

# Red Light Mat

## About

Welcome to Rise and Shine Wellness Center, where your well-being is our top priority. We specialize in holistic services that promote overall well-being, including our highly effective red light sessions. These sessions are designed to reduce inflammation and improve circulation, offering a natural pathway to better health. Our expert team is dedicated to providing personalized care to meet your unique needs. Experience the potential healing benefits at Rise and Shine Wellness Center today.

## Contraindications

- Medications (check with Doctor about light sensitivity information)
- History of Skin Cancer
- Eye Disease
- Pregnancy
- History of Seizures



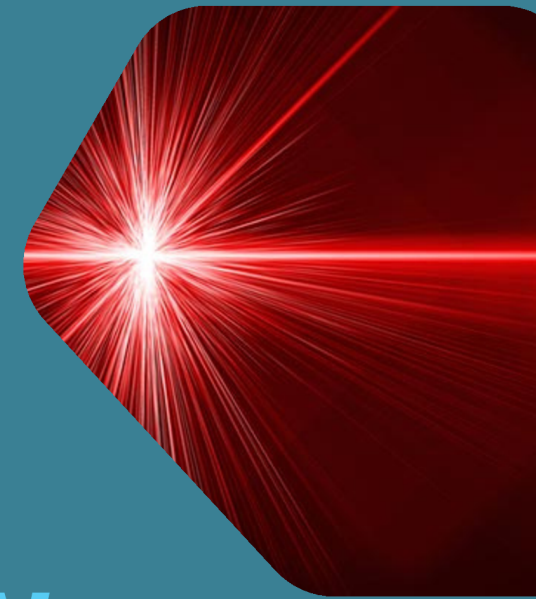
## Quality of life:

- Reduction in falls
- Increased circulation
- Healthier nerves
- Improved sleep
- Vasodilation
- Aids in pain reduction
- Nitric oxide leads to increased vasodilation



Rise & Shine  
Wellness Center

Red Light Mat



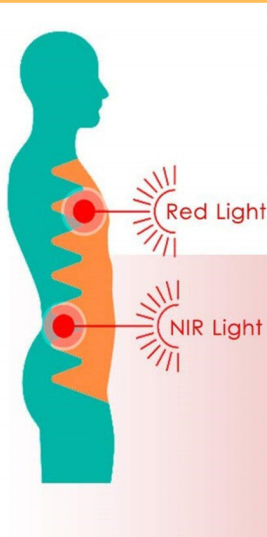
# We care

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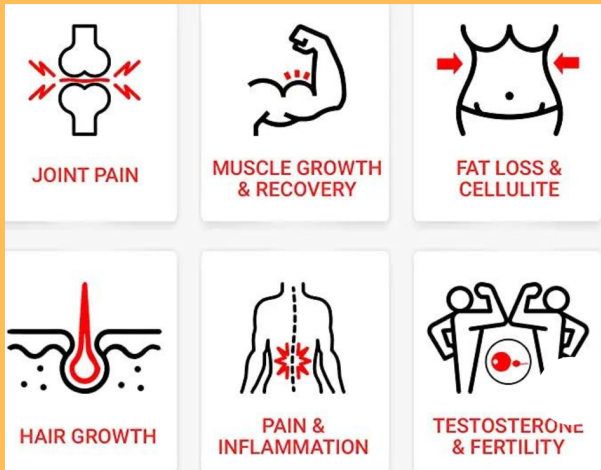
[riseandshinewellness.care](http://riseandshinewellness.care)

# Red light Session



**660 Nanometers Red Light:** is absorbed at a higher proportion by the skin tissue, making it especially effective for boosting skin health and increasing collagen production.

**850 Nanometers Near Infrared Light:** has a particularly strong ability to penetrate deeper into the tissue, organs, and joints, to decrease inflammation and repair.



**JOINT PAIN**

**MUSCLE GROWTH & RECOVERY**

**FAT LOSS & CELLULITE**

**HAIR GROWTH**

**PAIN & INFLAMMATION**

**TESTOSTERONE & FERTILITY**

## Sessions

Session	Price	Duration
Red light	\$30	30 minutes

### Life Changing Technology

- Oxygen promotes relief from headaches
- Oxygen promotes immune system boost
- Oxygen supports breathing of air in cases of asthma and allergies
- Oxygen helps in cases of depression
- Oxygen improves physical performance by up to 25%

FDA Disclaimer: The statements made regarding this product have not been evaluated by the Food and Drug Administration. The efficacy of these services has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.

## Choose Us



What is our satisfaction rate?  
let us know.

### Why us?

Rise and Shine promotes whole body wellness. With our knowledgeable staff and advanced technology you will find your total well-being in the right direction. Come, meet the Rise and Shine Wellness Center staff today.