



NOUVEAU
HEALTH & WELLNESS

The Complete Guide to Red Light Therapy



What Is Red Light Therapy?

Red light therapy, clinically known as photobiomodulation (PBM), uses specific wavelengths of red and near-infrared LED light to stimulate your body's natural healing and repair processes at the cellular level. There is no UV radiation, no discomfort, and no recovery time.

At Nouveau Health and Wellness, we offer the NovoTHOR Whole-Body Red Light Pod, the same FDA-cleared technology trusted by Olympic athletes, NFL performance centers, and elite medical practices worldwide.

How It Works

Red light therapy works deep within your cells, not just at the surface. Here is what happens during treatment:

Cellular Energy Production. Red wavelengths penetrate the skin and energize your mitochondria to produce more ATP, the fuel that powers every cellular repair and regeneration process in your body.

Enhanced Circulation. Increased blood flow delivers vital oxygen and nutrients to treated areas while efficiently clearing metabolic waste, accelerating healing from the inside out.

Collagen and Elastin Stimulation. Red light triggers your skin's natural production of collagen and elastin, the proteins responsible for firm, youthful, resilient skin.

Anti-Inflammatory Action. Reduces oxidative stress and inflammation at the cellular level. These benefits extend throughout the whole body, not just at the area being treated.

Accelerated Tissue Repair. Activates cellular repair mechanisms so damaged muscles, tendons, and joints recover faster and more completely.

Understanding Wavelengths

The NovoTHOR pod uses two wavelength ranges simultaneously for comprehensive results:

- Red light (630-700 nm): Targets surface skin layers. Ideal for wrinkles, texture, tone, and collagen renewal.
- Near-infrared (700-850 nm): Reaches deeper tissues including muscles, joints, and tendons. Best for pain relief and recovery.

What It Can Do For You

Skin Rejuvenation and Anti-Aging

Fine lines and wrinkles visibly diminish, skin texture becomes smoother, and overall firmness improves. Sun damage, age spots, acne scars, and surgical scars fade over time. Collagen-boosting effects typically become visible after 4 to 8 weeks of consistent treatment.

Pain Relief and Inflammation

Effective for joint pain, arthritis, tendonitis, muscle soreness, chronic back pain, and conditions like fibromyalgia. The anti-inflammatory effects provide relief that extends well beyond the session itself.

Athletic Performance and Recovery

Speeds muscle recovery after training, reduces delayed onset muscle soreness, improves strength and endurance over time, and helps prevent exercise-related injuries. Pre-workout use may also enhance muscle performance during exercise.

Hair Restoration

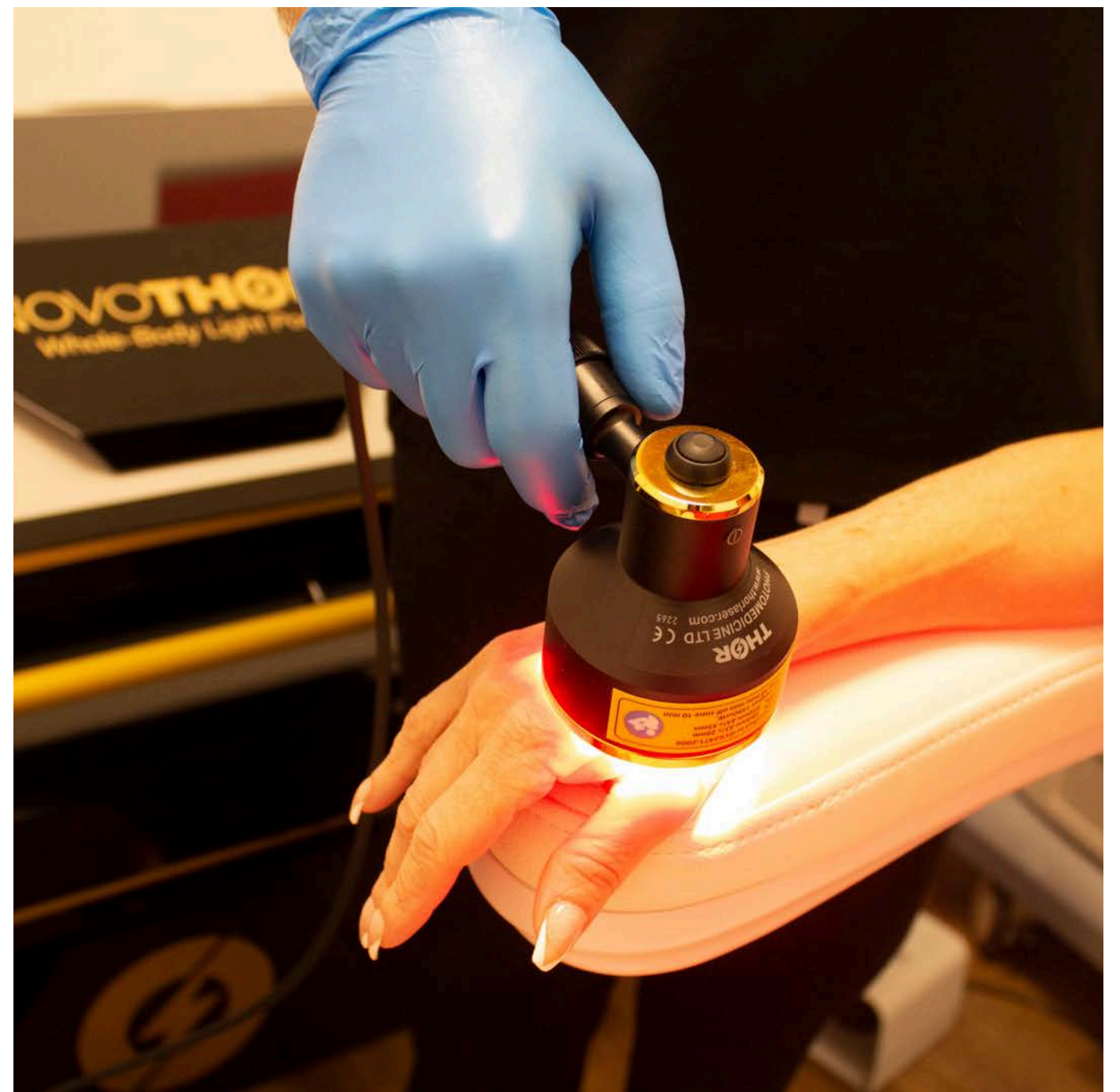
Stimulates dormant follicles into the active growth phase, increases scalp circulation, and reduces the inflammation that interferes with healthy hair growth. Most patients notice improvements after 12 to 16 weeks of consistent use.

Skin Condition Support

Clinical research supports red light therapy for psoriasis, acne, rosacea, eczema, and accelerated wound healing.

Whole-Body Wellness

Patients frequently report improved sleep quality, better mood, enhanced immune function, and improved metabolic health. Emerging research is also exploring benefits for cognitive function.



Your NovoTHOR Experience at Nouveau

The NovoTHOR procedure is simple. You will lie inside the pod while red and near-infrared lights treat your entire body simultaneously for approximately 15 minutes. Most appointments take no longer than 20 minutes total.

There is no preparation required beyond clean skin (no makeup, lotion, or sunscreen on treatment areas). The sensation is a gentle warmth, nothing painful or uncomfortable. You can return to full activity immediately after.

Most patients schedule two to three sessions per week. Depending on your goals, sessions can be as frequent as daily. Most patients are prescribed a total of 6 to 12 sessions to reach their goal, followed by a maintenance schedule of 1 to 2 sessions per week.

What to Expect: Results Timeline

- Weeks 1-2: Subtle improvements in skin glow; reduced muscle soreness after workouts
- Weeks 4-6: More visible improvements in skin texture, tone, and minor wrinkles; more consistent pain relief
- Weeks 8-12: Significant improvements in skin firmness, joint mobility, and athletic recovery
- Week 12+: Continued enhancement and sustained relief; peak results for most concerns
- Weeks 12-24: Hair restoration results become noticeable with consistent treatment

Results are cumulative. Consistency is the single most important factor in your outcome.

Is It Safe?

Red light therapy is considered extremely safe when used properly. It involves no UV radiation, no needles, no chemicals, and no medications. The FDA has cleared it for multiple applications. Most patients experience no side effects; the most common sensation is mild warmth during treatment.

Consult with our team first if you:

- Are pregnant or breastfeeding
- Take photosensitizing medications
- Have active skin cancer or suspicious moles
- Have epilepsy or photosensitive skin conditions

NovoTHOR is not recommended for those with active carcinoma, epilepsy, photosensitive skin, or who are pregnant. During your first visit, our team will review your health history to ensure treatment is appropriate for you.

Common Questions

Is the treatment painful?

Not at all. Most patients describe it as a gentle, pleasant warmth, like soft sunshine. There is no burning, stinging, or discomfort during or after.

How long do results last?

Results require ongoing maintenance because your body continues to age and recover naturally. Most patients transition to weekly or bi-weekly sessions once they have reached their goal.

Can I use it every day?

Daily use is safe for most people. That said, 2 to 3 sessions per week is typically sufficient for optimal results.

How does the NovoTHOR pod compare to at-home devices?

The NovoTHOR pod treats your entire body simultaneously at professional-grade power density, far more effective than handheld devices or panels, which treat only a small area at a time.



Ready to Try It? Your First Session Is Free.

Your first NovoTHOR full-body red light therapy session at Nouveau is **complimentary, a \$50 value.**

CALL: (561) 240-3000

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