

UNDERSTANDING RED LIGHT WAVELENGTHS

Trifecta Light uses Red Light Therapy & Near-Infrared Therapy

Trifecta does not use Far-Infrared Therapy (heat-based, sauna-like effect)

By using Red Light Therapy (visible light) and Near-Infrared Therapy (invisible light) together you gain maximum benefits by using the two most powerful forms of light for cellular repair and regeneration..

Red Light Therapy (630-660nm)

Red light is part of the visible spectrum-it's the gentle red glow you can actually see during a treatment. It penetrates only 8-10 millimeters into the skin, making it ideal for surface-level improvements.

How It Works:

Red light stimulates the mitochondria (the energy factories inside your cells), boosting cellular energy production (ATP). This increase in energy helps skin cells repair, regenerate, and function more efficiently.

Best For: Skin rejuvenation, beauty, surface-level healing.

Near-Infrared (NIR) Therapy (810-850nm)

Unlike red light, near-infrared light is invisible to the eye. It penetrates much deeper – up to 2-3 inches into muscles, joints, and tissues – making it extremely effective for whole-body healing and recovery.

How It Works:

Near-infrared also stimulates mitochondria but, because it penetrates deeper, it energizes muscle cells, nerve tissue, and even the brain. This improves circulation, oxygenation and cellular repair far beneath the skin.

Best For: Pain relief, inflammation reduction, and performance recovery.

At Capitol Chiropractic you can experience the power of advanced red light therapy with Trifecta Light. You won't be disappointed.

