

# LED LIGHT THERAPY BED FAQ'S

**WELLNESS  
SOLUTIONS**

- **What is an LED Light Therapy Bed?** An LED Light Therapy Bed is a device that uses light-emitting diodes (LEDs) to deliver specific wavelengths of light to the skin, providing therapeutic benefits.
- **How does an LED Light Therapy Bed work?** LED Light Therapy Beds work by emitting different colours of light (such as red, blue, and near-infrared) that penetrate the skin at various depths to stimulate cellular processes.
- **What are the benefits of using an LED Light Therapy Bed?** Benefits may include skin rejuvenation, reduction of fine lines and wrinkles, improvement in skin tone and texture, enhanced circulation, and temporary relief of muscle and joint pain.
- **Is LED Light Therapy Bed treatment safe?** Yes, LED Light Therapy Beds are generally considered safe. They emit non-thermal, low-level light energy that does not cause damage to the skin.
- **Who can benefit from using an LED Light Therapy Bed?** Individuals seeking skin rejuvenation, anti-aging effects, relief from muscle or joint pain, and overall wellness enhancement may benefit from using an LED Light Therapy Bed.
- **Are there any contraindications for using an LED Light Therapy Bed?** LED Light Therapy may not be suitable for individuals with epilepsy, those taking medications that cause photosensitivity, or individuals with active skin infections or lesions. Consultation with a healthcare provider is recommended.
- **How many sessions are needed to see results from an LED Light Therapy Bed?** Results can vary, but a series of sessions (usually ranging from 6 to 12 treatments) spaced over several weeks may be recommended for optimal results.
- **Can LED Light Therapy Beds help with pain relief?** Yes, near-infrared light therapy in LED beds can penetrate deeper into tissues to help reduce inflammation, alleviate pain, and promote healing.
- **Is there any downtime after using an LED Light Therapy Bed?** No, there is typically no downtime after an LED Light Therapy session. Users can resume normal activities immediately.
- **Can LED Light Therapy Beds be used on all skin types?** Yes, LED Light Therapy is suitable for all skin types, including sensitive skin. It is non-invasive and does not cause irritation or discomfort.
- **How long do the effects of LED Light Therapy last?** Results can vary, but with regular maintenance sessions, improvements in skin tone, texture, and overall appearance can be maintained.
- **Is the LED bed TGA certified?** No, the LED bed is not currently certified by TGA.

