



## The Science Behind the Bio-Restore Lounge

The Bio-Restore Lounge integrates two clinically supported modalities—PEMF therapy and Red Light Therapy—to promote cellular repair, pain relief, and emotional wellbeing. These non-invasive treatments are increasingly used in clinical and wellness settings for their regenerative and regulatory effects on the body and mind.

**PEMF Therapy** has demonstrated efficacy in reducing chronic pain, improving mobility in osteoarthritis, and supporting tissue healing. It works by stimulating cellular activity and modulating inflammatory pathways. Emerging research also supports its use in mental health, including treatment-resistant depression and PTSD, through transcranial applications.

**Red Light Therapy** (Photobiomodulation) enhances mitochondrial function, collagen production, and circulation. It's widely used for skin rejuvenation, musculoskeletal recovery, and mood regulation. Studies show benefits for sleep quality, emotional balance, and reduced inflammation—making it a gentle yet powerful tool for nervous system support.

These therapies are safe, well-tolerated, and supported by a growing body of peer-reviewed research.

### References

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