



Eye Protection Guidance

When to Wear Eye Protection

RedZone uses visible red light (~630nm) and near-infrared light (~850nm) as part of the experience. Protective eyewear is recommended when using the Red Light Chest Panel - this is the only time during your session when the light is directed close enough to the face area and eyewear should be worn for eye protection.

This protocol helps:

- Protect eye comfort during sessions
- Reduce glare and visual strain
- Ensure a safe, consistent experience for all members

What Type of Glasses are Acceptable?

There is no specific brand requirement. Any eyewear that meets the wavelength criteria below is acceptable.

When selecting eyewear, look for coverage that includes ~630nm (red) and ~850nm (near-infrared).



Example Eyewear Options (Available on Amazon)

The following are examples of eyewear that meet the recommended wavelength ranges. Note: Product availability and pricing may vary. These examples are provided for convenience, not endorsement.

- [BKHMGS Red Light Glasses](#)
- [Fuiart Red Light Glasses](#)
- [mozeeda IPL 190nm-2000nm Laser Safety Glasses](#)
- [FreeMascot New Red Light Glasses](#)