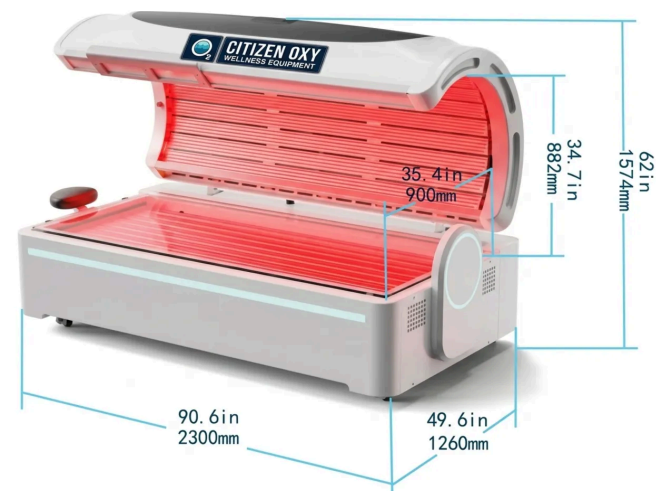




Red Light Therapy Device

Let Citizen enlighten your Life.

2026 THERAPY & PRESCRIPTIONS GUIDE



RED LIGHT THERAPY

Improve Overall Health

Improve healing

Reduce pain

Relax muscles

Improve circulation

Boost cellular function

Reduce oxidative stress

Maintain skin health

Even skin tone

BUILT FOR

Wellness Clinic

**Sport Recovery
Center**

**GYM & Fitness
Center**

Resort & Beauty Spa

CLINICALLY PROVEN BENEFITS

Full Body Red Light Therapy has many General Wellness Intended Uses and Clinically Proven Benefits, including:

Reduce Inflammation

Near-infrared (NIR) light reduces overall inflammation in the body by decreasing the presence of inflammatory markers.

This reduction can help ease the symptoms associated with joint pain, sore muscles, autoimmune diseases, arthritis, traumatic brain injuries, and spinal cord injuries.

Reduce Recovery Time

For high-performance athletes (and those who train like them), LED light therapy can help accelerate muscle repair following fatigue and injury. Mitochondria within cells are particularly responsive to LED light therapy, and muscle cells are exceptionally rich in mitochondria. LED light therapy may also stimulate stem cells, further assisting in muscle recovery.

CLINICALLY PROVEN BENEFITS

Hair, Fertility and Circulation

Stimulate Hair Growth

Alopecia, or hair loss, is a common disorder affecting 50% of males over the age of 40 and 75% of females over 65. Studies have shown that LED light therapy can stimulate hair growth. Red light wavelengths are believed to stimulate epidermal stem cells in the hair follicle, shifting the follicle into the anagen (active growth) stage.

Increase Fertility

Around the age of 30, male testosterone levels naturally start to decrease. Men hoping to achieve a natural boost to their sex drives, sexual satisfaction, fertility, and physical performance can reap benefits from LED light therapy. Red and near-infrared wavelengths can stimulate photo-receptor proteins in the testes, causing higher testosterone production. Other studies have theorized that low-level light therapy may affect the pineal gland in the brain, which has a significant impact on reproduction.

Improve Circulation

In many studies, LED light therapy has been clinically proven to increase the diameter of blood vessels and to improve circulation. What's more, LED light therapy also protects red blood cells against oxidative stress and limits platelet loss during surgical procedures.

CLINICALLY PROVEN BENEFITS

Cells, Skin and Pain

Boost Cellular Function

The most significant benefit of LED light therapy is the effect it has on the body's cells. One of the most critical outcomes of LED light therapy on cellular function is the stimulation of collagen production. Collagen strengthens hair, is responsible for the health of connective tissue, and provides our skin with firmness and elasticity.

Maintain Skin Health

LED light therapy can dramatically transform the skin. Red light wavelengths in particular target the mitochondrial chromophores within skin cells, generating production of collagen proteins. Collagen stimulation yields more holistic and enduring benefits than simply resurfacing the outer layers of the skin. Stem cells may also be activated, increasing tissue repair. The result is accelerated healing and wound repair, improved appearance in hypertrophic scars, a reduction in fine lines and wrinkles, and improved skin texture.

Reduce Pain

In a clinical study, neuropathic pain caused by a spinal cord injury was dramatically reduced by the application of Red Light treatment. Near-infrared light wavelengths reduce overall pain by easing joint stiffness and soreness, diminishing inflammation, easing muscle spasms and enhancing blood flow.

HOW IT WORKS

How Does Light Therapy Work for Pain Relief?

Unlike a heating pad, light therapy works underneath the skin's surface, penetrating 1" to 2" below the skin's surface. Light therapy assists with pain relief by increasing blood circulation, relaxing muscles, and reducing spasms. Heat is a beneficial therapy also, much like a sauna, and near-infrared light offers both heat and light penetration into the body. Many people use near-infrared light as a sauna alternative for the two benefits.

There are many studies that show how light therapy works for pain relief, including a NASA study that confirmed their light therapy devices reduced painful side effects from radiation and chemotherapy. Health professionals such as doctors, rehab facilities, therapists, and chiropractors already use light therapy for pain on patients in clinical settings. The efficacy of infrared light therapy for chronic low back pain was studied in the journal Pain: Research and Management.



WEBSITE REFERENCE

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2539004/>

HOW IT WORKS

How Does Light Therapy Work for Oral Health?

Oral light therapy, in the form of low-level lasers and LEDs, has been used in dentistry for decades now. Various studies have shown the efficacy of LED lights for various aspects of oral health. A study shared by the US National Library of Medicine showed how LED lights killed periodontal pathogens. Non-UV blue lights have also been shown by the American Chemical Society to be a safer but still effective method for teeth whitening with whitening treatments, a finding repeated by major dental product suppliers. Light therapy is worth looking into for things like sensitive teeth, toothache, infections, oral hygiene in general, and tooth/gum damage.

WEBSITE REFERENCES

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3882849/>

<https://www.acs.org/pressroom/presspacs/2018/acs-presspac-july-18-2018/a-safe-and-effective-way-to-whiten-teeth.html>

<https://www.colgate.com/en-us/oral-health/teeth-whitening/is-a-teeth-whitening-light-effective>

HOW IT WORKS

How Does Light Therapy Stimulate Hair Growth?

Aside from working on the skin, it works for the hair too!

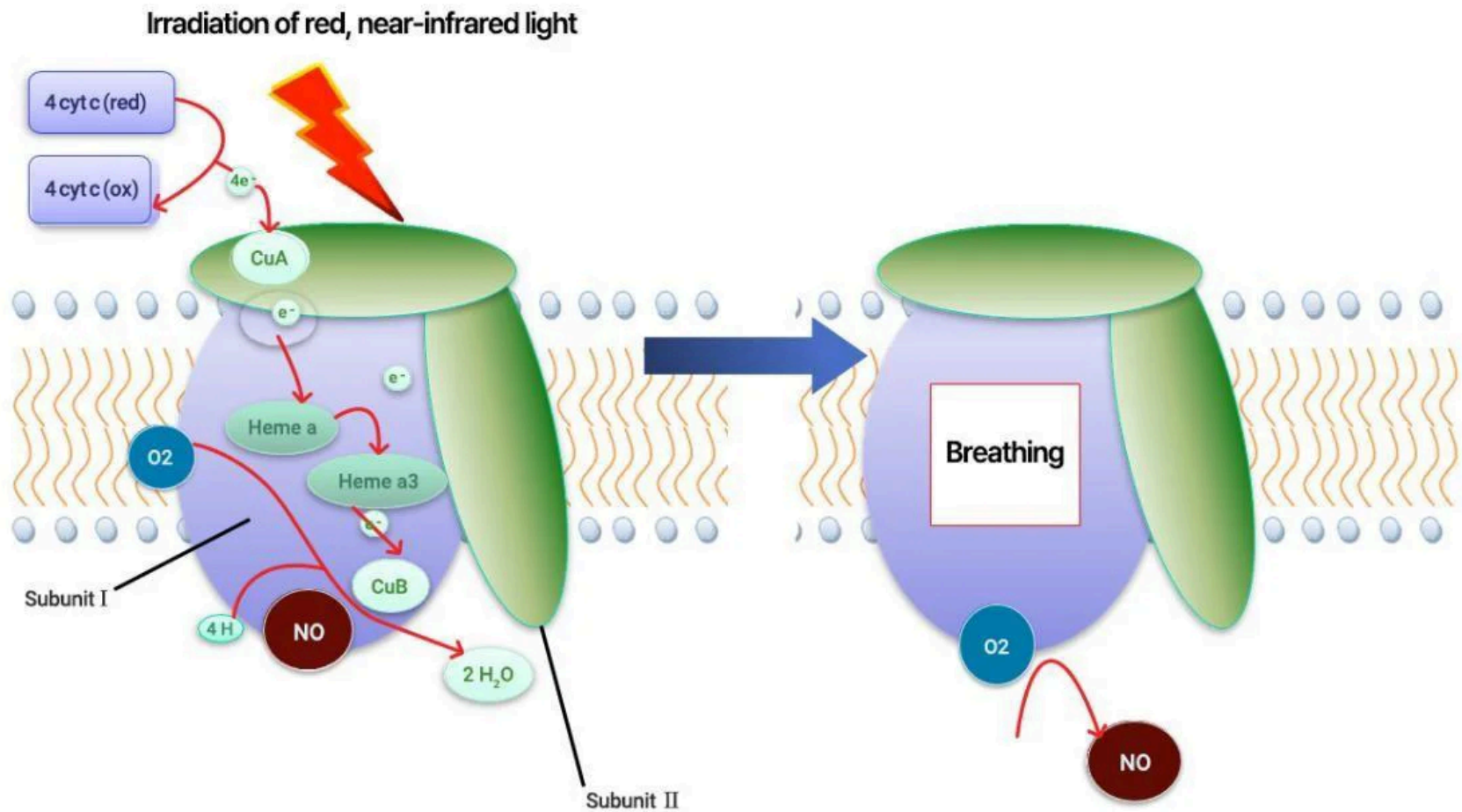
There are many factors to consider in the success of regrowing hair. The key is to have visible red light absorbed by the hair follicle. Wavelengths between 630–670 nanometers are most effective in being absorbed and cause a natural biological reaction to stimulate hair growth. Success in regrowing hair also relies on how early the treatment is started. The earlier that it is done, the better the results. The kind of hair loss matters too.

RECOMMENDED FOR

Red light hair loss therapies are recommended for individuals who have temporary hair loss due to issues such as medication side effects, stress, surgery, or other hair loss conditions, such as male pattern baldness or menopause.



Irradiation of Red, Near-Infrared Light



RESEARCH

5,000+

There are more than 5,000 research studies on LLLT, now known as Photobiomodulation. Of these, many significant studies have been listed on the National Library of Medicine (NCBI) website.

PBM Human Clinical Trial

Categories with related studies

Cancer	Achilles tendinitis	Acne	Lymphedema
Macular degeneration	Meniscal pathology	Alzheimer's	Partial myocardial muscle indicant
Inflammatory ulcer	Muscle pain	Facial paralysis	Neck pain
Body contouring	Neuropathic foot ulcer	Bone fracture (hand/wrist)	Nipple pain
Burnt wound	Mucositis	Oral syndrome	Orthodontic pain
Carpal tunnel syndrome	Orthodontic treatment	Chronic arthritis pain	Osteoarthritis
Cognitive functions	Periodontitis	Cancer treatments	Two-side dual shingles
Leukoplakia	Oral lichen planus	Wound healing	Chronic obstructive pulmonary disease (COPD)
Postherpetic neuralgia	Dentine hypersensitivity	Implant	Radiodermatitis
Pressurized ulcer	Depression	Cold hands and feet	Diabetic foot ulcer
Restenosis	Xerostomia	Rheumathritis	Menstrual pain
Shoulder tendinopathy	Roseola (from UV exposure)	Aging	Athletic performance
Recovery after defundectomy	Fibromyalgia	Stroke treatment	Frozen shoulders
Beard disorder	Hair loss	Lateral epicondylitis	Diseases on hands and feet as well as oral
Traumatic brain injury	Hypothyroidism	Phlebolith ulcer	

RESEARCH

Published Study References

Cancer

<https://clinicaltrials.gov/search?term=lllt&viewType=Table#classicRe direct>

Facial paralysis

<https://pubmed.ncbi.nlm.nih.gov/23709010/>

Wound healing

<https://pubmed.ncbi.nlm.nih.gov/3982191/>

Menstrual pain

<https://pubmed.ncbi.nlm.nih.gov/26797192/>

Recovery after defundectomy

<https://pubmed.ncbi.nlm.nih.gov/27649961/>

Neck pain

<https://pubmed.ncbi.nlm.nih.gov/23579335/>

Burnt wound

<https://pubmed.ncbi.nlm.nih.gov/15145195/>

Shoulder tendinopathy

<https://pubmed.ncbi.nlm.nih.gov/25450903/>

Fibromyalgia

<https://valtsuhealth.blogspot.com/2014/05/fibromyalgian-ja-cfsn-oir eiden.html>

Alzheimer's

<https://pubmed.ncbi.nlm.nih.gov/28186867/>

Body contouring

<https://pubmed.ncbi.nlm.nih.gov/23355338/>

Chronic arthritis pain

<https://pubmed.ncbi.nlm.nih.gov/25198431/>

Acne

<https://pubmed.ncbi.nlm.nih.gov/22615511/>

Osteoarthritis

<https://pubmed.ncbi.nlm.nih.gov/25914044/>

Muscle pain

<https://pubmed.ncbi.nlm.nih.gov/25660439/>

Bone fracture (hand/wrist)

<https://pubmed.ncbi.nlm.nih.gov/24649935/>

Orthodontic pain

<https://pubmed.ncbi.nlm.nih.gov/25800534/>

Rheumarthritis

<https://pubmed.ncbi.nlm.nih.gov/16235295/>

Athletic performance

<https://pubmed.ncbi.nlm.nih.gov/27874264/>

Hair loss

<https://pubmed.ncbi.nlm.nih.gov/26690359/>

Traumatic brain injury

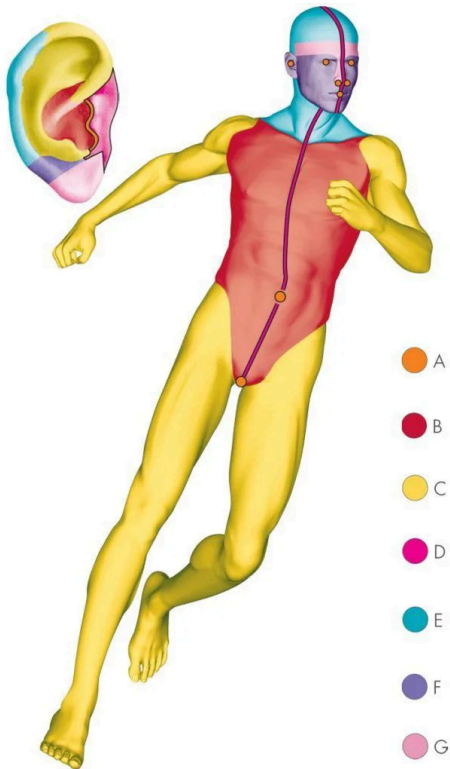
<https://pubmed.ncbi.nlm.nih.gov/28001756/>

FREQUENCY SETTINGS FOR THE RED LIGHT CHAMBER

Dr. Nogier Frequencies System

Everything in Life has its own frequency vibration. Customize frequency light pulsing settings based on your body constitution and your condition.

- A** **230–300 Hz**, basal area, represents anabolism. Ectodermal Tissue – 294 Hz: Eyes, Ears, Nerves, Skin, Brain, Pain.
- B** **460–600 Hz**, nutrition and assimilation area (metabolism). Endodermal Tissue – 587 Hz: Gastrointestinal, Liver, Lungs, Stomach, Pancreas, Mouth, Gums, Pain.
- C** **910–1200 Hz**, kinetic area, represents movement. Mesodermal Tissue – 1174 Hz: Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Lymphatic, Reproductive Organs, Gums, Teeth, Sinuses.
- D** **1830–2400 Hz**, associative area, represents the link between the right and left sides of the body. Chronic Conditions – 2349 Hz: Circulation, Lymphatic.
- E** **3650–4700 Hz**, distribution area, represents transmission of influx between cortex and soma. General Pain – 4698 Hz: Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic Conditions.
- F** **73 Hz**, sub-cortical area, represents instinctive organization. Endocrine System – 73 Hz: Glands, Hormones, Cellular Repair.
- G** **146 Hz**, cortical area, represents mental organization. 147 Hz: Inflammation, Infections, Scar Tissue, Parasites.



PRESCRIPTIONS

Manual Mode Frequency Setting Suggestions

Muscle Recovery

G + C + E

G = 146 Hz

C = Recommend 912
Hz

E = Recommend 3650
Hz

Wavelength

633 · 660 · 850 · 940 nm

Session time

20–30 minutes

Pain Relief

F + G + C + E

F = 73 Hz

G = 146 Hz

C = Recommend 912
Hz

E = Recommend 3650
Hz

Wavelength

633 · 660 · 850 · 940 nm

Session time

20–30 minutes

Boost Collagen

A + B + F

A = Recommend 228
Hz

B = Recommend 456
Hz

F = 73 Hz

Wavelength

**450 · 633 · 660 · 850 ·
940 nm**

Session time

20–30 minutes

Weight Loss

A + B + F + G

A = Recommend 228
Hz

B = Recommend 456
Hz

F = 73 Hz

G = 146 Hz

Wavelength

450 · 633 · 660 · 850 nm

Session time

20–30 minutes



Thank You

Our devices allow exterior color choices, Bluetooth music system, adjustment of time of session, cooling fan speeds, light intensity, and frequency of light pulsing of each wavelength. Also choose up to 5 wavelengths of light at one time, including Blue, Red and Near-Infrared, and remote tablet and chamber control panel for setting all chamber functions. Either 120V or 240V chambers available. Up to 44,000 LEDs and 6,000 Watts of power available.

Let us Enlighten Your Life!

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