

Why Trifecta Red Light Beds?

Not all red light therapy is created equal. Trifecta Red Light Therapy Beds are engineered for maximum effectiveness, full-body results, and clinical-level consistency—far beyond what home devices or standard red light beds can deliver.

Trifecta Beds are made up of 4,700 “high intensity” carefully distributed LEDs which target the entire body at one time. As a result, you can realize total body results. You are not forced to choose only “problem areas”.

Trifecta Beds use a high intensity LED system which produces a ‘beam’ with optimum refraction and strength. This results in a much higher rate of absorption (up to 70%) during a Trifecta Light™ therapy session.



Are Red Light Beds Safe?

Trifecta beds use red and near-infrared LED light that does not include UV light, making them inherently safe and non-damaging to skin cells.

***Immerse yourself in a head-to-toe,
full-body red light experience in just
12 minutes!***



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**Trifecta
Light™**

Full Body Healing

*Anti-Aging
Healing & Recovery
Weight Loss
Skin Health*



What Is Red Light Therapy ?

Red Light Therapy (RLT) uses specific wavelengths of red and near-infrared light to penetrate the skin and stimulate your cells at a mitochondrial level. This reduces pain, reduces inflammation, accelerates workout recovery, accelerates recovery from injuries, relaxes muscles, heals wounds, supports anti-aging and rejuvenation, and naturally increases blood circulation.

Anti-aging and Skin Health benefits include:

- Reduction of fine lines and wrinkles
- Increased hydration and glow
- Increased collagen production
- Reduced appearance of age spots and sun damage
- Decreased redness, blotchiness, and rough patches
- Healing of acne and acne scars
- Enhanced skin tone, texture and elasticity
- Reduction in skin sensitivity and inflammation



Studies show red light combined with a healthy lifestyle can help:

- Shrink fat cells
- Reduce inches around the waist, hips, and thighs
- Improve body contour without surgery
- Increase cellular metabolism and circulation



But How Does It Work?

The answer lies in the science of red and near-infrared therapy. When specific wavelengths of red (typically around 635nm) and near-infrared light (around 850nm) are applied to the skin, they penetrate deep into underlying tissues, including fat cells. This light energy stimulates the mitochondria—your cells' energy-producing engines—leading to increased production of ATP (adenosine triphosphate). With this boost in energy, fat cells become more metabolically active.

In the case of red light therapy for fat reduction, the light opens temporary pores in the fat cell membrane, allowing triglycerides (fat) to be broken down into free fatty acids and glycerol. These contents are then released into the lymphatic system, where the body naturally eliminates or uses them as energy.

Red light therapy helps reduce pain by:

- Increasing circulation to accelerate tissue repair
- Reducing oxidative stress and inflammation in joints and muscles
- Stimulating the release of endorphins, the body's natural painkillers
- Enhancing cellular energy production (ATP) to support healing



Red and near-infrared light reduce inflammation by:

- Modulating the immune response
- Enhancing blood flow
- Enhancing lymphatic drainage
- Supporting detoxification
- Increasing antioxidant defenses at the cellular level