



## Now offering

# RED LIGHT AND NEAR- INFRARED LIGHT THERAPY.

### Benefits of red light and near-infrared light therapy

Red light/near-infrared light (NIR) therapy is a non-invasive cosmetic and healing treatment that delivers safe, concentrated wavelengths of natural light to your skin. Red light/NIR light therapy has the ability to penetrate deep into the skin and promote collagen and elastin production. There are many visible cosmetic benefits of red light/NIR light therapy such as a reduction of fine lines/wrinkles, lightening of pigmentation spots, firmer skin, and the fading of scars. NIR light therapy helps improve physical performance by reducing inflammation, relieving muscle soreness, and accelerating muscle recovery, muscle growth, and athletic performance.



### Red light/near-infrared light therapy has been shown to:

- Reduce fat and cellulite
- Enhance muscle gain, strength, endurance, and promote faster recovery
- Increase energy levels
- Decrease inflammation and improve joint health
- Help combat chronic fatigue

### How do I sign-up and schedule treatment sessions?

Visit the studio to sign up and get started. You will receive an email with login instructions for the Elite Fitness Training account on the Mindbody website or app. Reservations must be made online to secure your 15 minute appointment time. A personalized monthly password will be emailed to you, enabling you to turn on the therapy device.

### How should I prepare for my treatment?

Remove clothing for the area(s) being treated. Bare skin is required. Removing any makeup will help accelerate cosmetic results. Red light/NIR light therapy is safe and protective eyewear is not needed. The therapy device does not get hot and will not produce any tanning effects.

### How often should I schedule treatments?

Three or four sessions a week are recommended and each session lasts between eight to 12 minutes. With continuous long-term use individuals should see an improvement in skin tone and texture.

### Monthly pricing:

*(Unlimited treatments)*

- Elite Fitness Training Clients - \$29.99
- Team Elite Athletes – 12 weeks is included with competition package
- Individuals w/out a training contract – \$49.99

*Results may vary.*

