

Women's Journal

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The Amazing Healing Power of Red Light Therapy

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What is Red Light Therapy?

Red Light Therapy is a technology that has both cosmetic and healing effects. The word “healing” is defined as “the natural process by which the body repairs itself.” That is exactly what happens when the body is exposed to Red Light wavelengths.

Red Light in wavelengths between 630-660 nm (nanometers) has the ability to penetrate deep into the layers of the skin, energizing fibroblast cells that make collagen and elastin production. This is how the skin repairs damage and rejuvenates the skin's overall appearance. The visible benefits from Red Light Therapy such as reduced wrinkles and firmer skin may seem like just a cosmetic enhancement, but it actually is the result of the body healing itself. Red Light Therapy targets and treats the entire face and body because the treatment is done in a full-sized bed similar to a tanning bed. While the Red Light bed may look like a tanning bed, Red Light Therapy is not dangerous because it produces a wavelength way outside of the UV range. Red Light is often referred to as near infrared light, why? Because as demonstrated in the visible light chart, light from 600nm -750nm is near or close to infrared light. Infrared light is outside of the visual light spectrum meaning we cannot see this wavelength of light with the human eye.

What causes skin to age?

Fibroblast cells are found in the dermis layer of the skin and are responsible for fabricating collagen. During sun exposure, stress, and through the normal aging processes, fibroblasts cells slow their collagen production. As aging continues, the quality of collagen is lessened, wrinkling becomes deeper and skin loses its firmness. Red Light Therapy has other healing uses that are extensive and outside the scope of this article. However, our facebook site is informative with ongoing articles and videos on Light Therapy.

Where did Red Light technology come from?

NASA first developed this technology to grow plants in space, then later to treat wounds in space. Today Red Light Therapy is being used throughout the medical field to heal patients, and used in salons around the world to rejuvenate the skin. In a video posted on our facebook page, NASA's ongoing research on using Red Light therapy to help cancer patients states, “This technology does not cause any harm, no side effects.” Red Light Therapy is safe and pain free; in fact, clients come away feeling good after a session.

How Does Red Light Therapy Help with Stress?

Red Light Therapy stimulates the production of Adenosine Triphosphate (ATP) beneath the skin. ATP is usable energy for living cells. The more energy a cell is given, the faster a cell can heal itself. This is why Red Light Therapy helps the body heal the skin by promoting Collagen production, reducing wrinkles, fading scars, lighting sun spots, diminishing stretch marks, fading dark circles under the eyes, tightening and firming skin, stimulating wound healing, pain reduction, and improving skin complexion.

ATP also activates the production of endorphins and enkephalins from the brain. These aid in reduction of pain and mood elevation. This is why after a Red Light Therapy session a person can feel uplifted and full of energy. Red Light Therapy is a great pre workout enhancer, it gets the blood flowing and the mood elevated. Light therapy treatments are very relaxing and a rejuvenating experience.

How long does it take to see results?

Red Light Therapy is not a quick fix, but rather a gradual self-repair of all the skin damage done over time. The light waves stimulate your body to heal itself and this healing takes time.

Results will depend on how often one uses Red Light Therapy, how much skin damage they are trying to repair, how old they are, and their skin type. Typically when a person goes at least three times a week for twelve consecutive weeks they will see noticeable results. Renew-U cannot stress enough the importance of commitment in keeping regular Red Light Therapy sessions. This is the one area that will separate the ones who will experience the youthful benefits of Red Light Therapy from those who miss out.