

# RED, BLUE & GREEN LIGHT THERAPY BED

CELLULAR REPAIR • SKIN TRANSFORMATION •  
NERVOUS SYSTEM BALANCE

Our full-body light therapy bed delivers red light, infrared, blue light and green light to support the body at a deep cellular level.

Each wavelength has its own therapeutic benefits – working together to improve energy, skin health, mood, inflammation and overall wellbeing.

At Luminate, we focus especially on the powerful combination of red and green light, which is now one of the most talked-about biohacking treatments globally.



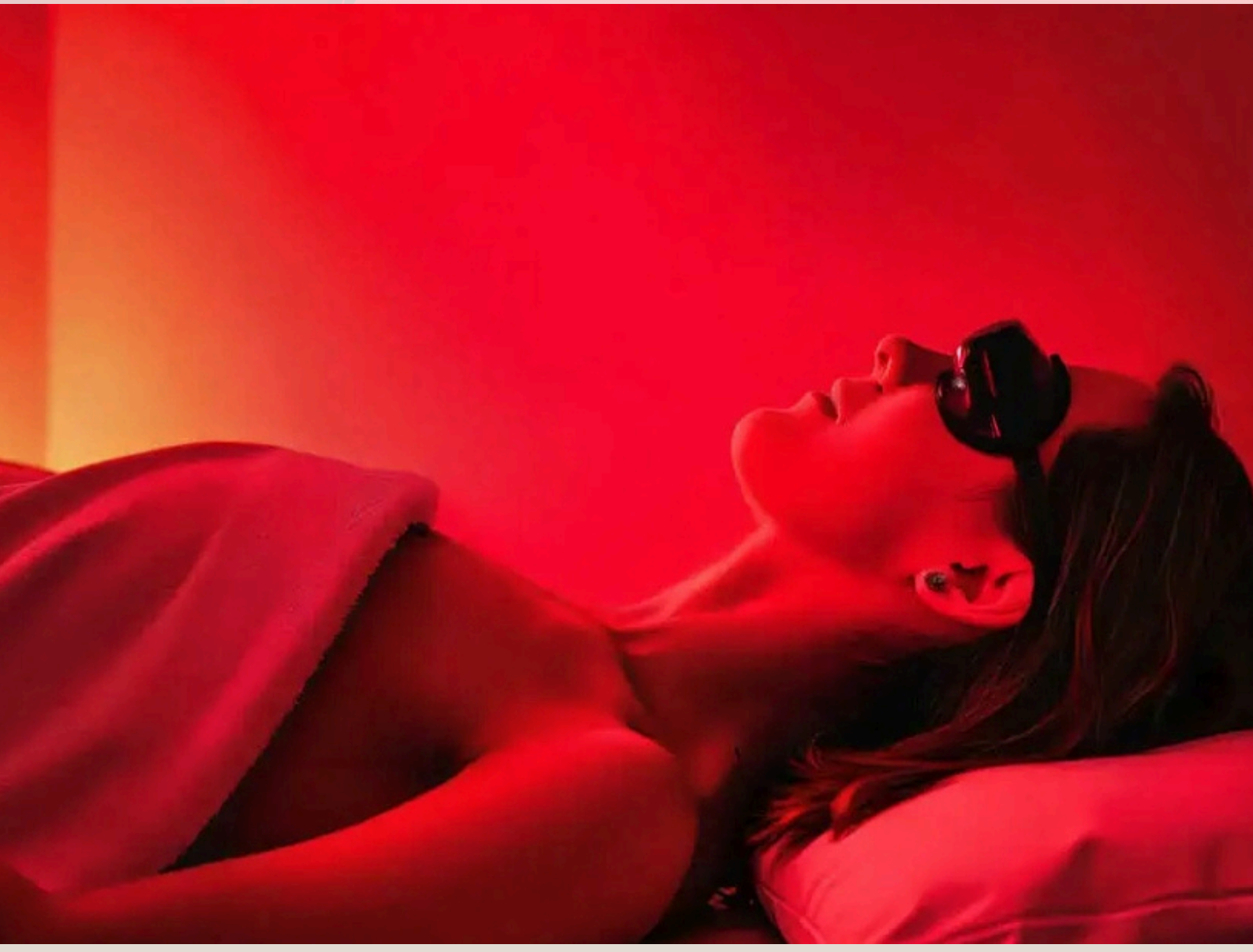
# Red Light (633nm)

The hero of skin rejuvenation and cellular repair.

Red light helps to:

- Stimulate collagen + elastin
- Improve wrinkles, texture, firmness
- Boost circulation and oxygen delivery
- Speed up healing and recovery
- Support hormonal balance
- Improve mood and energy
- Reduce inflammation
- Calm redness and irritation

Red light works directly with your mitochondria to help your cells produce more energy – so the whole body performs better.







## Green Light (520–560nm)

The emerging star of modern light therapy – and one of the most exciting wellness trends right now.

Green light helps to:

- Reduce stress and calm the nervous system
- Balance mood and emotional regulation
- Support lymphatic flow
- Brighten and even skin tone
- Reduce hyperpigmentation
- Improve overall skin clarity
- Reduce redness + sensitivity
- Support hormonal balance
- Ease migraines and tension

Clients often describe green light as giving them a “reset” – grounding, clarifying, and deeply soothing.



# Blue Light

Perfect for antibacterial and skin-clarifying benefits.

Blue light helps to:

- Reduce acne-causing bacteria
- Calm active breakouts
- Reduce inflammation
- Support wound healing (when paired with red light)
- Improve overall skin clarity

## **Not recommended before bed**

Blue light can suppress melatonin, the hormone your body uses to fall asleep.

This is the same reason phones and screens can keep you awake at night.

Although it's brilliant for clearing the skin, it's best used earlier in the day rather than in your evening routine.



# Who This Treatment Is For

Light therapy is ideal if you want to:

- Improve skin texture, tone or pigmentation
- Boost collagen and anti-aging
- Support hormonal balance
- Reduce stress and calm the mind
- Improve mood and sleep
- Support lymphatic drainage
- Reduce inflammation or pain
- Enhance recovery
- Improve energy and metabolic health

## For Best Results – Your Lifestyle Matters

Light therapy works at a cellular level, so your body must have the basics to respond:

- Hydration + minerals
- A nutrient-rich, balanced diet
- Good sleep
- Regular movement
- Supportive supplementation (collagen, omegas, antioxidants, minerals)

Healthy cells respond stronger – meaning faster, more visible results.

## What Happens in a Session

To safely adapt your cells and avoid detox overload, session times build up gradually:

### Session Progression

- First session: 10–15 minutes
- Sessions 2–3: 15–20 minutes
- Session 4 onwards: You can build to 30-minute sessions

You'll lie comfortably in the full-body bed while the lights cycle.

Most clients feel warm, calm, deeply relaxed and mentally clear afterwards.



## Before Your Treatment

For best results:

- Come well-hydrated
- Avoid heavy meals beforehand
- Remove makeup, SPF, lotions or oils if treating the face
- Take minerals if you tend to feel depleted
- Avoid alcohol before your session

Optional: If you're highly inflamed, sensitive or detox easily, a gentle binder can help.

## After Your Treatment

- Drink plenty of water
- Replenish minerals/electrolytes
- Avoid harsh skincare for 24 hours
- Allow your body to rest and repair
- Avoid sunbeds or extreme heat immediately after

Light continues working long after the session ends.

## What to Bring

- Underwear or swimwear
- A bottle of water
- No makeup if treating the face

## Safety

Please avoid if you are:

- Pregnant
- Taking photosensitive medication
- Have epilepsy triggered by light
- Extremely sensitive to heat or light

Always check with your doctor if unsure.

## Pricing

Build-up sessions: Start 10-15 mins

Standard session (up to 20 mins): £25

Add to another treatment: £15

Packages available

