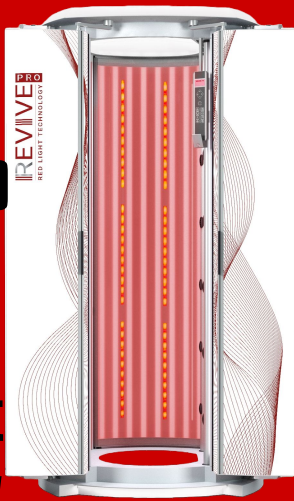




**REVIVE
PRO IR
(Infrared)
Standup
LED
Red Light
Therapy**

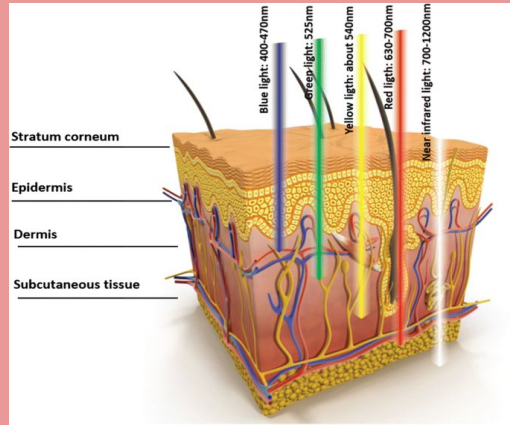


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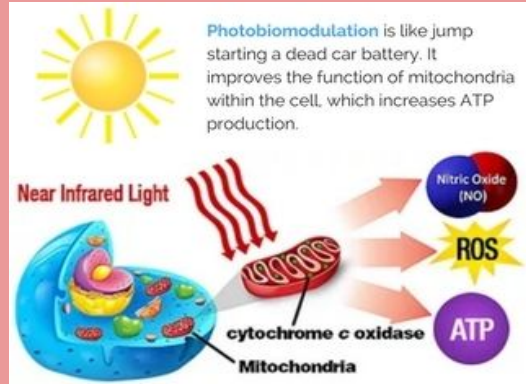


<https://thehealingoasismassageandspa.com>

What is Red Light Therapy (RLT)? It is a treatment that provides a number of whole body benefits, and The Healing Oasis is proud to offer this latest technology. **Red Light & Infrared** are harmless wavelengths, Red (630-700mm) & IR (Infrared 700-1200mm), are both part of the light spectrum. Both are able to penetrate through the layers of skin. RLT was first used by NASA in the late 1990's to help plants grown in space and for wound healing. For many years it has been used by the healthcare field for wound healing, it has also been used to treat skin conditions, including acne, warts, skin cancer and psoriasis. It has also been used by Thoroughbred Horse Racing, to help race horses recover faster after an injury.

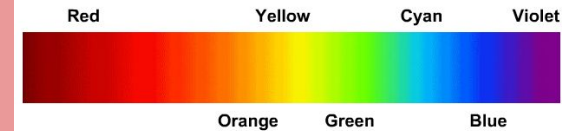


How does it work? The Red Light & IR wavelengths penetrate through the outer layers of skin, (the epidermis, the dermis and down into the subcutaneous tissue) using **Photobiomodulation**. Where it stimulates the **mitochondria** (the powerplant of the cell), to work better. The mitochondria take the food we eat and convert it into **ATP** (a nucleotide) which is a primary energy source for muscles and nerves.



Is Red Light suitable for anyone? The Red Light treatment is suitable for all skin types. **People with extremely low blood pressure, who are pregnant, suffer from epilepsy or increased light sensitivity, or are on medication that causes increased light sensitivity should, however, refrain from the treatment and consult with their physician. If you have a history of Deep Vein Thrombosis (DVT) or Pulmonary Embolism's (PE) you will be required to have a physicians release, due to RLT treatment dilates blood vessels and increases blood flow.** Red Light Therapy appears to be safe and is not associated with any side effects. This therapy is not toxic, not invasive and not harsh like some topical skin treatments are. Unlike the cancer-causing ultraviolet (UV) light from the sun or tanning booths, RLT doesn't use this type of light.

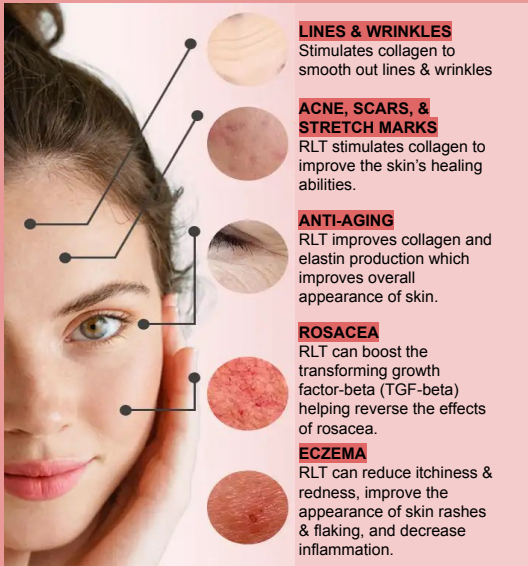
Visible Light Spectrum



<p>NR INFRARED LIGHT (Deep Tissue)</p> <p>Penetrates deeper into the skin to amplify the treatment.</p>	<p>RED LIGHT (Soft Tissue)</p> <p>Improves skin plumpness, radiance, reduces appearance of lines & wrinkles, reduces inflammation.</p>	<p>YELLOW LIGHT (Soft Tissue)</p> <p>Reduces redness, flushing, helpful for rosacea and sunburn.</p>	<p>GREEN LIGHT (Surface Tissue)</p> <p>Helps control Hyper-pigmentation and sunspots caused by sun damage.</p>	<p>BLUE LIGHT (Surface Tissue)</p> <p>Targets p-acne bacteria, break acne cycle, soothe skin and control oil production.</p>
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What are the benefits? **Red Light Therapy and LED Light Therapy** both have many benefits and work different ways depending on the light wavelength. Each wavelength penetrates the skin at different depths providing different results. RLT & Infrared have the most dramatic effect due to it penetrates the deepest and has the greatest impact on each cell. There is a list of current benefits and potential new benefits on following page.

What are the benefits of Red Light Therapy?



- Improves skin tone & texture.
- Reduce age spots.
- Improve psoriasis, Improve scars.
- Improve sun-damaged skin.
- Relief for muscle aches & pains.
- Increase blood circulation to the tissue.
- Reduce inflammation in cells.
- Improve wound healing.
- Improve hair growth in people with androgenic alopecia.

What other medical conditions is Red Light Therapy being promoted for?

Other potential medical uses being investigated.

- Skin cancer
- To reduce cancer chemotherapy side effects, including oral mucositis.
- To relieve pain and inflammation associated with ankle tendonitis, rheumatoid arthritis, carpal tunnel syndrome and osteoarthritis of the knee.
- To prevent cold sores from herpes simplex virus from recurring.
- Slow the effects of dementia, Alzheimer's and Parkinson's.

What is Vibrashape Technology?

Recover and rejuvenate with Vibrashape Technology. Vibrashape is a vibration plate that is on the floor of the Revive Pro-IR Standup LED Red Light Therapy bed. The vibration plate technology has been recommended by many physical therapist to improve flexibility and reduce pain & stiffness. It relaxes muscles with gentle movements at low-impact vibration frequency. Use it in combination with RLT for full body recovery, energizing and rejuvenating, low impact toning of abs, arms, legs and core, Increased circulation, and stimulates blood flow.

The Revive PRO-IR Vibrashape Technology

Add a session to your RLT and choose between 4 different programs with Vibrashape.

1 - WELLNESS is a low intensity program improves flexibility. Loosens and relaxes muscles with gentle movements at a low impact vibration frequency

2 - NEW YOU is a medium intensity designed for beginners, this program utilizes medium frequency vibration and massage technology to improve muscle tone appearance with alternating movements.

3 - CROSS-TRAINING is a high intensity this intense vibration combined with high frequency interval training, this program strengthens muscles with powerful movements. It's excellent for sports and exercise enthusiasts.

4 - MULTI-LEVEL mixed intensity frequency cycle that targets specific muscle groups in the legs, abs, arms and glutes to help tone and tighten muscles. This program provides an energizing workout.

The REVIVE PRO IR Standup is the first of its kind to offer infrared and red-light LED technology for the entire body.

Comfort & Wellness Benefits

Discover the transformative power of Red Light Therapy

Red Light/Infrared & Vibrashape Technology used together emulate nature's energy conversion process with light-absorbing, enhancing cellular processes and promoting cell renewal. Regular use can contribute to overall wellness by promoting a healthy body and mind. Stimulating blood flow, promoting better circulation throughout the body, which can aid in relieving muscle tension and pain. Can also benefit **weight loss** and supports weight management efforts, improves **muscle tone**, **firms** and **plumps** the skin, improves **recovery**, supports active recovery, promotes a full body **regeneration**.

How long is each treatment/session?

The treatment should last between 10-12 minutes on average. The best results are obtained from a full 12 minute session. We recommend a break of 24 hours between treatments

How often should I use Red Light Therapy?

Depending on your concerns your frequency may vary. 2-3 times a week for the first 4 weeks 1-2 times a week after first 4 weeks.

Prices

1 - 12min Session \$15.00

1 Month Package \$150.00

12 - 12min sessions

3 Month Package \$200.00

Week 1 - 3 sessions

20 - 12min sessions

Week 2 - 3 sessions

Week 1 - 3 sessions

Week 3 - 3 sessions

Week 2 - 3 sessions

Week 4 - 3 sessions

Week 3 - 3 sessions

Week 4 - 3 sessions

Week 5 - 2 sessions

Week 6 - 2 sessions

Week 7 - 2 sessions

Week 8 - 2 sessions

6 Month Package \$300.00

36 - 12min sessions

Week 1 - 3 sessions

Month 3 - 1 per wk x 4 wks

Week 2 - 3 sessions

Month 4 - 1 per wk x 4 wks

Week 3 - 3 sessions

Month 5 - 1 per wk x 4 wks

Week 4 - 3 sessions

Week 5 - 2 sessions

Month 6 - 1 per wk x 4 wks

Week 6 - 2 sessions

Week 7 - 2 sessions

Week 8 - 2 sessions