

Benefits of Red Light Therapy & Allergies



HOW RED LIGHT HELPS ALLERGIES

Allergies cause sneezing, congestion, itchy eyes, and tiredness because your immune system reacts too strongly to things like pollen or dust.

Red Light Therapy uses gentle red and near-infrared light to calm inflammation and help your body balance its immune response—so you feel better without relying only on medicines.

HOW IT WORKS

- Red light penetrates the skin and tissues to reduce swelling and irritation in your nose and sinuses.
- It lowers levels of substances in your body that cause allergy symptoms, like histamine and inflammatory chemicals.
- It helps immune cells work better so your body doesn't overreact to harmless allergens.

BENEFITS YOU MAY NOTICE

- Less nasal congestion and sneezing.
- Reduced itchy, watery eyes.
- Less sinus pressure and headaches.
- Feeling less tired and more energetic.

GOOD TO KNOW

Red Light Therapy is safe, painless, and drug-free. It's a helpful addition to your allergy care — not a replacement for allergy medications your doctor recommends.

BREATHE EASIER WITH RED LIGHT

If allergies slow you down, Red Light Therapy can help reduce your symptoms naturally by calming inflammation and supporting your immune system. It's a gentle way to feel more comfortable during allergy season.

