

Supplementary Movie 1

Movie of Rhodamine B fluorescence inside single liposome upon heating with IR laser.

Supplementary Movie 2

Movie of fluorescence lifetime of FPT inside single COS7 cell upon heating with IR laser.

Supplementary Movie 3

Movie of fluorescence lifetime of FPT inside single COS7 cell upon heating for 500 ms with IR laser.

Supplementary Movie 4

Movie of fluorescence lifetime of FPT inside single COS7 cell upon heating for 1 s with IR laser.

Supplementary Movie 5

Movie of fluorescence lifetime of FPT inside single COS7 cell upon heating for 5 s with IR laser.

Supplementary Movie 6

Movie of fluorescence lifetime of FPT in the cytoplasmic region of COS7 cells upon heating with IR laser.

Supplementary Movie 7

Movie of fluorescence lifetime of FPT in the nuclear region of COS7 cells upon heating with IR laser.