

## **RED LIGHT FAQ**

### **1. What can I expect from red light therapy treatments?**

Treatments using red light will improve skin tone and texture, control pigmentation spots, help reduce pore size, encourage vibrant, healthier-looking skin, and reduce wrinkles. Anti-aging red light therapy stimulates circulation and repairs the elastic fibers within tissue to help keep skin firm.

### **2. Are red light treatments safe? What does the FDA say?**

According to the FDA, red light at 633 nm has a “non-significant risk” status and is completely safe for the eyes. Red light penetrates tissue to a depth of 8-10 mm, delivering energy to stimulate a response from the body to heal itself.

### **3. How does Rejuvenessence red light therapy work?**

Red light at 633nm is absorbed by the mitochondria of the cell and stimulates intracellular energy transfer (ATP) production for enhanced cell vitality and permeability, increased production of new collagen, and increased turnover of collagen and elastin fibers. Laboratory studies have shown that skin cells grow 150-200% faster when exposed to certain light wavelengths, and research has shown red light delivers powerful therapeutic benefits to living tissue.

### **4. Does red light therapy produce the same light as from the sun?**

Rejuvenessence “Collagen Plus” lamps utilize the visible spectra of light at 633nm (red), but contain no UVA or UVB rays.

### **5. How does red light therapy differ from laser treatments?**

Red light therapy does not cut, burn, or break the skin as with laser treatments. Lasers use heat and concentrated light to vaporize or remove tissue. Rejuvenessence “Collagen Plus” lamps produce no vaporization or burning of tissue, and therefore no inflammation of erythema. Red light therapy is one of the few non-invasive tools available that can reverse the appearance of aging skin, such as wrinkles and mottled skin tone.

### **6. How soon will red light therapy results become noticeable?**

There are few immediate changes to skin, as change occurs naturally over a period of weeks. Everyone reacts differently, depending on their age and the condition of their skin. In general, best results are achieved over an 8 to 12 week period.

### **7. Does Rejuvenessence red light therapy lamps treat acne, age spots and weathered skin?**

Red light helps remove the bacteria that causes acne, and generates cellular activity that deals with age spots and weathered skin. Anti-aging red light therapy brightens skin and reduces the formation of pigmentation marks.

### **8. Does red light treat cellulite?**

No, there are no studies that cellulite is treatable with red light therapy.

### **9. Does red light therapy work equally well on all skin types?**

Rejuvenessence “Collagen Plus” therapy is safe and effective for all skin types and colors. The main prerequisite is that skin be clean for effective light transmission.

### **10. How long does red light therapy results last?**

Results depend on the length of treatment and the original conditions being treated. Skin rejuvenation is a dynamic process. If maintenance treatments are discontinued, natural expression lines will gradually return over the course of time, at which point re-treatment can be put in place.

### **11. Will red light therapy treatments hurt?**

No. Unlike lasers or other ablative (skin harming) treatments, red light therapy treatments are non-thermal, non-ablative, and non-invasive. Clients report no discomfort or pain associated with red light therapy treatments. However, your skin will feel warm or hot due to the intensity of the lights. Don't worry though, you will not burn.

### **12. Can red light therapy hurt my eyes?**

No studies have been found showing any harmful effects to the eyes. However, we recommend not staring directly into the red light lamps. Although protective eyewear is recommended, it is not required during a red light therapy session. You will be provided with eyewear and the choice will be yours to use or not.

**SEE BEFORE AND AFTER PHOTOS ON THE FOLLOWING PAGE.**



Before Light  
Therapy Treatment



After Light  
Therapy Treatment



44 year-old smoker  
before 1st treatment



44 year-old smoker  
after 1st treatment



50 year-old woman after glycolic  
peel, but before 2nd treatment



50 year-old woman  
after 2nd treatment

## The Rejuvenation Effect of Cosmedico COLLAGEN Pro Beauty



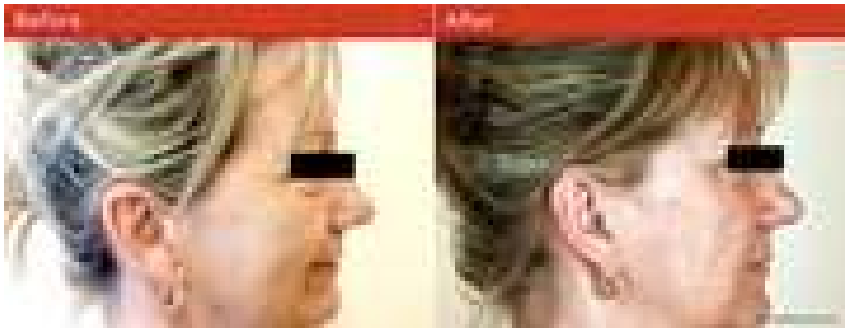
The aging process goes along with two essential factors: The older the skin becomes, the slower the metabolism in the skin. This leads to a decrease of cell energy in the fibroblast cells, that produce collagen and elastin. Moreover, the body's capacity to produce the necessary nutrients for the fibroblast cells also declines.

The result is a reduced collagen and elastin production which shows in lines and an uneven and loose appearance of the skin.



The gentle red light waves of **Cosmedico COLLAGEN Pro Beauty** lamps stimulate the skin to start producing skin-tautening collagen and elastin fibres in the deeper layers of the dermis again. This photo bio stimulation has a visible smoothing effect on wrinkles and activates the metabolism of the skin.

The result is a tight and firm skin with reduced lines, a fresh appearance and a smooth and beautifully radiant look.



Before



3 weeks after 1 Tx.



PATIENT: [redacted] VISIT: 2  
Photos Courtesy Bruce Russell, MD

**Before and 4 Weeks After 2 Treatments**