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Red light therapy offers noninvasive healing for everything from muscle recovery to mental health. These are the best at-home red light therapy devices that are safe, easy to use, and affordable.

Read to learn about our five top picks for the best red light therapy panels to use at home.

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Recently, red light therapy devices have emerged as a natural and non-invasive solution to aid in fat loss and body sculpting. The following list details the different types of devices available, ...

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We assessed red light therapy caps, hands-free helmets with full scalp coverage, and low-level laser therapy or photobiomodulation devices for 16 weeks.

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Discover the top red light therapy devices for hair growth tested by a dermatologist and beauty editor.

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This non-invasive treatment uses low-level red or near-infrared light, making it well-tolerated by most users with minimal risk of side effects, though mild redness or irritation can occur.

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