



# Rēd

*by Spa Bohème*

# Rēd Box

*A light ritual for your regeneration*

*Professional LED therapy  
– now available in our wellness*

## How to use



### *How to use*

- The treatment of the future
- Rēd Box is a premium device harnessing the power of red and near-infrared light.
  - Place the panel 30–45 cm away from the treated area.
  - You can hang your LED panel on a wall or use the practical stand for maximum stability.



### *Mode selection*

- Main treatment modes
- RED: Ideal for skin, healing, and surface tissue regeneration.
  - INFRARED: Penetrates deep into muscles and joints for intensive recovery.
  - COMBO: Synergy of both wavelengths for a comprehensive treatment effect.



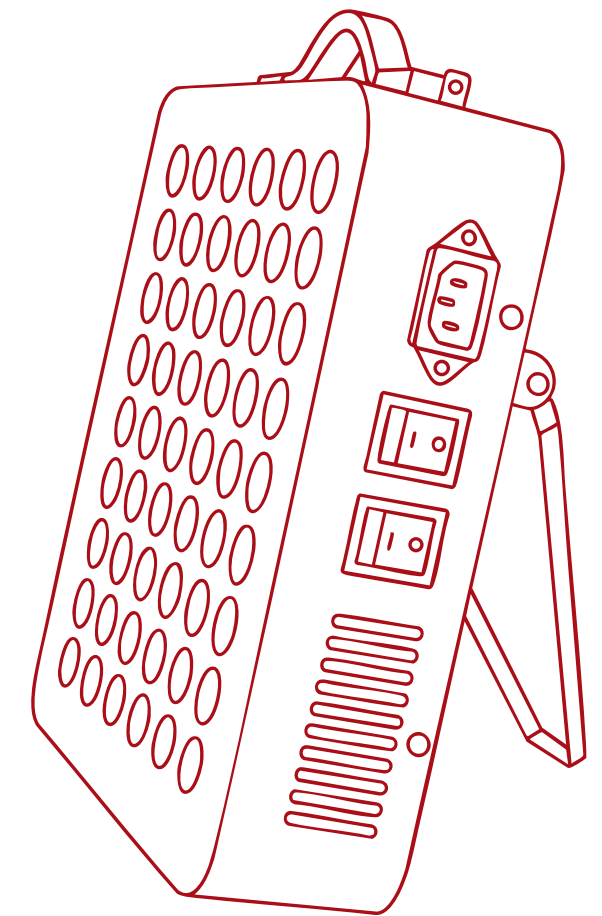
### *Time schedule*

- Face and neck: 10–15 minutes.
- Torso and back: 15–20 minutes.
- Limbs: 20 minutes for tension relief.
- Thanks to the panel's high performance, one relaxing session per day is enough.



### *When and how often*

- Recommended ritual: For a noticeable effect 3–5× a week, or daily in an intensive 4-week cycle.
- Daily ritual: In the morning it provides energy and focus; in the evening it calms the body and supports deep sleep.
- Key to results: Consistency is more important than duration. You will feel the first changes in 2–4 weeks.
- Ideal combination: Enjoy the treatment on its own, after sports, or as a complement to a sauna and massages.



*For more info, please contact the reception.*