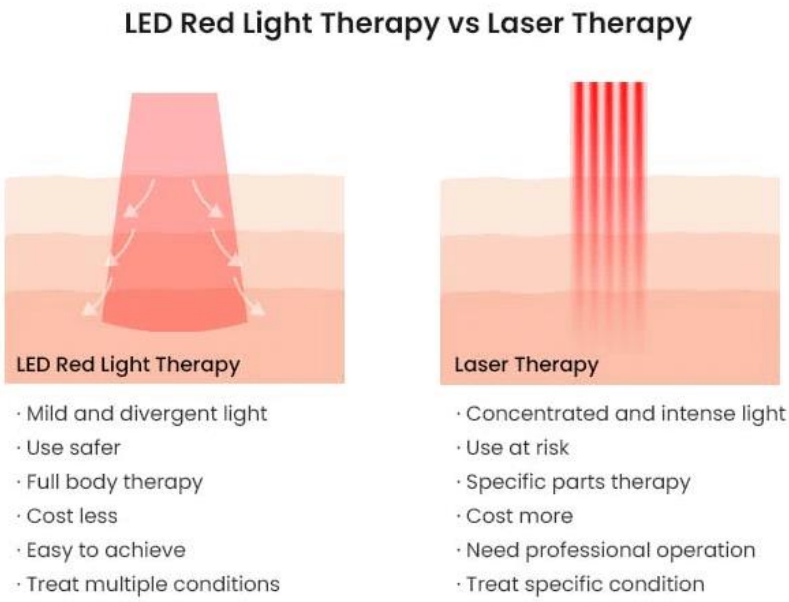

Red Light Therapy (RLT):

- **Light Source:** Primarily uses LED technology to emit red and near-infrared light.
- **Intensity and Penetration:** Generally lower intensity, focusing on surface and superficial skin layers.
- **Uses:** Often used for skin health, wound healing, and pain relief.
- **Delivery:** Can be administered at home using devices like LED panels or handheld devices.

Laser Therapy:

- **Light Source:** Uses lasers, which produce focused, coherent light.
- **Intensity and Penetration:** Typically higher intensity, allowing for deeper tissue penetration.
- **Uses:** Commonly used for pain management, injury recovery, and muscle/joint treatments.
- **Delivery:** Usually administered by professionals in clinics or medical settings.

Key Differences:

Light Type:

Laser therapy uses focused, coherent light, while red light therapy uses non-coherent light, often from LEDs.

Intensity:

Laser therapy generally has higher intensity and deeper penetration capabilities.

Safety:

Red light therapy is generally considered safer due to lower energy density and non-thermal nature, making it suitable for at-home use. Laser therapy, particularly Class IV lasers, requires professional supervision and carries a higher risk of side effects.

Treatment Location:

Red light therapy can be used at home, while laser therapy typically requires professional administration.