protocols

Follow these general guidelines to treat your skin and hair concerns:

| Concern | Treat With | Protocol |
|------------------------------------|---|---|
| General skin improvement | Red light at a moderate intensity (approx. 20 to 100 mW/cm ²) Try: Red 670 Device , Red Mini 670 or Red Light Device Mini | Hold 10 to 30 cm from skin Treat for 2 to 15 minutes, four times per week |
| Acne | Red light at a very high intensity (at least 100 mW/cm ²) Try: Red Light Device | Hold 10 cm or closer to skin Treat for up to 10 minutes daily |
| Anti-aging and pigmentation | Red light at a moderately high intensity (approx. 50 to 100 mW/cm ²) Try: Red 670 Device , Red Mini 670 or Red Light Device Mini | Hold 10 to 30 cm from skin Treat for 5 to 15 minutes, four times per week |

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Treatment Protocols —Continued

| Concern | Treat With | Protocol |
|---|---|---|
| Pigmentation | <p>Red light at a moderately high intensity (approx. 50 to 100 mW/cm²)</p> <p>Try: <u>Red 670 Device</u>, <u>Red Mini 670</u> or <u>Red Light Device Mini</u></p> | <p>Hold 10 to 30 cm from skin</p> <p>Treat for 5 to 15 minutes, four times per week</p> |
| Eczema, rosacea, dermatitis, wounds and cuts | <p>Red and/or near-infrared light at a moderate intensity (approx. 20 to 100 mW/cm²)</p> <p>Try: <u>Red-Infrared Combo Light</u> or <u>Combo Mini</u></p> | <p>Hold 5 to 15 cm from skin</p> <p>Treat for 5 minutes daily</p> |
| Scars | <p>Red and/or near-infrared light at a moderate intensity (approx. 20 to 100 mW/cm²)</p> <p>Try: <u>Red-Infrared Combo Light</u> or <u>Combo Mini</u></p> | <p>Hold 5 to 15 cm from skin</p> <p>Treat for 2 to 3 minutes daily</p> |

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Treatment Protocols —Continued

| Concern | Treat With | Protocol |
|------------------|--|---|
| Hair loss | Near-infrared light at a high intensity (at least 50 to 100 mW/cm ²) Try: <u>Infrared Light Device</u> | Hold 5 cm or closer to scalp Treat for 5 minutes daily |