

Red Light Therapy

What can I expect from my first session to prepare?

It's best for you to drink plenty of water (at least 2 glasses) before arrival of the treatment days and ½ of your body weight in ounces throughout the rest of the day. We also recommend not eating an hour before and after your session to allow your body to process the therapy.

What do I wear to my sessions?

It's best for patients to wear loose fitting clothes to the appointment. (*Attire that is easily removable for taking measurements of your body*). During the treatment, it's best for women to remain wearing undergarments. For men, undergarments and/or shorts are ideal. We want to expose as much skin as possible for treatment.

Should I wear any lotion for the therapy?

We want the treatment to penetrate the skin as effectively as possible, so therefore we are very strict with not allowing any lotions, body sprays, creams, oils, or body make up that could block the effectiveness of the light.

Contraindications?

There are a few conditions to consider when it comes to Red Light Therapy. Here is a list of the following: Pregnancy, Active Cancer, Epilepsy, Photosensitizing Medication, Severe Autoimmune Disorders (Lupus, MS, Scleroderma), Uncontrolled Diabetes, Liver or Kidney Disease. If you are pregnant or have any of the above conditions please let us know so that we can discuss your appointment options. It is also not recommended for breastfeeding mothers unless they are willing to discard the next pumped milk or skip the next feeding immediately following the therapy session.

What would I expect after treatment?

After treatment you will be directed to the vibration plate to help stimulate the lymphatic system for drainage to help with flushing the fat from your system.

*Those who can not use the Vibration plate will be instructed to walk for 5 minutes to get the same effects.

Will any medications I take interfere with the nutrition supplements?

All of our supplements are natural and should not interfere with any prescription medications you are already taking. However, we will need a list of all medications, vitamins and supplements you use regularly, to review.

Will I have any down time with the treatments?

Our therapy is quick and easy, No down time required!

Will I still lose weight after the treatment plan ends, and keep it off?

With this program, you will continue to lose weight as long as you look at this journey as a lifestyle change. The nutrition that we provide you with is a "reset" for your body. As long as you continue to eat healthy, have healthy portions, and maintain your activity levels, there should be no issues with keeping the weight off and losing more! The red light treatments are a boost to help you get to your goals faster, they are not meant to be used alone without a proper nutrition plan and regular exercise!