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## Clearlight Red Light Therapy Tower (RLT)



### Price

[Ask a question about this product](#)

The Clearlight Red Light Therapy Tower is one of the most powerful red light panels for full-body use.

It can be used independently in any space, with the special support base or by supporting it on a piece of furniture or wall.

Additionally, the Clearlight® Red Light Therapy Tower is specially designed to withstand heat, so you can use both the therapeutic technologies of Red Light Therapy and Infrared Sauna

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synergistically.

The Red Light Therapy Tower is placed on the inside of the Clearlight sauna door and is powered by the dedicated outlet. It cannot be used inside other saunas that do not have a dedicated outlet.

Simply activate the Clearlight® Light Therapy Tower in your Clearlight® sauna and enjoy the comfort and combined benefit of red light therapy and infrared sauna in one session.

#### **What is red light therapy?**

Red Light Therapy (RLT), also known as Photobiomodulation or Low Level Light Therapy (LLLT), uses low-level red wavelengths of light (with an energy density that is low compared to other forms of laser therapy) for a variety of health and wellness benefits.

In the early 1990s, red light therapy was used by scientists to help plants grow in space. They found that the intense light from red LEDs promoted the growth and photosynthesis of plant cells.

Red light was then studied for its ability to increase energy within human cells.

This process, known as Photobiomodulation, has been extensively researched for many years, significantly enhances cell function and health, and results in many therapeutic benefits for the body.

#### **Why do we need red light therapy?**

When we think about nutrition for the body, we usually think about food. Food is essential for our survival.

In fact we also need light in our bodies in the same way we need food for our bodies. Red light therapy can be thought of as nutrition for the body.

The human body needs to produce cellular energy ATP (adenosine triphosphate) to function and survive. This occurs naturally when our bodies are exposed to natural sunlight.

Our body produces important elements from the absorption of specific wavelengths of light. e.g. Vitamin D which our body creates when we are in the sun.

The red wavelengths of natural light stimulate the mitochondria in our cells, and the mitochondria convert it into usable energy for our body.

However, for a large part of the population, there is exposure to sunlight, only for a short period of time and/or only for specific parts of the body (e.g. face), while exposure to beneficial red wavelengths of light is also accompanied by exposure to harmful ultraviolet radiation from the sun.

Phototherapy using the Clearlight® Light Therapy Tower provides us with only the therapeutic benefits of the sun, without having to leave the house.

#### **What are the benefits of red light therapy?**

During a red light therapy session, photoreceptors in our skin called chromophores absorb red and near-infrared light, which is converted into adenosine triphosphate (ATP) in our mitochondria and increases cellular energy.

Additionally, red light is used to build new proteins such as collagen and elastin and aids in cellular regeneration.

Red light therapy has been tested in more than 4,000 clinical studies with positive results for anti-aging skin, increasing fatloss, improving sleep, increasing strength and endurance, enhancing muscle recovery, combating hair loss, reducing inflammation, combating depression and anxiety, combating neurological disorders and much more.

[Learn more about the benefits of red light therapy...](#)

#### **Where does Clearlight's red light therapy tower excel?**

##### More therapeutic wavelengths

The LED arrays it uses consist of 70 LEDs with red light and a wavelength of 650 nm and 70 LEDs with deep red light and a wavelength of 850 nm (near infrared radiation for greater penetration depth).

These specific wavelengths have shown the greatest effectiveness in research.

Caution: Near infrared light is invisible to the human eye, so not all LEDs emit visible light. Rest assured, they work.

##### Greater power

The Clearlight® Light Therapy Tower is a very powerful phototherapy unit, with a power density of up to 110 mW/cm<sup>2</sup>, which allows for the maximum benefits of phototherapy, in the shortest session time.

Power density per distance:

- ~110 mW/cm<sup>2</sup> (1100 J/s•m<sup>2</sup>) at a distance of 15cm



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- ~85 mW/cm<sup>2</sup> (850 J/s•m<sup>2</sup>) at a distance of 30cm
  - ~30 mW/cm<sup>2</sup> (300 J/s•m<sup>2</sup>) at a distance of 90cm

#### Greater range of light penetration

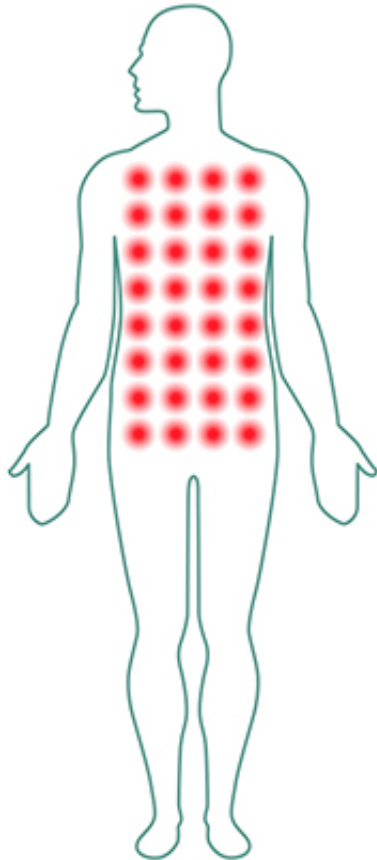
Unlike most competitor lights that feature a fixed angle lens, Clearlight's exclusive variable optics lenses provide maximum skin coverage and the most benefits in the shortest time possible.

The highly advanced Variable Optics™ technology offers a greater range of light penetration than other red light therapy devices, resulting in more powerful and faster results.

Other phototherapy devices have a single optical output that results in a single acceptance angle. This limits the amount of light absorbed by the human body, and therefore the effectiveness of the device.

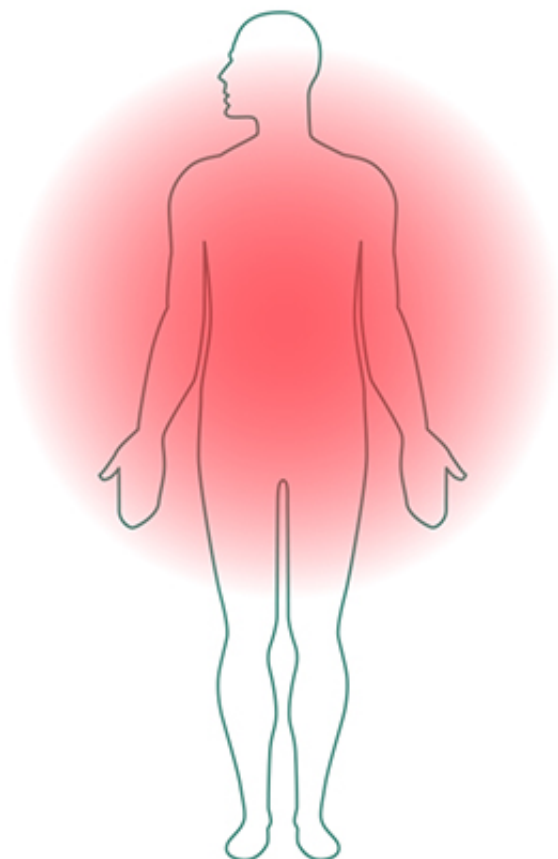
Clearlight® LightTherapy utilizes a 7 to 60 degree optical range creating multiple angles of penetration into the body, allowing for maximum impact and faster results than red light and infrared therapy.

Narrow Optics light with an emission angle of 7-30 degrees offers targeted and deeper penetration, with radiation of 75 - 110 mW/cm<sup>2</sup> at a distance of 10-30cm.



The Wide Optics light with a 40-60 degree emission angle offers almost full body coverage for overall health and wellness, with radiation of 55-85 mW/cm<sup>2</sup> at a distance of 10-30cm.

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#### Low levels of alternating electromagnetic fields

As a leading wellness company, your health and safety are our top priority.

Red light panels usually emit elevated alternating electric and magnetic fields, which are best avoided due to possible health effects.

[Learn more about the dangers of elevated electromagnetic fields and how to measure them.](#)

However, thanks to its unique and careful design, the Red Light Therapy Tower has no detectable EMF emissions at the minimum usage distance of 10-15 cm, which is what matters as this is where your body will be.

#### Long warranty period

With top quality construction and durable materials, Clearlight is one of the few companies that provides a 5-year warranty for both residential and commercial use.

#### **Technical characteristics**

- Dimensions: 127mm × 102mm × 965mm
- Unit Weight: 6.6 kg
- Power: 100-240v AC, 50-60hz, 200W
- Wavelengths: 650nm + 850nm
- Power density per distance:
- ~110 mW/cm<sup>2</sup> (1100 J/s·m<sup>2</sup>) at a distance of 15cm
- ~85 mW/cm<sup>2</sup> (850 J/s·m<sup>2</sup>) at a distance of 30cm
- ~30 mW/cm<sup>2</sup> (300 J/s·m<sup>2</sup>) at a distance of 90cm
- VARIABLE OPTICS™ Technology: 7-20 degree beam angle for deeper targeted penetration and 40-60 degrees for full body coverage
- LED: 70 650nm LEDs + 70 850nm LEDs
- Included: Phototherapy Tower • Dust Bag for Storage • Safety Glasses • Connection Cable



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- Sauna Door Support Plugs
  - For use outside the sauna you will need a C13 to Schuko adapter, like the one here: <https://www.e-shop.gr/savio-cl-89-schuko-m-power-cable-iec-c13-12m-black-p-per.771870> .
  - Warranty: 5 Years

[Download the brochure with detailed instructions and features of the Clearlight phototherapy tower here.](#)

#### **Price and Purchase Process**

[For the current product price, download the latest price list by clicking here.](#)

If you would like to proceed with a purchase, please send us an email at This email address is being protected from spambots. You need JavaScript enabled to view it.

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document.getElementById('cloakf8dd249390881e6bf598a8f839519dab').innerHTML = ''; var prefix = 'ma' + 'il' + 'to'; var path = 'hr' + 'ef' + '='; var addyf8dd249390881e6bf598a8f839519dab = 'info' + '@'; addyf8dd249390881e6bf598a8f839519dab = addyf8dd249390881e6bf598a8f839519dab + 'home-wellness' + '.' + 'gr'; var addy_textf8dd249390881e6bf598a8f839519dab = 'info' + '@' + 'home-wellness' + '.' + 'gr';document.getElementById('cloakf8dd249390881e6bf598a8f839519dab').innerHTML += '<u>'+addy_textf8dd249390881e6bf598a8f839519dab+'</u>; with:'
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1. The exact model and/or additional Clearlight accessories wish to order
2. Shipping details (name, address, mobile phone number)
3. Invoicing details, in case an invoice is issued instead of a receipt
4. If the purchase concerns domestic or commercial use (spa, gyms, treatment rooms, etc.)

The sale of this product is made exclusively through a mediation process by Home Wellness and the sales contract is concluded directly with Clearlight Saunas Europe GmbH ([terms](#)). All payments, invoicing, warranty and returns are processed directly with Clearlight.

We inform you of the final amount and payment is made by bank deposit or credit card (currently there is no possibility of installments).

#### **Using red light therapy outside of the sauna**

The Red Light Therapy Tower can be used as a standalone product.

In case of use outside the sauna, the phototherapy device can be freely supported on a wall or on the special support base provided by Clearlight (base price €240).

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**Using red light therapy inside the Clearlight sauna**

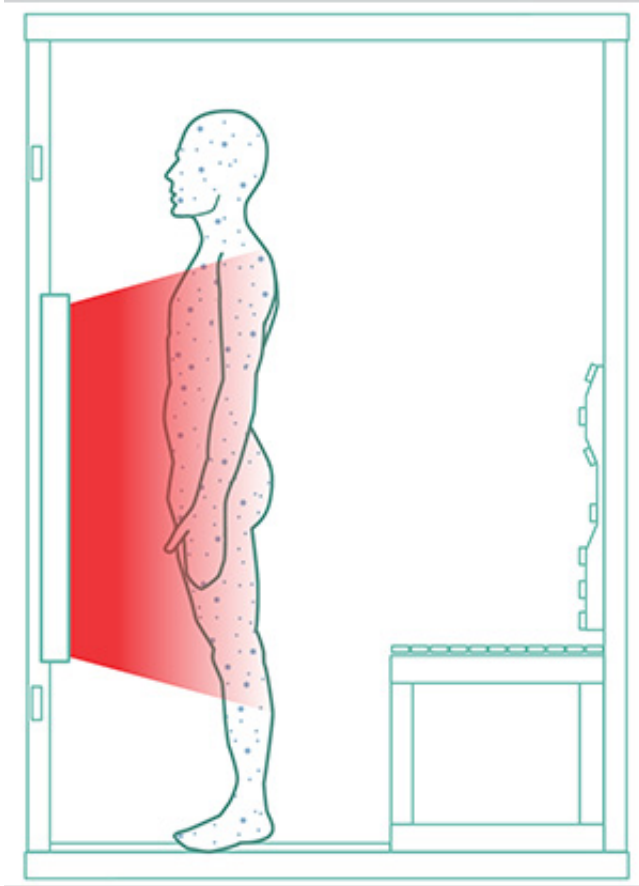
The Red Light Therapy Tower can be installed directly inside any Clearlight sauna.

It is heat resistant, is placed inside the sauna door and is powered by a socket inside the Clearlight sauna (it cannot be used inside other saunas that do not have a relevant socket).

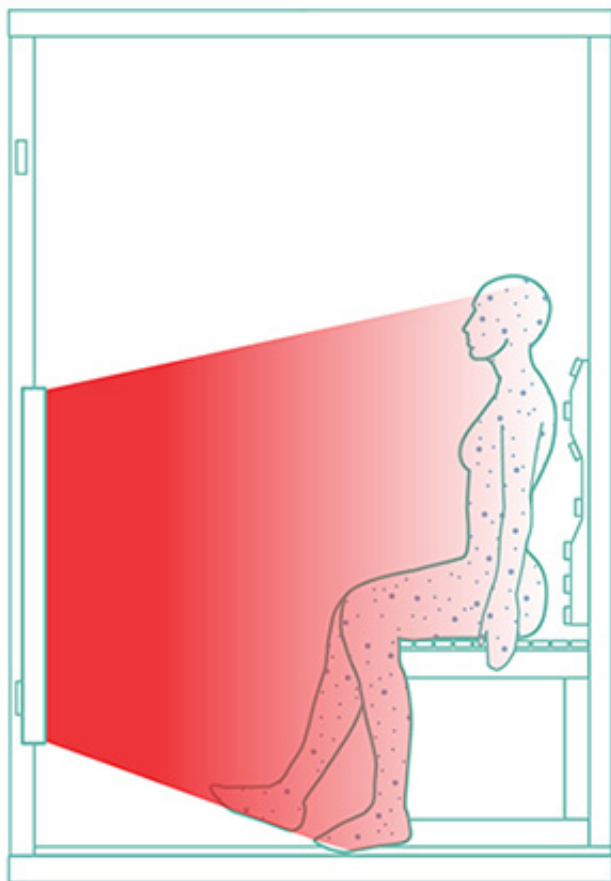


When using the Light Therapy tower inside your sauna, there are two options for proper use:  
When standing upright, at a distance of 15-20 cm, we recommend a 10-20 minute session.

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When sitting on the sauna bench, at a distance of 30-45 cm, we recommend a 20-30 minute session.



**How to install the phototherapy tower on the sauna door**

#### **Frequency of use**

Consistency is key when incorporating light therapy into your routine.

Daily use is recommended and over time the time can be reduced to three or four times a week. For an area with specific concentrated pain, exposure may be as frequent as 2 to 3 times per day.

If you want to shorten the time, you will need to be closer to the unit at a distance of about 10-15 cm. Due to the high intensity of the red light therapy tower, this will only require about 10 minutes per side.

Phototherapy exposure should follow recommended guidelines for optimal results. Excessive use may not provide additional benefits.

#### **Usage tips**

We recommend wearing as little clothing as possible, especially in the areas to be treated. Full, unobstructed skin exposure will yield the best results. You may wear clothing if you wish or if bare skin is not appropriate, and we recommend wearing light-colored fabrics if possible.

Although eye damage does not occur at the recommended distances, we recommend protecting your eyes during red light therapy sessions with the provided glasses and avoiding looking directly into the light.

It is best not to use creams or lotions right before a treatment, as they form a protective barrier and prevent you from getting the full effect of the treatment. They can also irritate the skin.

Spot therapy focuses on specific areas of the body, such as the back, arms, or joints. It is



recommended to place the body part approximately 10 to 15 cm from the tower for 10-20 minutes per treatment.

To ensure the longevity and performance of your RED LIGHT CORE TOWER, it is essential to store it properly unplugged when not in use. Store the unit in a dry and safe place. Cover the tower with the provided dust bag for easy storage.

Occasional dusting with a slightly damp cloth with the unit unplugged is recommended.

**Are there any contraindications to the use of red light therapy?**

If you have a serious health condition or chronic illness, consult your doctor or pharmacist before starting red light therapy to address any concerns or drug interactions.

Red light therapy is generally safe and painless, with no serious side effects reported.

However, some users have experienced minor side effects such as headaches, irritability, and eye strain.

If you have photosensitivity conditions like lupus or are taking medications that make you photosensitized, it is best to avoid red light therapy.

Consult your doctor if you have bipolar disorder, as there have been rare reports of red light therapy causing mania in patients with bipolar disorder.

Phototherapy continues to be studied for its potential applications. If you have any questions or concerns, we recommend that you contact your healthcare provider.

**They said about red light therapy...**





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*"Whether you are looking for systemic benefits such as weight management, sleep, testosterone and muscle building, or simply trying to repair an injury or achieve an aesthetic skin enhancement, I highly recommend red infrared light therapy."*

Ben Greenfield, Performance Coach & Biohacker

*"Red light therapy has become an increasingly popular form of technology used to treat a range of conditions that require stimulation of healing, relief of pain and inflammation, and restoration of function."*

Tony Robbins, Life coach & Business Strategist

*"Red light therapy works from the inside out to enhance mitochondrial function in cells. Red light reduces skin inflammation, evens out skin tone, repairs sun damage, fades scars and stretch marks, and builds collagen in the skin, reducing wrinkles."*

Dave Asprey, Biohacker and founder of Bulletproof

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