

Full-Body Light Therapy

Clinically-Proven Benefits



Skin Health



Muscle Recovery



Body Contouring



Mental Clarity



Athletic Performance



Joint Pain



Sexual Performance



Relaxation & Sleep



How Does it Work?

Red Light Therapy

Red light is primarily absorbed by your skin, leading to increased collagen production and optimal skin health.

Near Infrared Light Therapy

Near infrared light penetrates deeper within your body - enhancing muscle recovery and reducing joint pain.



Body Of Light

Ian Pickup



Body Of Light:

Body Light - Light Body Silvia Heuer, 2026-02-12 Body Light Light Body does not promise transformation It speaks to the moment when change is no longer forced yet begins to move This is not a book about fixing the body It is about returning to a body that no longer needs to perform safety Between nervous system regulation identity feminine energy and embodied metabolism a different form of Body Shaping unfolds one that emerges through presence not pressure Written in a somatic poetic writing style the text follows sensation rather than linear explanation Language slows down Structure breathes Meaning arrives through the body before it becomes thought This work stands beyond ideological feminism It speaks to Embodied Feminine Power as lived authority soft in tone precise in impact Inside these pages you will encounter the body as portal not project Authenticity that does not seek validation how Pleasure and Desire restore feminine energy from within Sovereignty that grows from nervous system safety Soft Confidence that does not need to announce itself Embodied Leadership rooted in feminine physiology and presence Body Light Light Body is for those who feel femininity as an inner orientation including women whose path does not begin with biology yet moves toward embodiment This is not a manual It is a field Not louder More true Not another identity to build yet a space where identity can finally rest Plotinos ; Complete Works Plotinus, Kenneth Sylvan Guthrie, 1918 **The Body of Light** John (John Harvey) Mann, Professor of Organic Chemistry John Mann, Lar Short, 1990 *The Refractionist* ,1926 **Light** ,1928 *Light and Electricity* John Tyndall, 1895 The Sun: Ruler, Fire, Light, and Life of the Planetary System Richard Anthony Proctor, 1872 **St. Matthew** Arthur Carr, 1902 *Lectures on Some Recent Advances in Physical Science* Peter Guthrie Tait, 1876 **Lectures** ,1911 **Benedictus Dominus. A Course of Meditations for Most Days of the Year** Richard Meux Benson, 1876 The Flaming Sword ,1906 **Mind** ,1916 A journal of philosophy covering epistemology metaphysics philosophy of language philosophy of logic and philosophy of mind *The Electrical Journal* ,1898 Gas World ,1906 **A Manual of Elementary Problems in the Linear Perspective of Form and Shadow** Samuel Edward Warren, 1882 *Handbook for Light Artillery* Alexander Brydie Dyer, 1900 Mind and Body ,1901 *Electric Light and Power* Arthur Frederick Guy, 1894 *Proceedings of the National Electric Light Association* National Electric Light Association. Convention, 1890

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