

## HOW TO PREPARE FOR YOUR RED-LIGHT SESSION

Eye protection is not required unless you wear contact lenses, in which case we will provide protective eyewear. Please remove glasses before the session begins.

- 1. Please wear loose-fitting clothing that allows you to disrobe and dress quickly and easily.
- 2. To ensure the light penetrates your skin properly, avoid make-up and body lotions.
- 3. You have complete privacy for your session, so disrobe in whatever way makes you comfortable.
- 4. Light will not penetrate through covered areas, so it is best not to wear any jewelry during your session
- 5. Red light effectiveness is between 8-12 minutes, so please be on time to maximize your session.

We are pleased to offer red light therapy sessions in 15 minute time slots. Each session includes up to 12 minutes of red light therapy, with the remaining 3 minutes allocated for disrobing and dressing. Our state-of-the-art 360+ machine can deliver benefits in just 8 to 12 minutes, but we aim to offer the maximum time of 12 minutes for our clients.

Please be aware that sessions are scheduled back-to-back, and our ability to accommodate late arrivals is very limited. *If you arrive late*, you will *only* receive the *remaining time*, and the *prepaid session fee will still apply*.

We appreciate your understanding and cooperation in ensuring that all clients can enjoy their full session without delays.