BioPeak Health Shares Age Considerations for Safe Red Light Therapy Use

Is There a Minimum or Maximum Age for Red Light Therapy?

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RALEIGH, N.C., November 10, 2026 - BioPeak Health is addressing a growing question among consumers considering full-body red light therapy in Raleigh: whether age determines who is an appropriate candidate. The Raleigh health and performance practice says there is no single universal minimum or maximum age, and individual health factors, medications, treatment goals, and device specifications warrant consideration before treatment.

The announcement comes as red and near-infrared light treatments continue to receive attention across wellness, recovery, and medical settings. Rather than treating age as a stand-alone qualification, BioPeak Health encourages adults, older individuals, and families considering treatment for younger people to look at the circumstances surrounding its use.

Age Alone Does Not Determine Treatment Suitability

Research into photobiomodulation therapy has examined a range of applications, but evidence and treatment parameters are not identical across age groups.

A 2025 evidence-based consensus published in the Journal of the American Academy of Dermatology concluded that photobiomodulation is a safe treatment modality for adult patients and that red-light photobiomodulation does not induce DNA damage. The consensus was developed by a 21-member multidisciplinary expert panel following a systematic literature review and structured Delphi process.

For older adults, chronological age by itself does not necessarily exclude someone from treatment. Medical history, medications, light sensitivity, and the purpose of treatment can influence whether a particular protocol is appropriate.

“There is a tendency to ask for a cutoff age, but that does not tell us enough about the individual,” said Dr. Chris Werness, Clinical Director of BioPeak Health. “A person’s health history, medications, goals, and the type of equipment being used provide much more useful context when considering red light therapy.”

Younger Patients Require Additional Consideration

The question becomes more nuanced for children and teenagers. Research involving younger populations may use different wavelengths, exposure levels, and treatment purposes than those commonly used with adults.

Studies have examined red-light applications in pediatric populations, including research involving childhood myopia. BioPeak Health advises parents to speak with an appropriate healthcare professional before pursuing treatment for a child or teenager, particularly because long-term safety boundaries and device parameters can differ.

The intended purpose of treatment also matters. A protocol studied for a specific medical application should not automatically be treated as interchangeable with a wellness or recovery protocol.

Device Settings Matter Alongside a Person's Age

Red light devices can vary considerably. Wavelength, irradiance, treatment area, exposure time, and frequency can all influence how a session is delivered. This distinction matters when consumers evaluate claimed red light benefits. Research findings involving one device or protocol do not necessarily apply to every red light panel, bed, or handheld product.

BioPeak Health uses a TheraLight full-body system at its Raleigh location, delivering red and near-infrared light through a chamber equipped with more than 45,000 diodes. The system is designed to provide full-body light exposure during each session.

People comparing infrared light treatments can ask providers which wavelengths are being used, how long exposure lasts, and whether the protocol is appropriate for their health profile and intended purpose.

Medication and Medical History Remain Important

Some medications can increase photosensitivity, making medication review relevant before exposure to light-based treatments. Existing medical conditions may also warrant discussion with a healthcare professional.

Individual Needs Shape the Approach

Red light therapy can serve different purposes depending on the person, from supporting physical recovery to complementing broader wellness and performance routines. Those differences make the intended use an important part of determining how sessions are approached.

BioPeak Health takes an individualized approach rather than applying the same session strategy across every age group or health goal. This allows treatment decisions to reflect the circumstances and objectives of each person.

About BioPeak Health

BioPeak Health is a Raleigh-based health and performance practice focused on individualized services informed by clinical evaluation and health testing. The practice works with people seeking support for physical recovery, everyday health, and performance. Services include red light therapy, metabolic and genetic testing, VO2 max testing, personalized nutrition planning, chiropractic care, and the SuperHuman Protocol.

View BioPeak Health on Google Maps

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