

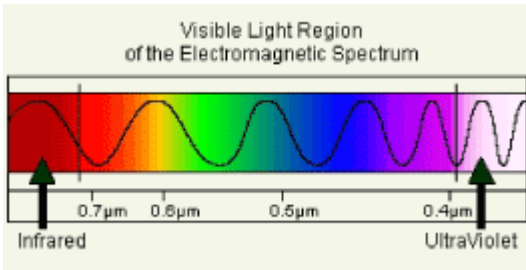
Frequently Asked Questions

1. What is Infrared light?

We tend to think of light in terms of what we see. Some light frequencies, however, are beyond the range of visible light so we do not see them with the naked eye. Light is created by electromagnetic frequencies. We see visible light as colours that range from blues to green, yellow, orange and reds. Different colours are created by the different frequencies of light. The frequency of light is so rapid or high, that light is expressed by wavelength or nanometers (nm) rather than the frequency in cycles per second or Hertz.

Violet is at one end of the spectrum with a higher frequency or more rapid vibration and Red is at the other end, with a lower frequency or slower vibration. Light beyond the visible violet range is called ultraviolet light and light beyond the red end of the light spectrum is called infrared light. Far Infrared (FIR) light generates heat and is used in saunas. NIR light, as used in the LightWorks, is naturally emitted by body cells.

2. Is this the same as Ultraviolet light?



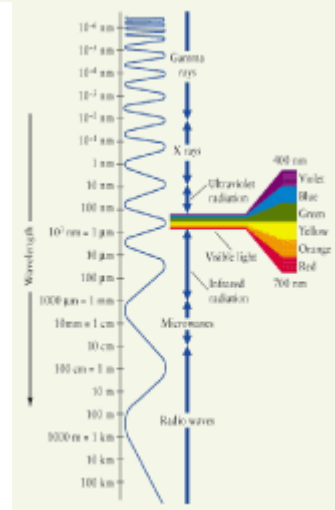
No, ultraviolet light is at the blue end of the light spectrum—shorter wavelengths and higher frequencies. Red and Near Infrared (NIR) light are at the other end of the light spectrum—longer wavelengths and lower frequencies. We do not see ultraviolet light as it is beyond the visible range of light. We are advised to be careful about the amount

of ultraviolet light to which we are exposed, as this light is responsible for sunburns and aging of the skin. There are no such cautions with the Red and NIR light or other colors in the visible spectrum.

3. How deep does the LED light penetrate?

Near Infrared (NIR) light penetrates the deepest at about 30-40 mm or 1.2-1.6 inches. Red light is reported to penetrate about 8-10 mm or about 3/8 inch. Depth of penetration decreases from Red to Blue. Light can penetrate more deeply into the body, however, if it travels along a meridian - one of the invisible light transmission lines originally discovered by the Ancient Chinese as part of the acupuncture system.

The degree of penetration does not limit the effect of light, as light on the body acts similar to photosynthesis in plants. Light stimulates reactions that continue after the light is removed.



4. Will LED light damage my skin?

No. LED light as well as the frequencies of the LightWorks are considered beneficial to skin tissue.

5. Does wearing lotion keep the light from penetrating my skin?

A natural cream or lotion that is absorbed by the skin should not block the LED light. For maximum effectiveness though, avoid applying heavy creams or lotions before using the LightWorks.

6. Can the LightWorks be used with the other SOTA units?

Yes. The units complement each other. It is okay and even advisable to use the units together. Each of the SOTA units also has a particular purpose for independent use.

7. Is the LightWorks approved or licensed by any governments?

No, the LightWorks is considered a consumer product for general health and well-being and does not require licensing.

The SOTA units, including the LightWorks, have all passed testing to gain CE certification. This is a European standard that indicates an electronic unit conforms to essential safety requirements to operate as a household consumer product.

The SOTA LightWorks is also RoHS Compliant. This is a European standard that restricts the use of 6 hazardous materials, including lead, in electronic and electrical equipment.

8. Do you have any testimonials about the benefits of using the SOTA units?

Yes, many of our customers let us know how they have been helped using our units. We have a large database of these experiences and we are very grateful to those who share their health journey with us.

Unfortunately, the politics of health currently prohibits us from sharing these testimonials with you.

Government regulators have allowed SOTA to continue to manufacture our units as long as they are represented as consumer products for general health, well-being and relaxation only.

We look forward to a time in the future when we will be able to share our testimonials with you.

Please share your experiences with us—how you have been helped or if you didn't experience a benefit—either by email or telephone.