

PRACTICAL REFERENCE

RED LIGHT THERAPY MASK GUIDE

A practical placement and wellness reference



SEE IT • PLACE IT • UNDERSTAND IT • USE IT

Created by Patty Lach Daigle

Nutritional Genomics and Frequency Wellness Coach
Your Daily Nourishment, Inc.

**SCIENCE INFORMED • SIMPLE TO FOLLOW | UPDATED SEPTEMBER
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How to Use This Guide

This guide combines practical placement instructions with science-informed photobiomodulation (PBM) education. Each protocol follows the same four-step system so you can quickly see where the mask belongs, understand the purpose of the placement and use a conservative wellness routine.

SEE IT

Look at the realistic placement image.

PLACE IT

Align the flexible mask with the landmark shown.

UNDERSTAND IT

Learn what the region represents and what PBM can reasonably be said to support.

USE IT

Follow the light, time, strength and frequency guidance.

Red Light & Near-Infrared

Red light is commonly used for skin and superficial tissues. Near-infrared (NIR) penetrates farther into tissue. PBM is dose-dependent: wavelength, irradiance, energy density, device design and treatment duration all influence the delivered dose. More is not automatically better.

The LOW–MEDIUM labels in this guide are practical starting ranges, not universal irradiance prescriptions. Follow the operating and eye-safety directions for your specific mask.

1 | FACE — Skin, Collagen & Healthy Aging



LIGHT	Red + NIR
TIME	8–10 min
STRENGTH	LOW–MED
FREQUENCY	3–5x/week
BEST TIME	Morning or early evening

SEE IT → PLACE IT

Place the mask in its normal facial position, centered evenly over the forehead, cheeks, nose, jawline and chin. Use the eye protection supplied or recommended for the device.

UNDERSTAND IT

Facial red/NIR PBM is commonly used for cosmetic skin goals and tissue recovery. Red is more superficial; NIR reaches farther into tissue. Sensitive or pigmentation-prone skin should begin conservatively.

USE IT

Red + NIR • 8–10 min • LOW–MED • 3–5x/week

Sensitive or rosacea-prone skin: begin LOW for 3–5 minutes, 2–3x/week and increase only when comfortable.

2 | SINUS / FOREHEAD REGION — Facial Comfort



LIGHT	Red + NIR
TIME	5–10 min
STRENGTH	LOW–MED
FREQUENCY	As needed, up to daily
BEST TIME	Any comfortable time

SEE IT → PLACE IT

Keep the mask in its normal facial position so the light field covers the forehead above the brows, bridge and sides of the nose, and both cheek/maxillary regions.

UNDERSTAND IT

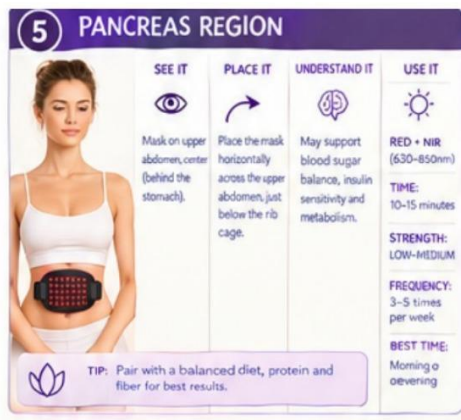
This is a local facial PBM wellness placement. It should not be presented as killing viruses or bacteria or replacing evaluation for a respiratory infection.

USE IT

Red + NIR • 5–10 min • LOW–MED • As needed, up to daily

Seek evaluation for significant breathing difficulty, chest pain, low oxygen, persistent high fever, confusion or worsening illness.

3 | UPPER LEFT ABDOMEN — Pancreas Region



LIGHT	NIR or Red + NIR
TIME	10–15 min
STRENGTH	LOW–MED
FREQUENCY	Up to daily
BEST TIME	Daytime

SEE IT → PLACE IT

Place the flexible mask horizontally immediately below the left rib margin, extending toward the center of the upper abdomen.

UNDERSTAND IT

The pancreas lies deep behind the stomach. This placement exposes the tissues over the pancreatic region; it does not prove that a facial mask delivers a therapeutic pancreatic dose.

USE IT

NIR or Red + NIR • 10–15 min • LOW–MED • Up to daily

PBM does not replace insulin, glucose monitoring or prescribed diabetes treatment.

4 | RIGHT UPPER ABDOMEN — Liver Region



LIGHT	NIR or Red + NIR
TIME	10–12 min
STRENGTH	LOW–MED
FREQUENCY	4–6x/week
BEST TIME	Daytime

SEE IT → PLACE IT

Place the mask immediately below the right rib cage, between the abdominal midline and the right side of the torso.

UNDERSTAND IT

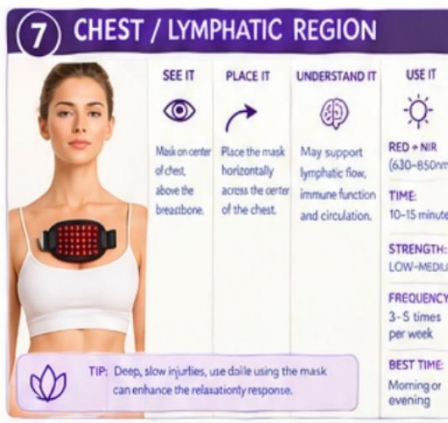
This is regional tissue PBM. NIR penetrates farther than red light, but the mask should not be described as directly detoxifying the liver, increasing bile flow or eliminating pathogens.

USE IT

NIR or Red + NIR • 10–12 min • LOW–MED • 4–6x/week

Use on intact skin and only if your device instructions permit body placement.

5 | UPPER CHEST — Chest & Lymphatic Region



LIGHT	Red + NIR
TIME	8–10 min
STRENGTH	LOW–MED
FREQUENCY	3–5x/week
BEST TIME	Morning or afternoon

SEE IT → PLACE IT

Lay the flexible mask horizontally across the upper chest just below the collarbones and centered over the sternum. Do not wrap it tightly around the neck.

UNDERSTAND IT

PBM is studied for tissue recovery and inflammation in multiple settings. Here it is best framed as local wellness PBM rather than a treatment for lung infection or a method of ‘draining toxins.’

USE IT

Red + NIR • 8–10 min • LOW–MED • 3–5x/week

Significant chest pain, shortness of breath or low oxygen requires appropriate evaluation.

6 | LOWER ABDOMEN — Gut Region



LIGHT	NIR or Red + NIR
TIME	10 min
STRENGTH	LOW-MED
FREQUENCY	3–5x/week
BEST TIME	Any comfortable time

SEE IT → PLACE IT

Center the mask below the belly button over the lower central abdomen so the light field covers the region evenly.

UNDERSTAND IT

This is a local abdominal PBM placement. Red/NIR light should not be represented as directly killing Candida, E. coli, parasites or biofilm inside the gut.

USE IT

NIR or Red + NIR • 10 min • LOW-MED • 3–5x/week

Persistent abdominal pain, vomiting, bleeding or fever warrants appropriate evaluation.

7 | PARASYMPATHETIC NERVOUS SYSTEM — Rest & Repair

The autonomic nervous system continually balances sympathetic ‘action’ physiology with parasympathetic recovery functions. The vagus nerve is a major parasympathetic pathway connecting the brainstem with structures in the neck, chest and abdomen and participates in autonomic regulation.

PBM and Vagus Nerve Stimulation Are Different

Neurological and transcranial PBM are active research areas. A home LED mask is not the same as medical vagus nerve stimulation (VNS), and this guide does not claim that placing the mask on the head or sacrum directly stimulates the vagus nerve.

A Calming Wellness Stack

Pair a comfortable PBM session with relaxed jaw and shoulders, slow nasal breathing and a slightly longer exhale. If using the session in the evening, lower ambient light afterward as part of a wind-down routine.

7A | OCCIPITAL REGION — Nervous-System Wellness



LIGHT	NIR
TIME	8–12 min
STRENGTH	LOW–MED
FREQUENCY	3–5x/week
BEST TIME	Morning or evening

SEE IT → PLACE IT

Position the flexible mask over the lower back of the skull, beginning just above the hairline at the base of the skull and extending upward over the occipital area. Do not wrap it across the front or sides of the neck.

UNDERSTAND IT

Transcranial PBM research uses specialized devices and defined dosimetry. This home placement is a conservative wellness routine and may be paired with breathing and relaxation; it is not equivalent to clinical tPBM or VNS.

USE IT

NIR • 8–12 min • LOW–MED • 3–5x/week

Stop for headache, dizziness, new visual symptoms or a new neurologic symptom.

7B | SACRAL REGION — Relaxation Routine



LIGHT	NIR
TIME	10–15 min
STRENGTH	LOW–MED
FREQUENCY	3–5x/week
BEST TIME	Evening

SEE IT → PLACE IT

Place the mask horizontally over the center of the sacrum — the flat triangular area at the base of the spine, below the lumbar curve and above the tailbone/buttock crease.

UNDERSTAND IT

The sacral region contains neural structures associated with pelvic function. A surface LED mask is best described here as local PBM and relaxation support, not direct stimulation of sacral parasympathetic nerves.

USE IT

NIR • 10–15 min • LOW–MED • 3–5x/week

Use a comfortable dose and discontinue if symptoms worsen.

8 | THYROID / LOWER FRONT NECK — Additional Guidance



LIGHT	NIR or Red + NIR
TIME	Start 6–8 min
STRENGTH	LOW
FREQUENCY	2–3x/week to start
BEST TIME	Morning or early afternoon

SEE IT → PLACE IT

Place the mask loosely and horizontally across the lower front of the neck, just below the larynx and above the collarbones. Do not compress the neck.

UNDERSTAND IT

PBM, including NIR, has been studied in thyroid research, but published clinical protocols are not interchangeable with a consumer facial mask. For general neck wellness, use a conservative trial; if the goal is specifically to influence thyroid disease, individualized clinical guidance is appropriate.

USE IT

NIR or Red + NIR • Start 6–8 min • LOW • 2–3x/week to start

Thyroid Routine — Before You Increase the Dose

After 1–2 weeks, if comfortable and permitted by the device instructions, a general neck-wellness routine may progress to 8–10 minutes at LOW–MED, up to 3x/week. With Hashimoto's, Graves'/hyperthyroidism, thyroid nodules, thyroid cancer history, unexplained neck swelling or thyroid medication, do not escalate a direct thyroid routine without clinician guidance. Stop for overheating, jitteriness, palpitations, neck discomfort or other new symptoms.

9 | MUSCLE / JOINT — Local Recovery



LIGHT	Red + NIR
TIME	10–15 min
STRENGTH	LOW–MED
FREQUENCY	3–5x/week
BEST TIME	After activity or as comfortable

SEE IT → PLACE IT

Center the light-producing portion directly over the sore muscle or joint. For shoulder, upper back, hip, knee or elbow, position the mask over the target tissue without uncomfortable pressure.

UNDERSTAND IT

Localized PBM for selected pain, recovery, wound and musculoskeletal applications has a stronger clinical evidence base than claims about treating deep internal organs.

USE IT

Red + NIR • 10–15 min • LOW–MED • 3–5x/week

New severe pain, major swelling, deformity or inability to bear weight should be evaluated rather than repeatedly treated with light.

Nutrition for Nervous-System & Recovery Support

PBM works within the body's existing biology. Nutrition, sleep, movement and metabolic health still matter, and supplements should be individualized to diet, medication, laboratory data and genetics.

Foundational Nutrients

B vitamins support normal energy and nerve metabolism. Magnesium supports neuromuscular function. Omega-3 EPA/DHA are structural fats in neuronal membranes. Vitamin D contributes to normal immune and neuromuscular function. Choline is a precursor for acetylcholine.

Additional Metabolic Support

Vitamin C participates in catecholamine synthesis and antioxidant defense; tyrosine is a catecholamine precursor; B5 supports energy metabolism; CoQ10 participates in mitochondrial energy production. Adaptogens may be useful for some people but are not appropriate for everyone.

DNA-Informed Nutrition

Genetic variants can add context, but a variant does not automatically establish a deficiency or supplement dose. Methylation and neurotransmitter-related findings are most useful alongside diet, symptoms, medication and appropriate laboratory data.

Quick Reference

Placement	Light	Time	Strength	Frequency
Face	Red + NIR	8–10 min	LOW–MED	3–5x/wk
Sinus	Red + NIR	5–10 min	LOW–MED	Up to daily
Pancreas region	NIR / Both	10–15 min	LOW–MED	Up to daily
Liver region	NIR / Both	10–12 min	LOW–MED	4–6x/wk
Upper chest	Red + NIR	8–10 min	LOW–MED	3–5x/wk
Lower abdomen	NIR / Both	10 min	LOW–MED	3–5x/wk
Occipital	NIR	8–12 min	LOW–MED	3–5x/wk
Sacrum	NIR	10–15 min	LOW–MED	3–5x/wk
Neck — general wellness	NIR / Both	6–8 min start	LOW	2–3x/wk start
Muscle / joint	Red + NIR	10–15 min	LOW–MED	3–5x/wk

LOW: first sessions, sensitive user or new placement. **MEDIUM:** after comfortable tolerance. **HIGH:** not a default recommendation; use only when specifically supported by your device instructions.

Safety | Eyes | When to Stop

Use the eye protection supplied or recommended for the specific mask. Closing the eyes is not automatically equivalent to manufacturer-recommended protection.

New flashes, a sudden shower of floaters, a curtain/shadow in vision, sudden vision loss or significant eye pain requires urgent eye evaluation. Do not attribute these symptoms to detoxification or parasites.

Stop for burning, significant headache, persistent redness, dizziness, palpitations or worsening symptoms. Seek individualized guidance with photosensitizing medication, photosensitivity disorders, pregnancy, known or suspected malignancy, unexplained skin lesions, significant eye disease, or when PBM is being used specifically for a diagnosed condition.

Evidence Snapshot

PBM has an expanding evidence base, but protocols vary substantially by condition and device. A 2025 multidisciplinary consensus concluded that PBM is generally safe for adults and emphasized optimizing parameters such as wavelength, energy density and duration. This is why this client guide uses conservative wellness-use ranges rather than universal medical prescriptions.

Client Disclaimer

This guide is for wellness education and practical placement. It is not intended to diagnose, treat, cure or prevent disease and does not replace individualized medical care. Body-region labels describe where the mask is placed; they do not prove that a consumer mask reaches or treats an internal organ beneath the skin.