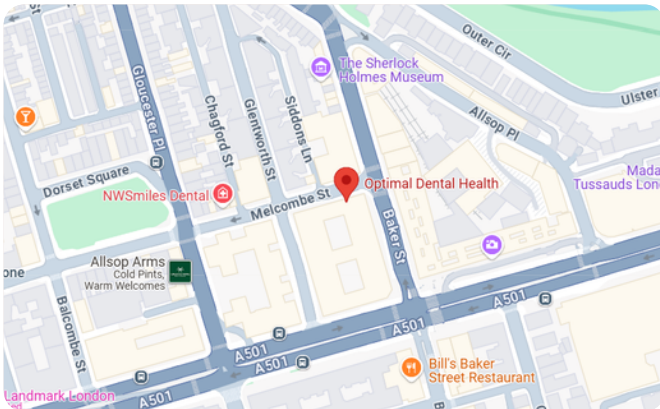


SUPPORT  
RECOVERY  
RELAXATION  
LEAVE ON A HIGH



wellsystem

RED LIGHT  
RELAX  
RECHARGE  
RE-ENERGIZE  
RECOVERY.



### HOW LONG IS EACH TREATMENT?

For best results, the treatment should last 15-20 minutes. Most users report a noticeable effect after the first few sessions.

### IS RED LIGHT SUITABLE FOR EVERYONE?

The application is safe and suitable for all skin types. However, for the following conditions, we recommend consulting your doctor beforehand: pregnancy, cancer, epilepsy, open wounds, and chronic skin diseases.

### DO I NEED TO PROTECT MY EYES?

Due to the brightness of the light, it is advisable to keep your eyes closed during the treatment if you feel more comfortable. Additional protective goggles can make the treatment even more comfortable.

To book your 20-minute red light session, you can call us on **020 3921 1000** or email **hello@optimaldental.co.uk**.

£45 per session | 5 sessions for £195 | 10 sessions for £350  
@optimaldentalhealth



# EXPERIENCE THE NEXT LEVEL OF RECOVERY AT OPTIMAL DENTAL HEALTH



## WELLSYSTEM REDWAVE

### FULL-BODY RED LIGHT THERAPY WITH GENTLE RED AND NEAR-INFRARED LIGHT.

#### A 20-minute session will help you:

- Increase energy production
- Enhance performance levels
- Activate skin rejuvenation
- Improve post-workout recovery
- Reduce stress and pain
- Sleep better
- Elevate your wellness routine

## BENEFITS OF USING RED LIGHT

### PERFORMANCE

Before exercise, to boost energy and stamina and increase athletic performance; after workouts to replenish energy levels and reduce muscle soreness for faster recovery.

### IMPROVED RECOVERY AND REGENERATION

Relaxation and regeneration of the muscles and improved metabolic activity with faster breakdown of lactate.

### INCREASE ENERGY PRODUCTION

Red light and near-infrared therapy reduce signs of ageing by activating mitochondria to boost ATP production and enhance blood circulation and cell renewal.

### SKIN REJUVENATION

The light has a regenerating effect on skin, increasing natural collagen production and elastin synthesis as well as the metabolism of skin cells (fibroblasts), which can reduce wrinkles.

### REDUCE STRESS AND PAIN

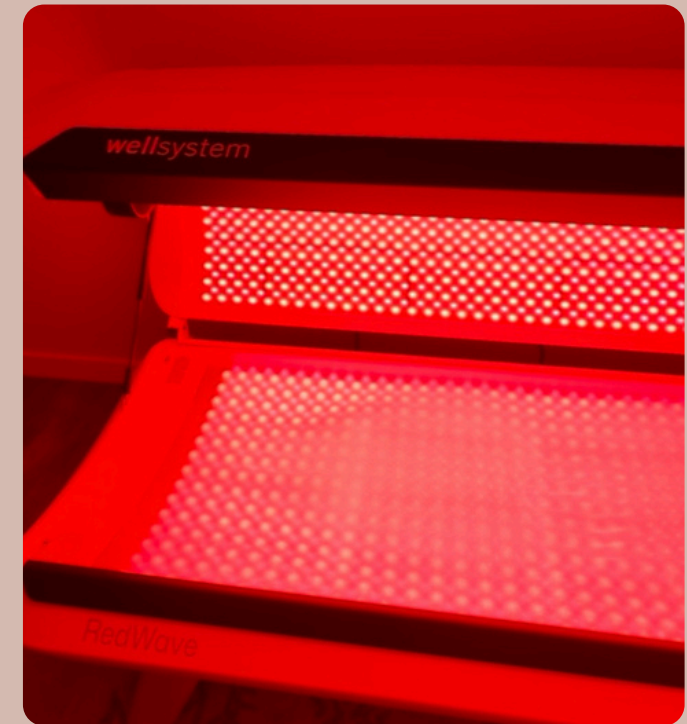
Red light therapy is an effective, non-invasive treatment that helps reduce inflammation by influencing cellular processes, enhancing circulation, promoting tissue repair, and reducing oxidative stress.

### SLEEP

Regulates natural biorhythms and increases melatonin production, improving sleep quality.



# TOTAL BODY REJUVENATION FOR ENHANCED PERFORMANCE AND WELLBEING



This scientifically proven combination using three light spectrums together effectively treats various skin and musculoskeletal conditions. This combination helps light-absorbing molecules respond to different wavelengths, increasing cellular activity at specific tissue depths.

