



GUIDE TO PATCHES

What is phototherapy?

The science of phototherapy, which has been around for about 100 years, uses light to improve the health of the body. As far back as two thousand years ago, the ancient Greeks had a center for studying the effects of different colored lights on the body. Even the ancient Egyptians, who promoted health by focusing sunlight through colored glass on certain areas of the body, understood this concept.

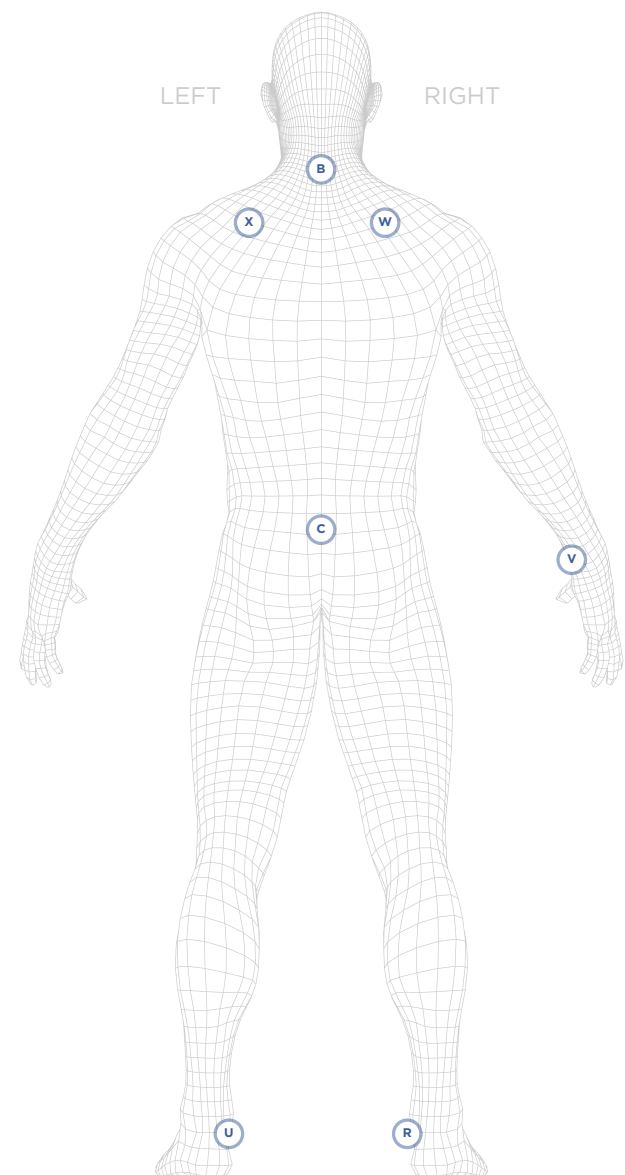
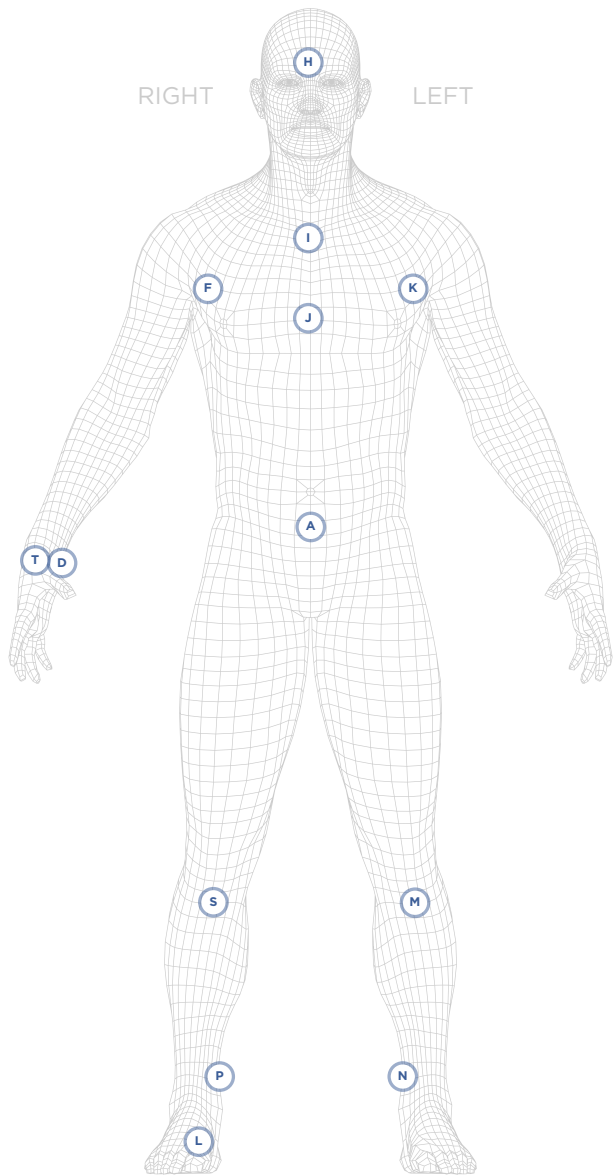
How do lifewave phototherapy patches work?

Your body emits heat, including heat in the infrared spectrum. Our patches are designed to trap this infrared energy when placed on the body, which causes them to reflect it back to stimulate specific points on the skin that can promote a general state of health and healthy activity unique to each LifeWave patch.

Tips & tricks

Drink lots of water. Always apply patches to clean, dry skin in the morning (or at night for certain patches).
Wear for up to 12 hours.

LifeWave Disclaimer: LifeWave products are only intended to maintain or encourage a general state of health or healthy activity and are not intended to diagnose, treat, cure, mitigate, or prevent any disease or medical condition of the body. The content provided by LifeWave is presented in summary form, is general in nature, and is provided for informational purposes only. Do not disregard any medical advice you have received or delay in seeking it because of something you have read on our websites or associated materials. Please consult your own physician or appropriate health care provider. Always consult with your physician or other qualified health care provider before embarking on a new health regimen, diet or fitness program. We assume no liability or responsibility for damage or injury to persons or property arising from any use of any product, information, idea, or instruction contained in the materials provided to you. LifeWave reserves the right to change or discontinue at any time any aspect or feature containing our information.



LifeWave X39, LifeWave X49 and Alavida: **A, B**

Y-Age Aeon: Rotate between **A, B, R, T, L**, 5-7 days per week**

Y-Age Carnosine: Rotate between **B, C, D, J, T**, 1 - 3 days per week**

Y-Age Glutathione: Rotate between **A, E, I, L, P**, 5-7 days per week**

**When using Y-Age products, use any 2 patches on any 2 of the listed points.

Energy Enhancer: Two patch system. White patch on the right side of the body, tan patch on the left side. **F, K, O, R, S, V.**

Silent Nights: **S, Q, L, G, H**

SP6 Complete: **U, M, N**

Icewave: **X, W**. This can be used on any area of the body.