HTML

```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="utf-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1" />
  <title>nuSOL Full-Body Light Therapy | Reset, Recover, Renew</title>
  <meta name="description" content="Step into our nuSOL full-body LED light bed
and bathe your body in red and near-infrared light. Support skin, joints,
recovery, mood and sleep in one relaxing 10–20 minute session." />
  <!-- Font -->
  <link rel="preconnect" href="https://fonts.googleapis.com">
  <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
  <link
href="https://fonts.googleapis.com/css2?family=Outfit:wght@300;400;500;600;700;
800&display=swap" rel="stylesheet">
  <style>
    /* ===== Theme (aligned with your other landing pages, warm light-therapy
twist) ===== */
    :root{
      --bg:#0c0c0f;
      --card:#111217;
      --text:#f5f7fb;
      --muted:#a8b0bf;
      --brand:#fb7185;      /* soft red / coral */
      --line:#1e2027;
      --radius:18px;
      --shadow:0 10px 30px rgba(0,0,0,.2)
    }
    *{box-sizing:border-box}
    img{max-width:100%;display:block}
    a{color:inherit;text-decoration:none}
    body{
      margin:0;
      font-family:"Outfit",system-ui,-apple-system,Segoe
UI,Roboto,Helvetica,Arial;
      color:var(--text);
      background:radial-gradient(circle at top,#161623 0,#050509 55%);
      background-color:var(--bg);
    }
    .container{max-width:1200px;margin:0 auto;padding:0 20px}
    .muted{color:var(--muted)}
    .btn{
      display:inline-block;
```

```css
      padding:14px 20px;
      border-radius:999px;
      background:var(--brand);
      color:#0a0b0e;
      font-weight:700;
      transition:transform .18s ease,opacity .18s ease,box-shadow .18s ease;
      box-shadow:0 10px 25px rgba(251,113,133,.3);
      border:none;
      cursor:pointer;
      text-align:center;
    }
    .btn:hover{transform:translateY(-2px);opacity:.97}
    .btn-outline{
      background:transparent;
      color:var(--text);
      border:1px solid var(--line);
      box-shadow:none;
    }

    /* ===== Header / Nav ===== */
    header{
      position:sticky;
      top:0;
      z-index:50;
      background:rgba(8,8,12,.9);
      backdrop-filter:blur(10px);
      border-bottom:1px solid var(--line);
    }

.nav{display:flex;align-items:center;justify-content:space-between;padding:14px
0}

.logo{display:flex;gap:10px;align-items:center;font-weight:800;letter-spacing:.
3px}
    .menu{display:flex;gap:22px;align-items:center}
    .menu a{color:var(--muted);font-weight:600}
    .menu a:hover{color:var(--text)}
    .nav-toggle{display:none}
    @media (max-width: 860px){
      .menu{display:none}
      .nav-toggle{
        display:inline-flex;align-items:center;justify-content:center;
        width:44px;height:44px;border-radius:12px;
        border:1px solid var(--line);background:#0f1117;color:var(--text)
```

```css
    }
    #mobileMenu{
      display:none;padding:14px 0;border-top:1px solid var(--line)
    }
    #mobileMenu a{display:block;padding:12px 4px;color:var(--muted)}
    #mobileMenu a:hover{color:var(--text)}
}

/* ===== Hero ===== */
.hero{padding:72px 0 32px}
.hero-wrap{
  display:grid;
  grid-template-columns:1.1fr .9fr;
  gap:28px;
  align-items:center;
}
.eyebrow{
  color:var(--muted);
  font-weight:700;
  letter-spacing:.2em;
  text-transform:uppercase;
  font-size:12px;
}
.h1{
  font-size:clamp(36px,6vw,64px);
  line-height:1.05;
  margin:10px 0 16px;
  font-weight:800;
}
.lead{
  color:var(--muted);
  font-size:clamp(16px,2.2vw,20px);
}
.hero-cta{
  display:flex;
  gap:12px;
  flex-wrap:wrap;
  margin-top:22px;
}
.hero-img{
  border-radius:var(--radius);
  overflow:hidden;
  border:1px solid var(--line);
  box-shadow:var(--shadow);
```

```css
      position:relative;
      isolation:isolate;
    }
    .hero-img::after{
      content:"";
      position:absolute;
      inset:0;
      background:radial-gradient(circle at
center,rgba(251,113,133,.3),transparent 65%);
      mix-blend-mode:screen;
      pointer-events:none;
    }

    /* ===== Sections ===== */
    section{padding:64px 0}
    .section-title{
      font-size:clamp(26px,4vw,40px);
      margin:0 0 16px;
      font-weight:800;
    }
    .section-sub{color:var(--muted);margin-bottom:28px}

    /* ===== Grids & Cards ===== */
    .grid{display:grid;gap:18px}
    .features{grid-template-columns:repeat(3,1fr)}
    .icon{
      width:34px;height:34px;border-radius:10px;
      display:inline-grid;place-items:center;
      background:rgba(251,113,133,.12);
      border:1px solid var(--line);
      margin-bottom:10px;
      font-size:18px;
    }
    .card{
      background:var(--card);
      border:1px solid var(--line);
      border-radius:var(--radius);
      padding:22px;
      box-shadow:var(--shadow);
    }

    /* ===== Spectrum Bar (simple visual of wavelengths) ===== */
    .spectrum-wrap{
      margin-top:12px;
```

```css
    border-radius:var(--radius);
    padding:18px 20px;
    border:1px solid var(--line);
    background:radial-gradient(circle at top left,#1b1015 0,#090910 55%);
  }
  .spectrum-bar{
    height:18px;
    border-radius:999px;
    background:linear-gradient(90deg,#fecaca 0%,#fb7185 35%,#fb5180
55%,#9f1239 78%,#4c0519 100%);
    position:relative;
    margin-bottom:10px;
    overflow:hidden;
  }
  .spectrum-ticks{
    position:absolute;inset:0;
    background-image:linear-gradient(to right,rgba(255,255,255,.08)
1px,transparent 1px);
    background-size:28px 100%;
    pointer-events:none;
  }
  .spectrum-labels{
    display:flex;
    justify-content:space-between;
    font-size:11px;
    color:var(--muted);
    flex-wrap:wrap;
    gap:8px;
  }

  /* ===== Gallery ===== */
  .gallery{grid-template-columns:repeat(4,1fr)}
  .gallery img{
    aspect-ratio:1/1;
    border-radius:14px;
    border:1px solid var(--line);
    object-fit:cover;
  }

  /* ===== Steps / Experience ===== */
  .steps{grid-template-columns:repeat(3,1fr)}

  /* ===== Contact ===== */
  form{display:grid;gap:12px}
```

```css
input,textarea,select{
  width:100%;
  padding:12px 14px;
  border-radius:12px;
  border:1px solid var(--line);
  background:#0f1117;
  color:var(--text);
}
textarea{min-height:120px}
.form-row{display:grid;grid-template-columns:1fr 1fr;gap:12px}

/* ===== FAQ ===== */
details{
  background:var(--card);
  border-radius:var(--radius);
  border:1px solid var(--line);
  padding:14px 16px;
}
summary{
  cursor:pointer;
  font-weight:600;
  list-style:none;
}
summary::-webkit-details-marker{display:none}
details p{margin-top:8px}

/* ===== Footer ===== */
footer{
  padding:34px 0;
  border-top:1px solid var(--line);
  color:var(--muted);
  font-size:14px;
}

/* ===== Responsive ===== */
@media (max-width: 1024px){
  .features{grid-template-columns:repeat(2,1fr)}
  .steps{grid-template-columns:repeat(2,1fr)}
  .gallery{grid-template-columns:repeat(3,1fr)}
}
@media (max-width: 740px){
  .hero-wrap{grid-template-columns:1fr}
  .features,.steps,.gallery{grid-template-columns:1fr}
  .form-row{grid-template-columns:1fr}
```

```
      }
   </style>
</head>
<body>
   <!-- ===== Header ===== -->
   <header>
     <div class="container nav">
       <a href="#home" class="logo" aria-label="Clinic home">
         <svg width="28" height="28" viewBox="0 0 24 24" fill="none"
aria-hidden="true">
           <rect x="2" y="2" width="20" height="20" rx="6"
stroke="currentColor"/>
           <path d="M6 15c2.5-1.5 4-3.5 5-6 1 2.5 2.5 4.5 5 6"
stroke="currentColor" stroke-width="1.5" fill="none"/>
         </svg>
         <span>Your Clinic • nuSOL Light Lounge</span>
       </a>
       <nav class="menu" aria-label="Primary">
         <a href="#benefits">Benefits</a>
         <a href="#uses">What It Helps</a>
         <a href="#experience">What to Expect</a>
         <a href="#faq">FAQ</a>
         <a href="#contact" class="btn">Book a Session</a>
       </nav>
       <button class="nav-toggle" aria-label="Open menu"
         onclick="document.getElementById('mobileMenu').style.display =
(document.getElementById('mobileMenu').style.display==='block')?'none':'block'"
>
         ☰
       </button>
     </div>
     <div class="container" id="mobileMenu" role="dialog" aria-label="Mobile
menu">
       <a href="#benefits"
onclick="this.closest('#mobileMenu').style.display='none'">Benefits</a>
       <a href="#uses"
onclick="this.closest('#mobileMenu').style.display='none'">What It Helps</a>
       <a href="#experience"
onclick="this.closest('#mobileMenu').style.display='none'">What to Expect</a>
       <a href="#faq"
onclick="this.closest('#mobileMenu').style.display='none'">FAQ</a>
       <a class="btn" href="#contact"
onclick="this.closest('#mobileMenu').style.display='none'">Book a Session</a>
     </div>
```

```html
    </header>-->

    <!-- ===== Hero ===== -->
    <main id="home" class="hero">
      <div class="container hero-wrap">
        <div>
          <span class="eyebrow">Red & Near-Infrared • Non-Invasive •
Full-Body</span>
          <h1 class="h1">Step into the light. Walk out feeling renewed.</h1>
          <p class="lead">
            Our nuSOL full-body LED bed bathes your skin, muscles, and joints in
five proven
            wavelengths of red and near-infrared light. Just lie back, relax, and
let the light work
            while you support smoother skin, easier movement, better recovery,
and deeper rest.
          </p>
          <div class="hero-cta">
            <a class="btn" href="#contact">Book Your Light Session</a>
            <a class="btn btn-outline" href="#benefits">See Benefits</a>
          </div>
        </div>
        <div class="hero-img">
          <!-- Replace src with your interior bed image URL -->
          <img src="Bed.jpg" alt="Inside view of glowing full-body nuSOL LED
light bed">
        </div>
      </div>
    </main>

    <!-- ===== Benefits (patient-focused) ===== -->
    <section id="benefits">
      <div class="container">
        <h2 class="section-title">Why clients love nuSOL light therapy</h2>
        <p class="section-sub">A calm, spa-like session that works from the skin
down to the muscles and joints.</p>
        <div class="grid features">
          <article class="card">
            <div class="icon">✨</div>
            <h3>Radiant, healthier-looking skin</h3>
            <p class="muted">Red light helps support collagen, texture, and
tone—so skin can look smoother and more even over time.</p>
          </article>
          <article class="card">
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        <div class="icon">🧘‍♀️</div>
        <h3>Deep relaxation</h3>
        <p class="muted">Warm, comforting light and quiet time to yourself.
Many clients describe sessions as their new "reset" ritual.</p>
      </article>
      <article class="card">
        <div class="icon">🏃</div>
        <h3>Recovery & performance</h3>
        <p class="muted">Near-infrared wavelengths reach deeper tissues to
support circulation, muscle recovery, and joint comfort.</p>
      </article>
      <article class="card">
        <div class="icon">🌙</div>
        <h3>Sleep & mood support</h3>
        <p class="muted">Clients often report better sleep quality and a
brighter mood after a series of light sessions.</p>
      </article>
      <article class="card">
        <div class="icon">⏱️</div>
        <h3>Fast, no-downtime visits</h3>
        <p class="muted">Typical sessions are 10–20 minutes. You can go right
back to your normal day—no peeling, no needles, no downtime.</p>
      </article>
      <article class="card">
        <div class="icon">🤝</div>
        <h3>Pairs with other treatments</h3>
        <p class="muted">Excellent as a stand-alone wellness ritual or as a
supportive add-on to facials, body treatments, and recovery programs.</p>
      </article>
    </div>
  </div>
</section>

<!-- ===== What It Helps / Common Goals ===== -->
<section id="uses">
  <div class="container">
    <h2 class="section-title">What nuSOL can support</h2>
    <p class="section-sub">Light therapy is not a cure or medical treatment,
but many people use it to support:</p>
    <div class="grid features">
      <article class="card"><h3>Skin rejuvenation</h3><p class="muted">Fine
lines, dullness, uneven tone, and overall skin vitality.</p></article>
      <article class="card"><h3>Joint comfort</h3><p class="muted">Stiffness
and everyday aches in areas like knees, hips, and back.</p></article>
```

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        <article class="card"><h3>Workout recovery</h3><p
class="muted">Post-training soreness, muscle fatigue, and performance
goals.</p></article>
        <article class="card"><h3>Inflammation & circulation</h3><p
class="muted">Light can support healthy blood flow and help the body's natural
repair processes.</p></article>
        <article class="card"><h3>Scalp & hair support</h3><p class="muted">Red
light is being studied for its role in supporting hair growth and scalp
health.</p></article>
        <article class="card"><h3>Overall wellness</h3><p class="muted">Clients
describe feeling "lighter," "looser," and more energized after a
series.</p></article>
      </div>
      <p class="muted" style="margin-top:8px;font-size:13px;">
        Individual experiences vary and results are not guaranteed. nuSOL light
sessions are not intended to diagnose, treat, cure, or prevent any disease.
        Always consult your medical provider regarding any health concerns.
      </p>
    </div>
  </section>

  <!-- ===== The Light Spectrum / Science Snapshot ===== -->
  <section id="science">
    <div class="container">
      <h2 class="section-title">How the light works</h2>
      <p class="section-sub">
        The nuSOL bed uses five specific wavelengths—633 nm, 660 nm, 810 nm,
850 nm, and 940 nm—
        chosen for their role in photobiomodulation (light-driven cellular
support).
      </p>
      <div class="grid" style="grid-template-columns:minmax(0,1.3fr)
minmax(0,.9fr);gap:24px;align-items:flex-start;">
        <div>
          <div class="spectrum-wrap">
            <div class="spectrum-bar">
              <div class="spectrum-ticks"></div>
            </div>
            <div class="spectrum-labels">
              <span>633 nm — Red (surface & skin)</span>
              <span>660 nm — Red (collagen & tone)</span>
              <span>810 / 850 nm — Near-IR (muscles & joints)</span>
              <span>940 nm — Near-IR (circulation & deep tissues)</span>
            </div>
```

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              </div>
              <p class="muted" style="margin-top:18px;">
                These wavelengths are absorbed by the mitochondria (the
"powerhouses" of your cells),
                helping increase cellular energy (ATP), support natural repair, and
gently calm
                inflammation pathways. Over time, that can show up on the outside
as smoother skin,
                easier movement, and better recovery.
              </p>
            </div>
            <div class="card">
              <!-- Replace this src with your exterior bed image -->
              <img src="nuSOL-Device.png" alt="Exterior view of nuSOL full-body LED
light bed">
              <p class="muted" style="margin-top:12px;font-size:14px;">
                Our nuSOL bed delivers full-body 360° coverage with a comfortable
airflow system, so
                you get powerful light without feeling overheated or confined.
              </p>
            </div>
          </div>
        </div>
      </section>

      <!-- ===== What to Expect / Experience ===== -->
      <section id="experience">
        <div class="container">
          <h2 class="section-title">What to expect during your light session</h2>
          <p class="section-sub">It's simple, comfortable, and surprisingly
relaxing.</p>
          <div class="grid steps">
            <article class="card">
              <div class="icon">📄</div>
              <h3>1) Quick consult</h3>
              <p class="muted">We review your goals, health history, and answer
questions to be sure light therapy is a good fit for you.</p>
            </article>
            <article class="card">
              <div class="icon">🛏</div>
              <h3>2) Relax & recharge</h3>
              <p class="muted">You'll lie comfortably in the nuSOL bed (fully
clothed or in minimal clothing depending on preference). Warm light surrounds
the body while you simply breathe and relax.</p>
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        </article>
        <article class="card">
          <div class="icon">📅</div>
          <h3>3) Build your routine</h3>
          <p class="muted">Most clients start with 2–3 sessions per week for a
few weeks, then move to maintenance visits based on how they feel.</p>
        </article>
      </div>
    </div>
  </section>

  <!-- ===== Results / Gallery (swap with your own images) ===== -->
  <section id="results">
    <div class="container">
      <h2 class="section-title">Light lounge vibes</h2>
      <p class="section-sub">Replace these placeholders with your real
treatment room and before/after photos.</p>
      <div class="grid gallery">
        <img src="Bed.jpg" alt="Glowing nuSOL bed interior" />
        <img src="nuSOL-Device.png" alt="nuSOL device in clinic room" />
        <img src="https://picsum.photos/seed/nusol1/900" alt="Relaxing spa
treatment room" />
        <img src="https://picsum.photos/seed/nusol2/900" alt="Client relaxing
during light therapy" />
        <img src="https://picsum.photos/seed/nusol3/900" alt="Calm, dimly lit
wellness space" />
        <img src="https://picsum.photos/seed/nusol4/900" alt="Wellness and
recovery lounge" />
        <img src="https://picsum.photos/seed/nusol5/900" alt="Spa hallway with
soft lighting" />
        <img src="https://picsum.photos/seed/nusol6/900" alt="Stacked towels
and spa details" />
      </div>
    </div>
  </section>

  <!-- ===== FAQ ===== -->
  <section id="faq">
    <div class="container">
      <h2 class="section-title">nuSOL light therapy FAQ</h2>
      <div class="grid" style="grid-template-columns:1fr 1fr;gap:18px">
        <details open>
          <summary>What does a session feel like?</summary>
          <p class="muted">
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            Warm, gentle light with a mild feeling of warmth on the skin. Many
people nap or
            meditate in the bed. There is no pain, no vibration, and no
needles.
          </p>
        </details>
        <details>
          <summary>How long does it take?</summary>
          <p class="muted">
            Most sessions are 10–20 minutes. Your provider will recommend a
protocol based on
            your goals and sensitivity.
          </p>
        </details>
        <details>
          <summary>How many sessions will I need?</summary>
          <p class="muted">
            Light therapy is cumulative. Many clients notice changes in how
they feel after a few
            visits, with more visible changes building over a series of
sessions.
          </p>
        </details>
        <details>
          <summary>Is there any downtime?</summary>
          <p class="muted">
            No. You can return to work, workouts, or daily life immediately.
Some people feel a
            pleasant, relaxed "post-sauna" glow afterwards.
          </p>
        </details>
        <details>
          <summary>Who is not a candidate?</summary>
          <p class="muted">
            Light therapy may not be appropriate if you are pregnant, have a
history of light-induced
            seizures, are on certain photosensitizing medications, or have
active skin cancers.
            We'll review your health history before starting.
          </p>
        </details>
        <details>
          <summary>Can I combine nuSOL with other services?</summary>
          <p class="muted">
```

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              Yes. Many people book nuSOL sessions alongside facials, body
sculpting, massage,
              or recovery services. We'll help you plan the right schedule.
            </p>
        </details>
      </div>
      <p class="muted" style="margin-top:8px;font-size:13px;">
        Information on this page is for wellness and cosmetic purposes only and
is not a substitute
        for medical advice. Always consult your healthcare provider before
starting any new therapy.
      </p>
    </div>
  </section>

  <!-- ===== Contact / Booking ===== -->
  <section id="contact">
    <div class="container">
      <h2 class="section-title">Book your nuSOL light session</h2>
      <p class="section-sub">Share your goals and we'll help you build the
perfect light-therapy routine.</p>
      <form onsubmit="event.preventDefault(); alert('Thank you! Our team will
reach out to confirm your session.');">
        <div class="form-row">
          <input type="text" placeholder="Full Name" required>
          <input type="email" placeholder="Email Address" required>
        </div>
        <div class="form-row">
          <input type="tel" placeholder="Phone Number">
          <select>
            <option selected>Primary goal — Choose one</option>
            <option>Skin rejuvenation</option>
            <option>Joint comfort</option>
            <option>Workout recovery</option>
            <option>Mood & sleep</option>
            <option>Overall wellness</option>
          </select>
        </div>
        <textarea placeholder="Tell us about your goals or areas of
concern"></textarea>
        <button class="btn" type="submit">Request Appointment</button>
      </form>
    </div>
  </section>
```

```html
<!-- ===== Footer ===== -->
<footer>
  <div class="container">
    <p>&copy; 2025 Your Clinic Name • 123 Clinic St, Suite 100 • (555)
123-4567</p>
    <p class="muted">
      nuSOL full-body LED light therapy is a non-invasive wellness and
aesthetic service. Individual experiences vary.
    </p>
  </div>
</footer>

<!-- Minimal JS for mobile menu only -->
</body>
</html>
```