



LED Light Therapy Treatment FAQs

1. What is LED Light Therapy?

LED light therapy is a non-invasive skin rejuvenation treatment that uses the power of natural light to stimulate the skin's cell renewal processes.

Is LED light therapy the best treatment for my skin?

Everyone can benefit from light therapy. It reverses the signs of ageing, clears acne and blemishes and accelerates healing. It helps damaged, injured or diseased skin cells return to optimum health.

2. What skin conditions can be treated with LED light therapy?

Light therapy is clinically proven for the treatment of a wide range of skin conditions and the most common skin concerns including lines and wrinkles, pigmentation, sun damage, dehydration, open pores, acne and blemishes, rosacea, eczema and psoriasis.

3. Are there any side effects?

No. There is no risk of irritation, side effects or down time that may be associated with more invasive procedures. There have been no reported side effects in over 1,700 clinical studies and it does not harm the body in any way.

4. Is LED light therapy safe?

LED light therapy is a heat free treatment that does not contain harmful UV wavelengths and therefore cannot damage skin tissue or create photosensitivity. It is



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clinically proven to be safe for all skin types, including darker skins and the most sensitive skin conditions.

5. What does light therapy feel like?

LED light therapy is a non-invasive and pain free treatment that promotes a feeling of relaxation and wellbeing whilst rejuvenating the skin. Exposure to the light can increase serotonin levels which in turn help to relive stress, tension and headaches. Any feeling of 'heat' is most often due to the stimulation of blood circulation.

6. How soon can I expect to see results?

With light therapy the visible effects are immediate. After just one treatment skin is incredibly hydrated, plump and radiant and any redness and irritation is calmed.

7. How many treatments will I need?

The number of treatments can vary with age, skin type and condition. With light therapy the results are cumulative and improvement will continue even after the treatment has stopped. Treatments taken in quick succession will achieve optimum results and maintenance treatments may also be recommended. Furthermore, as light therapy does not harm the skin, there is no limit to the amount of treatment you can have.

8. How long will the results last?

Results can last for several months following a course of light therapy treatments. However, as with any skin treatment, maintenance sessions are advised to ensure lasting results.

9. Are there any precautions needed?

Visible light will not cause any damage to the eye, even with deliberate exposure. As the light is very bright, we recommend the use of the protective eye goggle provided for comfort purposes. With infrared light, client goggles must be worn for the duration of the treatment.

10. I am taking medication from the doctor can I still have light therapy?

There are certain circumstances in which light therapy may prove to be unsuitable. Certain medications may cause photosensitivity and specific conditions may be triggered by light. For your safety and comfort, it is imperative that any medication

illness, condition or other treatment that you may be undergoing are fully disclosed during your consultation.

11. Does light therapy produce the same light as sunlight?

LED light therapy uses specific wavelengths of visible light. Sunlight is made up of a whole spectrum of visible and invisible wavelengths that we see as white light or 'day light'. Light therapy uses only safe wavelengths that are proven to have therapeutic effects in the skin and does not contain UV wavelengths.

12. Will light therapy give me a tan?

No. Light therapy does not contain the harmful UV rays that stimulate the melanin in the skin to produce a 'sun tan' effect. However, LED's stimulate hydration and blood circulation and will instantly give your skin a healthy and radiant glow.

13. Can I go in the sun after light therapy?

Yes. As light therapy does not create photosensitivity, light therapy is safe directly pre and post sun exposure. In fact, it is particularly beneficial at this time to strengthen and replenish the skin and repair damage caused by UV exposure.

14. Does LED light therapy produce Vitamin D?

No. Vitamin D production is triggered by exposure to UV light which converts cholesterol found naturally in the body to vitamin D3.

15. Can makeup be reapplied directly after the treatment?

Yes. The treatment will be followed by the application of suitable skin care products including a sunscreen. Makeup can then be applied. We recommend the use of mineral makeup which will not block pores and allows the skin to breathe.