

In-Home Guidelines For The 660nm Red Wavelength And The 450nm Blue Wavelength

The in-home use of the 660nm Red Wavelength device gives your clients a way to maintain physical ease, reduce superficial tension or irritation, and interrupt the early stages of protective holding. While the practitioner protocols are precise and layered, the in-home use of the 660nm Red Wavelength device is intentionally simple. It gives the client the knowledge to help support and interact with the Physical-tension Layer and the Sensory-irritation Layer.

When the client applies the 660nm Red Wavelength device to the area of tension or irritation for 20-30 seconds, it allows the Physical-tension Layer to soften and relax. The goal is not to fix anything but to prevent small disturbances from developing into deeper patterns that have accumulated throughout the day. The 660nm Red Wavelength device will also help preserve the work done in-session and reduce unnecessary tension or irritations from building up before their next session.

Here are a few of the most common everyday situations where clients can safely and effectively use the 660nm Red Wavelength device at home:

- Helps reduce mild tightness in the neck, shoulders, or lower back.
- Helps reduce localized repetitive tension, such as typing, gripping tools, lifting, or standing too long.
- Helps reduce mild joint discomfort related to overuse, such as joint tightness after a long walk, elbows after lifting, or strained forearms.
- Helps reduce strain in the quadriceps, hamstrings, shoulders, or back after exercise or stretching.
- General physical fatigue in localized areas, such as the feet, legs, and lower back, after a long day.
- Helps reduce mild discomfort from poor posture habits, such as slouching, leaning, or holding the body in an awkward position, which creates a pattern of surface tension.
- Helps reduce surface-level irritation due to prolonged sitting that can create mild redness or irritation.
- Helps with the early signs of physical stress in the neck, jaw, or chest.
- Helps localized areas that “feel tight” without pain.
- Reduces scarring from minor cuts that have stopped bleeding and are clean.
- Reduces discomfort from mild or minor kitchen burns or mild sun exposure.
- Helps with minor scrapes that are dry, clean, and no longer oozing.
- Helps with digestion problems.

The 660nm Red Wavelength is a simple, effective device for supporting the Physical-tension Layer. When used consistently and appropriately, it helps the client maintain physical ease, reduces daily strain, and prevents small irritations from becoming deeper patterns, and each application is brief and gentle. The goal is not to correct or fix anything but to support and help the body to return to its natural pattern or rhythm.

The 450nm Blue Wavelength is for the Sensory-irritation Layer. The 450nm Blue Wavelength is not a general-use wavelength, and its only job is to quiet the Sensory-irritation Layer.

How the 450nm Blue Wavelength helps to quiet the “*Static*” in the Sensory-irritation Layer.

When the Sensory-irritation Layer becomes irritated, the client may feel

- A prickling feeling.
- The Surface-level is overwhelmed.
- A “*too much input*” sensation.
- A defensiveness in the skin.

These are sensory-irritation noises or signals, and the 450nm Blue Wavelength will help quiet these noises or signals. The Sensory-irritation is a real-time signal that the system is overwhelmed at the surface and needs a reset or a return to its natural pattern.

When the 450nm Blue Wavelength is needed, they can follow a very simple micro-sequence:

- First apply the 660nm Red Wavelength to where it is needed to soften the Physical-tension Layer.
- Second, apply the 450nm Blue Wavelength to quiet the noise or signal from the Sensory-irritation Layer.
- Re-apply the 660nm Red Wavelength to stabilize the Physical-tension Layer after applying the 450nm Blue Wavelength.

Common everyday situations where clients can effectively use the 450nm Blue Wavelength:

- Tension around old, stable scar tissue that creates superficial tightness.
- Surface-level irritants from friction or pressure due to clothing, straps, or belts that create mild redness or irritation.
- Skin irritation from shaving or grooming.
- Environmental irritation from wind, dry air, or cold.
- Early signs of chafing before it becomes painful.
- Relaxing the skin when a bandage is removed.

The sensory irrational layer is not a Physical-tension problem, not an emotional problem, or a deep fatigue problem; it’s a surface-level Sensory-irritation problem. The 450nm Blue Wavelength is the reset button for sensory-irritation overload.

Remember, NWT Wellness philosophy is “Inviting Change Rather Than Forcing It.”