



TABLETOP, ESSENTIAL, PRO AND ULTIMATE : DOSAGE GUIDELINES

We recommend starting slow with shorter sessions at a greater distance. Be conservative on initial dosage when working on more sensitive areas. Adding up all the areas you will treat, do not exceed 120 joules of exposure per session, which is approximately 15-20 minutes of total exposure at close range.

Frequency:

Minimum of 3 times per week, ideally once daily. If more than once per day is required, sessions should be at least 6 hours apart.

Distance from light:

The closer you are, the shorter your session will be and you will cover a smaller surface area. If you stand further away, you will be able to cover a larger area but more time will be required. Remember that we need to give the treatment area a certain amount of energy, as we move away from the light the energy available to your body diminishes rapidly.

For skin issues:

Skin requires 3 to 15 joules of red light (660nm) per session which you can achieve by following these guidelines:

- 6" (15 cm) from the light for 30 seconds to 2.5 minutes
- 12" (30 cm) from the light for 1 minute to 3.5 minutes
- 18" (45 cm) from the light for 1.5 minutes to 5 minutes
- 24" (60 cm) from the light for 2 minutes to 7 minutes
- 36" (90 cm) from the light for 3 minutes to 14 minutes

Note: If you are using red light for anti-aging or general skin health purposes, then you should stand between 12 and 36 inches from the light.

For more specific therapeutic or medical uses like treating wounds, scars, sores or other skin disorders or to stimulate hair growth then you should stand closer, between 6 and 12 inches for maximum effectiveness.

For deeper issues:

For treating deeper issues, like muscle, brain, bones, tendons, glands, fat, joints, fat, etc., we need between 10 and 40 joules of near infrared light (850nm). In this case we will always want to be close to the light. Here are guidelines to follow:

- 6" (15 cm) from the light for 2 minutes to 7 minutes
- 12" (30 cm) from the light for 5 minutes to 10 minutes