

The best Red Light eyewear



For Red Light and Tanning Bed Naps



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Eye to Eye

Is Eyewear Necessary for RED-LIGHT? SALON OWNERS SHARE THEIR POLICIES

By Brenda Fishbaugh

The first time I had a red-light session, I was shocked by how bright the light was, and I found it very uncomfortable! For hours afterward, I saw green halos around objects – an indication that rods and cones (photoreceptors) in my eyes had been affected. Many red-light users tell me they also see green halos, which means it cannot be good for vision. For my second session, I wore the provided goggles. Afterward, the whole world looked neon blue, even with my eyes shut! I tried other colors of goggles and disposables, and they made the red light even brighter! Red light is a very narrowband wavelength, concentrated at about 688 nanometers. Traditional tanning eyewear that is FDA-compliant and Canadian health-compliant needs to block ultraviolet rays to 400nm. There are several types of eye protection made for red light, and these all block the 610-750nm wavelength designated as red light. To choose which red-light eyewear type to offer your customers, try several and find what blocks the most light. Red-light sessions tend to be profitable for salons, so I recommend you include red-light eye protection in your session price.

Currently, providing eyewear for red-light sessions is not required by law. However, the legislators won't be paying your lawsuits if someone's vision is damaged by your equipment. I highly recommend you err on the side of caution.

Let's see what the policy is in some top salons:

Jasa Wolfrey, owner of 2 Suns Salon & Wellness spas in Stafford, VA offers red-light eyewear for red-light sessions in her health spa. "We offer (and sell) the Wink-Ease Dark® eyewear for our red-light sessions," Jasa says. "The bright light combined

with our stand-up fan in the room can also cause dry-eye and irritation. The very dark eyewear can help minimize those issues, as well as protect the eye from intense light." Her first-time clients get Wink-Ease Dark® for free their first session. For subsequent sessions, they can buy red-light dark goggles, such as the ones made by Podz, or they can buy the dark disposable style.

Jasa is not alone in wanting to protect her customers' vision. Alica Valencikova, owner of the Glo Tanning Lounge in Brodheadsville, PA shares, "I ALWAYS recommend specialized red-light eyewear for their vision safety. The lights are extremely bright and eye protection should be a must. I offer Wink-Ease Dark disposables, as well as goggles. Safety first."

"We make eyewear mandatory in our Beauty Angel bed," states Chantal Beare, Owner of The Tanning Studio outside Toronto, British Columbia." We sell several types of eye protection for our red-light unit. If you don't have eyewear, you aren't going to get a red-light session here!"

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The owner of Body Heat Tanning in Coral Springs, FL uses eyewear, herself. Rhonda Massey Shaffer Culigan explains, "my eyes cannot take red light. I wear my traditional goggles with disposables on top! I also recommend the same to my customers."

Like Rhonda, are you trying to block red-light rays during a session? Would you like to try eyewear made specifically for red light? Email Brenda@WinkEase.com with your name, salon name, salon mailing address and the code, "IST Eye Dark" and I'll mail free samples. ■



About the Author:

Tanning industry veteran Brenda Fishbaugh is president of Eye Pro, Inc., makers of disposable eyewear. She travels extensively training

salons on the effects of UV light on vision.

