Photobiomodulation (PBM) vs Far-Infrared Saunas

What's the difference between the red light therapy such as the Theralight 360+ bed we have here at The Guild and our far-infrared sauna? Red light therapy, also known clinically as "photobiomodulation," is very different than far-infrared saunas. So what's the difference? Let's get nerdy for a minute and sort this out...

Saunas use invisible far infrared waves to penetrate the body to activate sweat glands using heat. These waves are extremely warming, unlike Photobiomodulation. Far-infrared applications (such as a sauna) vibrate the water molecules in your body. This vibration weakens the ion bonds until the water breaks down into encapsulated gasses and toxic materials to be excreted. This assists the body's ability to detoxify.

Red light therapy uses red and near-infrared light (600-1,100nm). In typical “light bed” applications, these light wavelengths are non-thermal (little to no heat). Applied properly, with the correct wavelengths, light specifically targets cells. Stressed cells deprived of oxygen are competing with free radicals to utilize oxygen to produce energy known as ATP (adenosine triphosphate). Light (or photons), hit the cell and are absorbed. This absorption disassociates the free radical (Mitochondrial nitric oxide – mNo) from the cell to allow oxygen to take its rightful place and resume optimal energy production (ATP) in the Electron Transport Chain.

Summary: Far-Infrared Saunas use FAR-Infrared HEAT to stimulate sweat glands for detoxification. Saunas are extremely warm/hot. Red Light Therapy uses NEAR-infrared cold LIGHT to reverse oxidative stress, reduce pain, inflammation and improve cellular energy production

Take away: These are both wonderful healing therapies that don’t compete with each other. Why pick just one? Do them both and reap the benefits!