



## How to prepare for your upcoming Red Light Therapy Appointment

We're excited to support your wellness journey with red light therapy. To help you get the best results from your session, please follow the preparation guidelines below.

### Before Your Appointment

- **Clean Skin is Best** - Arrive with clean, dry skin free of lotions, oils, makeup, sunscreen, or perfumes. These can block light absorption and reduce effectiveness.
- **Stay Hydrated** - Drink plenty of water before your session. Proper hydration helps your body respond better to the therapy and supports cellular function.
- **Wear Comfortable Clothing** Depending on the treatment area, you may need to expose skin. Wear loose, comfortable clothing or bring a change if needed. Recommend wearing/bringing a t-shirt or tank top and loose fitting, comfortable shorts.
- **Avoid Heavy Skincare Products** - Skip thick creams, self-tanners, or anything that could create a barrier on your skin prior to your session.
- **Limit Sun Exposure** Avoid excessive sun exposure or tanning beds for at least 24 hours before your appointment to prevent skin sensitivity.

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### Who Should NOT Participate in Red Light Therapy

For your safety, the following individuals should **avoid red light therapy unless cleared by a healthcare provider**:

- Individuals with **lupus** or other light-sensitive autoimmune conditions
- Those with **photosensitivity disorders** or a history of light-triggered reactions
- Anyone taking **photosensitizing medications** (certain antibiotics, retinoids, or acne treatments)
- Individuals with **active cancer** or currently undergoing cancer treatments (unless physician-approved)
- Those who are **pregnant**
- Individuals with **epilepsy or light-induced seizures**
- Anyone who has had **recent chemical peels, laser treatments, or steroid injections** in the area
- Individuals with **eye conditions sensitive to light** (unless proper eye protection is used and approved)

If you are unsure whether red light therapy is appropriate for you, please contact us prior to your appointment



## **After Your Session**

- Continue to hydrate well
  - Apply gentle skincare products if needed
  - Avoid harsh chemicals or exfoliation for the rest of the day
  - Enjoy the benefits—results improve with consistency!
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## **Consistency is Key**

For best results, we recommend a series of sessions. Our team will help create a personalized plan based on your goals.

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**Thank you for choosing O<sub>2</sub> & Red Light Therapy!**

Your wellness is our priority.

[www.o2redlighttherapy](http://www.o2redlighttherapy)