



Patient Information Leaflet: HaloRed®

This leaflet provides essential information about HaloRed®. It covers how the therapy works, what to expect, potential side effects and risks, and pre- and post-treatment care instructions.

What is HaloRed®?

HaloRed® is a cutting-edge wellness treatment that uniquely combines two non-invasive, evidence-supported therapies:

- 1 Red and Near-Infrared Light Therapy (Photobiomodulation / Low-Level Light Therapy)
- 2 Halotherapy (Dry Salt Therapy)

Together, these therapies work in synergy to support:

- ✓ Respiratory health
- ✓ Skin rejuvenation
- ✓ Muscle and joint recovery
- ✓ Immune function
- ✓ Overall wellbeing

The HaloRed® system includes:

- 1 Medical-grade red and near-infrared light panels (FDA-cleared Class II devices), delivering targeted wavelengths (630–660 nm and 850–1050 nm) to stimulate collagen, enhance circulation, and reduce inflammation.
- 2 Clinically engineered HaloGX™ halogenerator, dispersing pharmaceutical-grade sodium chloride into the air as ultrafine dry salt particles, promoting respiratory and skin health.

The combination creates a unique treatment environment where red light reflects off airborne salt particles, producing micro-bursts of amplified light exposure. This enhances the effects of both therapies for a powerful, holistic experience that promotes internal recovery and external revitalisation in one session.

**How does HaloRed® work?****Red & Near-Infrared Light Therapy (PBM / LLLT)**

Red and near-infrared light therapy is supported by thousands of peer-reviewed studies, including clinical trials and laboratory research on its benefits for skin repair, inflammation reduction, and tissue regeneration.

This therapy works by stimulating mitochondria (the “powerhouses” of your cells), increasing the production of ATP (adenosine triphosphate) - the energy your cells need to repair and regenerate.

Red Light (630–660 nm):

- Stimulates collagen production
- Smooths fine lines and wrinkles
- Improves skin tone and texture
- Supports hair growth

Near-Infrared Light (850–1050 nm):

- Penetrates deeply into tissues
- Supports muscle and joint recovery
- Reduces inflammation and pain
- Improves circulation and cell regeneration

Clinical studies show improved skin elasticity, collagen density, wound healing, and wrinkle depth, with no significant side effects.

Biological Mechanisms of Action

According to leading research (Hamblin, 2017), red and near-infrared light therapy acts on multiple biological levels:

- Primary effects: Light is absorbed by cytochrome c oxidase in mitochondria and light-sensitive proteins (opsins). This increases ATP, nitric oxide, and triggers a brief rise in reactive oxygen species (ROS).
- Secondary effects: These lead to improved blood flow, accelerated cell repair, and stronger antioxidant defences.
- Tertiary effects: The body responds with reduced inflammation, enhanced healing, and modulation of immune responses (e.g., calming inflammatory macrophages).

Halotherapy (Dry Salt Therapy)

Halotherapy is a wellness treatment that replicates the microclimate of natural salt caves. A halogenerator disperses pharmaceutical-grade salt into the air as ultrafine dry particles (less than 3 microns). These particles are inhaled into the lungs and also come into contact with the skin, offering both respiratory and dermatological benefits.

Respiratory Benefits:

Emerging studies suggest that halotherapy may support respiratory comfort and hygiene through several mechanisms:

- ✓ Mild antimicrobial and anti-inflammatory effects in the airways
- ✓ Loosening and mobilisation of mucus, which may aid in airway clearance
- ✓ Airway hydration, helping reduce dryness and irritation
- ✓ Potential improvement in oxygen exchange and breathing ease during or after sessions, as indicated in early research

**Skin Benefits:**

Halotherapy may also support skin health by:

- ✓ Gently exfoliating the skin and stimulating microcirculation
- ✓ Supporting the skin's natural repair processes and barrier function

These effects may offer benefit to individuals with dry or irritated skin, or inflammatory skin conditions such as eczema or psoriasis.

Athletic & Recovery Support:

Although still being studied, preliminary findings suggest halotherapy may offer support for physically active individuals:

- ✓ May help improve ventilation and oxygen uptake during exertion
- ✓ May reduce airway irritation following intense exercise
- ✓ May contribute to enhanced endurance and a reduction in perceived effort

A study by Catalina et al. (2012) explored the effect of saline aerosol inhalation on athletes and found that exposure to salt aerosols improved pulmonary ventilation and was associated with improved exercise capacity, suggesting enhanced respiratory efficiency during physical performance.

What to expect?

Pre-treatment assessment: You'll complete a short health questionnaire, which will be reviewed by a member of our medical team to ensure the therapy is safe and appropriate for you. Wear comfortable clothing and bring swimwear to change into for your session.

Procedure: After privately changing, you'll be given protective eyewear. Once safely inside the therapy chamber, your practitioner will start the session and check in periodically. You will have an emergency call button for support at any time. Sessions last approximately 20 minutes.

Post-procedure: After your session, you can change back into your clothes, hydrate, and carry on with your day. Initially, we recommend 3–5 sessions per week for the first month, followed by 2–3 sessions per week for maintenance.



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Who is a suitable candidate?

HaloRed® is suitable for individuals seeking non-invasive support for:

- Skin health and rejuvenation (e.g. fine lines, uneven tone, reduced elasticity)
- Muscle and joint recovery after exercise or physical strain
- Respiratory wellness, including airway hygiene and comfort
- Stress relief and improved sleep quality
- General wellbeing through enhanced circulation and reduced inflammation

This treatment may be beneficial as part of a wellness, recovery, or health optimisation plan. However, it is not a substitute for medical treatment for chronic or acute conditions. A pre therapy assessment is required to review your medical history, and ensure HaloRed® is appropriate and safe for you.

Contradictions and Cautions:

Red Light Therapy should be avoided in:

- Pregnancy
- Epilepsy
- Active bleeding or haemorrhage
- Retinal conditions (e.g., diabetic retinopathy)
- Direct use over the thyroid in known thyroid disease
- Use of photo-sensitising medications (e.g. lithium, melatonin, phenothiazines, certain antibiotics)

Salt Therapy is not recommended for:

- Tuberculosis
- Fever or active infections
- Severe heart conditions
- Active cancer
- Advanced pregnancy
- Acute respiratory attacks

Note: Always provide full medical disclosure. Red light and salt therapies are not a substitute for prescribed medications. Speak with your doctor before making any changes to your treatment plan.

Potential Side Effects and Risks

Most side effects are mild and temporary.

After Halotherapy:

- Dry or itchy throat
- Nasal drip or mild coughing
- Temporary clearing of mucus



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After Red Light Therapy:

- Mild skin warmth or sensitivity
- Temporary skin dryness or irritation

These effects usually settle quickly and are part of the body's natural detox and regeneration process. If they persist or worsen, seek advice from your practitioner.

What to Do if You Experience a Problem

Contact us if you experience:

- Persistent coughing or discomfort
- Skin irritation that worsens or doesn't resolve
- Any unexpected symptoms
- Questions about session frequency or sensitivity

Please note: While coughing may occur as part of this process, it can also be caused by unrelated illness. If you feel unwell or have persistent or worsening symptoms (such as fever or chest pain), please seek advice from your GP or a healthcare provider.

Pre-Treatment Preparation

No special preparation is required, but to ensure comfort and maximise the benefits of your session, please follow the guidance below:

- Bring swimwear or loose, comfortable clothing to change into for your session
- Avoid wearing heavy skincare, makeup, or fragrance before treatment
- Remove excessive or metallic jewellery and be prepared to take off items such as necklaces, bracelets, earrings, or watches before entering the treatment space
- Stay well hydrated to support circulation and natural detoxification

Post-Treatment Care Instructions

To support your wellbeing after a session:

- Drink plenty of water
- Clear nasal passages gently if needed
- Moisturise your skin if it feels dry
- Avoid smoking or irritants after treatment
- Discuss any unusual symptoms with your practitioner
- Adjust session frequency based on comfort and response

For more information, please contact our team. If you have any questions or concerns, we are here to provide expert care and support throughout your Projuvenate journey.

**References:**

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Disclaimer: This leaflet is for informational purposes only and does not constitute medical advice. Individual results may vary. A full consultation and clinical assessment are required to determine suitability for treatment. Always follow the advice and instructions provided by your healthcare practitioner. If you experience any unexpected reactions or have concerns, contact your provider immediately. By proceeding with treatment, you confirm that you have read and understood the information provided and have had an opportunity to ask questions.