

Safe - Natural - Drug-free - Non-invasive
Phototherapy for Natural and Colour Therapists

from Q.Products AG (Biotechnology & Photomedicine), Switzerland

Clinical recognition of phototherapy



Clinical recognition of the benefits of phototherapy is now widespread.

Biostimulation by light energises cells directly, enabling them to function and reproduce more efficiently. **Photomodulation** of the blood spreads the benefits more widely. **Natural healing** is

accelerated, the immune system is boosted and pain and inflammation are alleviated.

- ❖ Large light diameters for short treatment times and even coverage.
- ❖ Choice of six medical, three cosmetic and eleven colour filter modules for a wide range of therapies.

Modular systems give great flexibility



Q.Light® PRO and Q.Light® Skin Care are modular systems, with a choice of medical, cosmetic and colour filter modules. These provide for a wide range of professional and home treatments and the filter modules are clearly labelled to guide the therapist.

All Q.Lights® are safe for use by the general public but the advanced colour filter modules are recommended for experienced colour therapists only.

- ❖ Non-laser light source requires no special training or safety precautions. No ultra-violet light.
- ❖ CE marked medical products, for stand-alone therapy or to supplement most existing treatment regimes



Medical Professional filter modules

Pain Care

Warm red light reduces pain in arthritis, rheumatism, muscle and tendon strains.

Wound Care without infra red

Cool white light for burns, leg ulcers, pressure sores and infected wounds.

Wound Care with infra-red

Warm white light for muscle strains, injuries inc. post-operative, cuts and grazes.

Acne Care

Cool blue light treats acne and inflammation and regulates talc production

Psoriasis Care

Cool white light eases psoriasis/dermatitis and itchy, dry skin conditions.

S.A.D. Care

Treats Seasonal Affective Disorder and depressions without harsh flicker of neon tubes.



Cosmetic filter modules

Anti-ageing Care

Warm white light reduces fine lines and wrinkles, stimulates tired skin.

Skin Care

Cool white light for daily skin care, increasing take-up of moisturisers.

Cellulite Care

Warm orange light treats cellulite and weak connective tissue.



Colour filter modules

Dichroic filter modules for brilliant, even and stable light, perfect for colour therapy. All colour modules block infra-red.

Basic set: Red - Orange - Yellow - Green - Blue - Violet

Advanced set: Pink - Magenta - Cyan - Turquoise - Indigo

Also available: aromatherapy attachment with a range of seven colour-matched (inc. white) 100% natural aromatherapy oils and corresponding colour-matched ampoule cure skin conditioners.



Q.Light® PRO for power and precision



- 10-40cm light diameter
- Variable aperture
- Timer control
- Electronic display panel
- Regular stand
- PRO-Plus stand available

Q.Light® Skin Care for portability



- 25cm light diameter
- Fixed aperture
- On/off control
- Regular or 'Home' stand
- PRO-Plus stand available

Stands and further information



The 'Regular' stand (left) is suitable for clinics and for therapists operating at home. The folding 'Home' stand (right) is ideal for travelling or ease of portability (not suitable for Q.Light® PRO). For larger clinics and hospitals we also offer stand 'PRO-Plus'. Please ask for details.

For details visit: www.mediluxprofessional.net

Enquiries: office@mediluxprofessional.net

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Phototherapy for Everyone

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What are Q.Lights®?

Q.Lights® are light therapy devices designed for both professional and home use. The special, patented light source produces a balanced mix of visible or visible plus near infra-red light, which is then filtered according to the therapy selected and polarised to aid absorption by the body.

Many physiotherapists, doctors and other medical and cosmetic professionals use low-power laser to treat a range of wounds, skin complaints, muscle strains and other conditions. Q.Lights® now offer many of the same benefits without laser. The light intensity is lower but treatment areas are very much larger, bringing safe, convenient and economical light therapy to home users and professionals alike.

How does Q.Light® work?

Light is a form of energy. Infra-red heaters and the tanning effect of ultra-violet in sunlight are both very familiar. Between these forms of light lie the visible frequencies: red, orange, yellow, green, blue and violet that govern and bring colour - quite literally - to our daily lives. It should be no surprise therefore that components of this visible light energy can also have profound effects upon our health.

Visible light enters the body through the skin and the eyes, directly bio-stimulating the cells which it reaches, assisting natural regenerative processes, stimulating the immune system and increasing lymphatic drainage. This helps cells to repair damage caused by injuries, environment or the ageing process and to eliminate waste products more efficiently.

Can I use Q.Light® for tanning?

No. Q.Lights® do not emit ultra-violet light which is required for tanning, but which can also be harmful.

Can Q.Light® therapy have any side effects?

Yes – but these are a bonus! Phototherapy works by stimulating the body's natural restorative mechanisms. In treating arthritis, rheumatism, psoriasis, acne or wounds, or even in treating dry skin or fine lines and wrinkles, some light is absorbed by blood cells near the skin surface. By 'photomodulation' their functioning is improved too and this can trigger a similar change in the remaining bloodstream. Treatment of one area may therefore result in unexpected and indirect benefits in apparently unrelated areas.

Is Q.Light® suitable for sensitive skin?

By restoring natural balance and metabolism in the skin cells, Q.Light® therapy is an effective treatment for psoriasis, dermatitis and dry and sensitive skin conditions generally. Take-up of moisturisers is enhanced after treatment and Q.Light® therapy has other cosmetic benefits too. When used regularly it stimulates collagen formation, improves skin elasticity and reduces fine lines and wrinkles.

Will Q.Light® conflict with other treatments?

Q.Light® therapy only works by stimulating the body to perform its normal functions more effectively and to restore these functions to a proper balance, so if other treatments are safe they will continue to be so. Always consult your doctor before changing prescribed treatments. In most cases Q.Light® therapy will work alongside existing treatments to give better results or faster recovery, but it should be noted that steroids will block some of the beneficial effects of Q.Light® therapy.

How does it feel to receive Q.Light® therapy?

There is usually no immediate sensation from cool light treatments and just a gentle warmth from treatments including infra-red. After light therapy on the face there is often a pleasant sensation of having been out in the sun and wind, and dry skin will benefit particularly from moisturisation after treatment. After treatment on joints patients may experience a mild and short-lived increase in symptoms as the cells are activated and the phototherapy starts to work, but this soon passes.

Is Q.Light® safe for anyone to use?

Q.Light® therapy is safe for adults, children and also for pets; even snakes and dolphins have benefited from light therapy! No adverse side-effects have been reported, but Q.Light® therapy is not recommended in cases of pregnancy, cancer, over-sensitivity to light, intake of photo toxic medication or heart surgery.

What happens if I treat my self for too long?

Nothing! Most treatments need only a few minutes per application, during which the body absorbs the energy it requires. Further exposure is ineffective but not harmful. You cannot burn or over-dose

Phototherapy for Everyone

Which Q.Light® and which stand should I choose?

There are models for specific or general application and three different stands. All Q.Lights® come with a useful grip for hand-held treatment. 'PRO' and 'Skin Care' adapt to your requirements with interchangeable filter modules (order separately). Max treatment diameter is 25cm except 'Acne Care' (20cm) and 'PRO' (40cm).

Q.Light® Acne Care	For treatment of a wide range of acne conditions. 20cm (8") treatment diameter.
Q.Light® Pain Care	For pain and inflammation in arthritis/rheumatism, muscle strains and injuries.
Q.Light® Psoriasis Care	For psoriasis, neurodermatitis, atopic dermatitis, dry skin
Q.Light® Wound Care	For injuries (inc post-operative), burns, pressure sores, leg ulcers, chronic wounds.
Q.Light® Home Care	For general wound, pain and skin care at home, including beauty treatments
Q.Light® Skin Care	Combines flexibility and ease of transport, for therapists and home users alike. Wide range of optional filter modules: general medical (inc. SAD), cosmetic and colour.
Q.Light® PRO	Fully flexible system for medical professionals or home use. Diameter max 40cm (16"), aperture control and timer. Filter modules as above plus specialist medical.
'Home' stand	Folding stand for travelling and domestic use only. All Q.Lights® except PRO
'Regular' stand	Sturdy and compact on mobile base, for clinics and home use. Takes all Q.Lights®
Stand 'PRO-Plus'	Professional stand for clinics and hospitals. Takes all Q.Lights®

What are the optional filter modules?

Q.Lights® 'Skin Care' and 'PRO' require the use of filter modules and in this way the device can be tailored to your exact requirements. To change filter modules simply switch off, pull out the old, slot in the new and switch on again. The same filter modules fit both models and they are available individually or in sets. The ranges are:

Medical: Acne, Pain, Psoriasis, Wound excluding infra-red, Wound including infra-red, SAD.

Cosmetic: Skin Care, Anti-Ageing, Cellulite.

Colour basic: red, orange, yellow, green, blue, violet
Colour advanced: pink, magenta, cyan, turquoise, indigo.

Can I treat Seasonal Affective Disorder (SAD)?

SAD is included in the range of medical filter modules available for Q.Light® Skin Care or Q.Light® PRO. With the SAD module inserted these units deliver 10,000 lux at 30cm or 40cm treatment distance respectively. Unlike light boxes using fluorescent tubes, the light is flicker-free and more comfortable to use.

How long do treatments take?

This varies depending upon the size of the area to be treated. By bringing the light closer a smaller area may be treated more quickly. Times below are at 40cm (16") distance, which gives the maximum treatment area.

For most skin and beauty treatments and for wounds 5 min once per day is sufficient, but acne requires 20 min. For pain 15-25 min twice daily is recommended. For severe cases it is safe to apply

Q.Light® more frequently, which is more effective than treating for longer periods. Consult the treatment guide for details. Using Q.Light® PRO, times are typically 50% shorter for the same area or 20-25% shorter for a larger area.

So how do I operate a Q.Light®?

Q.Light® PRO:

- Slot in the optional filter module for the treatment required, e.g. Pain, then switch on.
- Rotate the mechanical control to set the aperture, which is displayed on the control panel.
- Select the time required in minutes, then press OK.

Q.Light® Skin Care or Q.Light® Wound Care: Slot in the filter module for the treatment required, then switch on.

All other Q.Lights®: simply switch on!

In each case apply for the time and at the distance indicated in the Q.Light® treatment guide.

Can Q.Light® light therapy cause cancer?

No! The wavelengths dangerous to humans are under 250 nm (low ultra-violet). The spectrum of the Q.Light® devices is between 385 – 1,700 nm, in the therapeutically effective range.

Is it safe to look into the light?

Q.Light® represents no danger for the eyes, but it is not necessary and is uncomfortable to look into the light directly. In case of age damage to the eyes or strong sensitivity to light, you should consult a specialist.

Medilux Healthcare Ltd.

Healthcare for the Internet Age

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Q.Light® Treatment Guide

As recommended by Q.Products AG (Biotechnology & Photomedicine), Switzerland



Q.Light® Therapy for ACNE

Scientific studies and empirical reports show individual cases of acne can be significantly reduced or even completely healed by regular therapy with **Q.Light®**. As individual treatment sessions are very short Q.Light® therapy can easily be integrated into traditional - local or systemic - regimens of acne therapy.

The average dose is 9.6 J/cm², applied once per day. For optimal results it is recommended to clean the area to be treated with a mild cleanser, then direct the **Q.Light®** beam at a right angle to the treatment area. Treatment times per session are:

Models	Time	Treatment distance
Q.Light® PRO with Acne Care Filter Module	15 min	40cm
	10 min	30cm
	7 min	20cm
Q.Light® Skin Care with Acne Care Filter Module or Q.Light® Acne Care or Q.Light® Home Care	20 min	40cm
	15 min	30cm
	10 min	20cm

Q.Light® Therapy for PAIN

Q.Light® can be an ideal complementary treatment to a variety of pain management programmes and its beneficial influence can affect the patient's general condition as well as pain symptoms. The average dose applied to the region of pain is around 12J/cm² to 24J/cm².

For optimal results **Q.Light®** therapy should be applied daily, twice per day, but in acute stages sometimes three to four times per day. The light beam is directed at a right angle to the area to be treated and in cases of joint treatment it is possible to extend the therapy without danger. No side effects or contra-indications have been reported.

Models	Time	Treatment distance
Q.Light PRO® with Pain Care Filter Module	10 - 20 min	40cm
	7 - 15 min	30cm
	5 - 10 min	20cm
Q.Light® Skin Care with Pain Care Filter Module or Q.Light® Pain Care or Q.Light® Home Care	15 - 25 min	40cm
	10 - 20 min	30cm
	7 - 15 min	20cm

Q.Light® Therapy for PSORIASIS, DERMATITIS and dry skin conditions

Q.Light® Therapy can offer relief for people with psoriasis conditions. As individual treatment sessions are short, it can easily be integrated into a standard psoriasis care programme depending on indication. The average dose applied to psoriasis is around 12J/cm² and the beneficial and regenerating effect of the **Q.Light®** Therapy can be used to support various forms of skin treatments.

Special dermatological creams can be applied before or after the light treatment. Any residue of cream should be wiped away if applied before commencing the light treatment. **Q.Light®** therapy offers relief of itching within days. The condition normally improves within the first two weeks, however in some cases it is very difficult to achieve total regeneration of the skin. It is recommended to continue long term **Q.Light®** therapy after initial symptom response, to regulate the immune system and moderate future flare-ups.

Q.Light® therapy is applied for just a few minutes once or twice per day. In order to use the Q.Light® system effectively, the skin should be cleansed before exposure to the light. Side effects and contraindications have not been reported. It is advisable to check longer lasting skin conditions with a specialist to receive additional professional advice.

Models	Time	Treatment distance
Q.Light® PRO with Psoriasis Care Filter Module	4 min	40cm
	3 min	30cm
	2 min	20cm
Q.Light® Skin Care with Psoriasis Care Filter Module or Q.Light® Psoriasis Care or Q.Light® Home Care	5 min	40cm
	4 min	30cm
	3 min	20cm

Q.Light® Treatment Guide

Q.Light® Therapy for WOUNDS and BURNS

Typically, wound healing takes place in three interlinking phases: endogenous purification, granulation and epithelialisation. **IMPORTANT NOTE:** In the initial treatment phase of chronic wounds some patients' wounds may respond to light treatment with rapid closure at the edge of the wound site. In these cases light therapy should be discontinued for a few days for the system to adjust and allow healing to proceed evenly. Recommence light therapy after this short period according to the treatment indications below.

For optimal results **Q.Light®** therapy should be applied on a daily basis, with the light beam directed at a right angle to the area under treatment. The average dose applied to wounds is 12J/cm².

Models	Time	Treatment distance
Q.Light® PRO with either Wound Care Filter Module	4 min	40cm
	3 min	30cm
	2 min	20cm
Q.Light® Skin Care with either Wound Care Filter Module or Q.Light® Wound Care or Q.Light® Home Care	5 min	40cm
	4 min	30cm
	3 min	20cm

INFRA-RED

Infra red-light produces a warming effect that stimulates blood circulation and can promote healing. It is not recommended to apply infra-red to infected wounds or to burns however, so there are two Wound Care filter modules to choose from, with and without infra-red. **Q.Light® Wound Care** is supplied with both filter modules, making this model exceptionally good value.

BURN WOUNDS

Q.Light® therapy can reduce the need for surgery in the treatment of deep dermal burns, if applied immediately after admission to hospital. Within this group of patients, the use of light therapy accelerates wound healing and allows for early pressure therapy, therefore reducing hypertrophic scarring and contractures. In addition shortened hospitalisation results in cost benefits and increased patient satisfaction. This form of light therapy has become first choice for deep dermal burns in many hospitals and specialist burn centres.

Q.Light® Therapy for SEASONAL AFFECTIVE DISORDER

For optimal results with **Q.Light® S.A.D.** therapy, it is important to apply an effective dose for adequate biological response. The light beam is directed from the front, directly onto the face and the treatment should be applied on a daily basis. It is not necessary to look directly into the light beam! One can read a book or magazine whilst receiving the light therapy.

Some studies have reported positive responses in patients with non-seasonal depression, premenstrual syndrome (late luteal dysphoria), bulimia, and alcohol withdrawal symptoms. Beneficial results have also been obtained by using the known capacity of light administration and light restriction to shift circadian rhythms.

Models	Time	Lux	Treatment distance
Q.Light® PRO with S.A.D. Care Filter Module	60 – 120 min	2,500	80cm
	40 - 60 min	10,000	40cm
Q.Light® Skin Care with S.A.D. Care Filter Module or Q.Light® S.A.D. Care	60 – 120 min	2,500	60cm
	40 - 60 min	10,000	30cm

Q.Light® Therapy for BEAUTY

For optimal results **Q.Light®** therapy should be applied on a daily basis, especially if treating fine lines and wrinkles. As individual treatment sessions are short, they can easily be integrated into a standard cosmetic programme. The average dose applied for general cosmetic treatments is around 12J/cm². The beneficial and regenerating effect of **Q.Light®** therapy can be used to support normal cosmetic treatments and take-up of moisturisers is increased following light treatment.

Q.Light® therapy is applied for just a few minutes once or twice per day. In order to use the **Q.Light®** system effectively, the skin should be cleansed before exposure to the light.

Models	Time	Treatment distance
Q.Light® PRO with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care	4 min	40cm
	3 min	30cm
	2 min	20cm
Q.Light® Skin Care with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care or Q.Light® Home Care	5 min	40cm
	4 min	30cm
	3 min	20cm