



Intimate Care Activated Light Therapy

What is Intimate Care Activated Light Therapy?

Intimate Care Activated Light Therapy (ICALT) is photobiomodulation, using the SoLá Pelvic Therapy Laser device, that applies safe, proven light energy to activate the mitochondria for healing at the cellular level. Imagine reduced pain, reduced inflammation, drainage of lymphatic toxins, and improved oxygenation and blood flow.



Is ICALT For Me?

ICALT is for the up to 85% of women patients whose chronic pelvic pain (CPP) is associated with tight, tender pelvic muscles. ICALT is for the temporary relaxation of spastic pelvic muscles, the temporary relief of muscle pain and stiffness; the temporary increase in local blood circulation, and the temporary relaxation of muscle.



How Does ICALT Work?

Using the SoLá Pelvic Therapy Laser device, ICALT activates and empowers your body to conquer your pelvic pain. It delivers a non-ablative, near-infrared light energy via 360° orb array that stimulates the mitochondria—the healing powerhouses within your cells. This initiates a powerful, pain-reducing chain reaction that helps your body heal from the inside out.





What to Expect from ICALT

Women are prescribed a series of ICALT treatment sessions based on patient goals and doctor recommendations. Each session takes just minutes to perform.

Most women feel improvement after one week of treatment. After the initial ICALT series is completed, patients should expect to return as prescribed for maintenance treatment.



For Whom is ICALT Appropriate?

ICALT is a non-invasive, non-medicated, non-hormonal treatment that uniquely targets the source of your pain. Women may have diagnoses ranging from endometriosis, interstitial cystitis, bladder pain syndrome, pelvic congestion syndrome, pudendal neuralgia, and symptomatic diagnoses such as dyspareunia, vulvodynia, and vaginismus.



Where Can I Receive ICALT?

Intimate Care Activated Light Therapy is an in-office procedure performed by Dr. Serena McKenzie at her Whole Life Medicine clinic in Kirkland WA.

NOTE: A qualified practitioner is solely responsible for evaluating each subject's suitability to undergo light therapy and for informing those being treated about any risks involved with the treatment, pre-and postprocedure care, and any other relevant information.

For more information on SoLá Pelvic Therapy Laser, visit www.solapelvictherapy.com

