

Infrared Sauna Colorlight Therapy Benefits

Red Light- The Red light activates collagen cells faster than any other color, which promotes faster healing when used in conjunction with infrared therapy. Red LED lights can also help with pain, allergies, and also stimulate skin and collagen cells to help reduce the appearance of lines and wrinkles.

Blue Light- Blue LED lights help kill bacteria, germs and infections and are also helpful in reducing acne.

Green Light- Green LED lights can help calm emotions, improve mood and have curative properties.