

How to use a low-loss red light source



Article Overview

Use a low-loss red light source by selecting the correct wavelength, maintaining proper distance, controlling exposure time, and protecting your eyes to maximize benefits and preserve night vision.

Choosing the Right Wavelength and Intensity

For therapeutic purposes, red light should typically be in the 630–660 nm range for visible red light and 800–850 nm for near-infrared light, which penetrate the skin and stimulate cellular activity without causing DNA damage or heat stress . Devices should deliver around 100 mW/cm² at the skin to achieve an effective dose of 5–60 J/cm² per session . For night vision preservation, red light primarily activates cone cells minimally, allowing rod cells to function optimally in low-light conditions .

Proper Distance and Exposure

Maintain a distance of 6–12 inches (15–30 cm) from the light source for red light therapy . Adjust brightness to the lowest usable level to avoid overwhelming the eyes while still providing sufficient illumination . Exposure time for therapy is generally 15–20 minutes per session, 3–5 times per week, with cumulative benefits over multiple sessions . For night vision, avoid shining the light directly into your eyes; instead, direct it downward or use diffusers to soften intensity .

Safety Precautions

Always wear eye protection when using high-intensity red light devices to prevent r...

Article Content

Low-level laser therapy

Low-level laser therapy (LLLT), cold laser therapy or photobiomodulation (PBM) is a photochemical reaction -based

How to Use Red Light Therapy at Home

If you're interested in trying red light therapy at home but aren't sure where to start, we will walk you through how to use

Hair Growth Promoting Effects of 650 nm Red Light Stimulation on

The effect of 650-nm red light on ex vivo hair follicles and the transcriptome set which implicates the role of red light in promoting hair

Low dose laser therapy for hair loss

What is low dose laser therapy? Low level laser therapy is a safe form of light/heat treatment under investigation for a variety of

Is red light therapy right for your skin?

Red light is a popular treatment for skin concerns, especially signs of aging like wrinkles, age spots, and sagging skin.

Red Light Therapy: Benefits, Side Effects & Uses

Red light therapy uses low levels of red light to reportedly improve your skin's appearance, such as reducing wrinkles, scars, redness

Contact Us

For more information, pricing, or custom solutions, please contact us:

Website: <https://www.gmarkconstruction.co.za>

Email: sales@gmarkconstruction.co.za

Phone: +31-6-15-38-72-94

Address: Herengracht 456, 1017 BS Amsterdam, Netherlands

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