

# The Light Room

@ 'Làa Náay

## Our Services:

- Massage Chairs
- Seasonal Affective Disorder Light Therapy
- Red Light Therapy



CALL TO MAKE AN  
APPOINTMENT

907-401-8962





## Red Light Therapy Benefits

Red light therapy (RLT) is a therapeutic technique that uses low level wavelengths of red light to help treat skin conditions, such as wrinkles and psoriasis.

RLT works by repetitively exposing your skin to low levels of red and near-infrared light for a certain period of time. This red light exposure may produce a positive biochemical effect in your cells that strengthens the mitochondria, which is where the cell's energy is created. By increasing the energy of the mitochondria, cells may function more efficiently, as well as rejuvenate and repair themselves.



## Some Benefits of Massage Chair

### Reduced Pain

Regular use of a massage chair can help decrease pain in many areas of the body. One area where massage is especially effective is the lower back. As muscles that have become overly tight for any number of reasons begin to relax, lower back pain tends to decrease. While you need to follow your doctor's orders, of course, massage chair sessions may be a valuable addition to your treatment plan.

### Lower blood pressure and heart rate

The stress of our hectic schedules often manifests as muscle tension in many areas of the body, most notably the neck and shoulders. That tension can then amplify the response of what is called the sympathetic nervous system (SNS), elevating your blood pressure and your heart rate. High blood pressure (also referred to as hypertension) increases the risk of many conditions including heart disease, stroke, and damage to organs like the kidneys. Massage produces a very helpful and healthy counterpoint to daily stress. It triggers your parasympathetic nervous system (PNS), which exists to moderate the effects of the SNS. In other words, the best massage chairs help bring your body back into balance and contribute to healthier blood pressure and heart rate levels.

### Lower Cortisol Levels

Cortisol is a hormone known for stoking the body's "fight or flight" response to crisis. While it plays a necessary and important in some situations, continually elevated levels of cortisol can cause a number of problems in the body. Massage can help lower cortisol levels and decrease the body's "stress response."

**And many more!**

## Seasonal Affective Disorder Light Therapy Benefits

Seasonal affective disorder (SAD) is a type of depression that typically occurs each year during fall and winter. Use of Light Therapy can offer relief. Happy Lights are designed to deliver a therapeutic dose of bright light to treat symptoms of SAD.





# WHAT WE ARE OFFERING:

We have purchased two styles  
of Massage Chairs for public  
use, along with Happy Lights,  
and Red Lights.



Call to make an  
appointment today!

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