Mean	Emission dose				Emission time needed to deliver a target dose of		LLLT
output	per second		per minute				
power					1 J	or 2 J	
mW	mJ	J	mJ	J	min-sec	min-sec	
3	3	.003	180	.18	5-34	11-08	
6	6	.006	360	.36	2-47	5-34	
8	8	.008	480	.48	2-05	4-19	

Optimal dose for thinning hair 3-6 joules