

How to prepare for your upcoming Red Light Therapy Appointment

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**:

- 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, recommended 100% Aloe Vera, Tallow, Coconut Oil, Almond Oil
 - 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.

Thank you for choosing O2 & Red Light Therapy!

Your wellness is our priority.

www.o2redlighttherapy