

# Red Light Therapy & Hair Health



Hair loss, also known as pattern hair loss (PHL), is a common problem that affects both men and women. Half of all men experience hair loss by the age of 50, and it becomes more frequent and severe with age. This can have a significant impact on self-esteem and quality of life.

Red light therapy (RLT) is a promising treatment for hair loss. To understand how it works, it's helpful to know the three phases of hair growth:

- **Anagen:** The active growth phase.
- **Catagen:** The transitional phase where hair moves towards the skin's surface.
- **Telogen:** The resting phase where hair growth stops.

RLT encourages hair follicles to move from the resting phase back into the active growth phase. This leads to longer periods of hair growth and a fuller head of hair. RLT may also speed up hair growth in the active phase and prevent premature transition to the resting phase.

**RLT may also improve hair health by:**

- Stimulating hair growth factors
- Reducing inflammation
- Boosting energy production in hair follicles
- Increasing blood flow to the scalp



**HYPE FADES, SCIENCE STAYS**