## **LED LIGHT THERAPY/ TREATMENT**





If I asked you to name one product or treatment that achieves successful results for all skin types, what would you say? Impossible? Not anymore. LED Light Therapy is a proven treatment for a variety of skin concerns including acne, pigmentation, redness and rosacea, as well as having excellent anti-aging benefits. LED visible light therapy is a non-invasive procedure that allows you to use non thermal, low level energy to activate the natural processes of the skin. It converts the energy from the light into energy within your skin cells, which can be then used for healing, reducing inflammation, diminishes the appearance of fine lines, wrinkles and age spots and minimizing scarring. Also helps tighten unsightly pores. Promotes collagen regeneration. Make skin appears smoother, healthy, youthful glow and more radiant.

Professional LED light therapy will get you the most dramatic results. It may also be used in conjunction with other skin therapies, such as microdermabrasion or facial treatments.

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- Unlike other types of light therapy, LEDs do not contain <u>ultraviolet rays</u>. Therefore, they're safe for regular use.
- LED light therapy doesn't cause burns compared to other anti-aging treatments such as chemical peels, dermabrasion, and laser therapy. It may be safe for all skin colors and types.
- You shouldn't use LED light therapy if you take <u>Accutane</u> for acne or if you're experiencing skin rashes.
- Side effects are rare, but may include increased inflammation, redness, and rashes.
- LED light therapy is noninvasive, so no recovery time is required. You should be able to continue with your everyday activities once your treatment is over.

If LED light therapy sounds super innovative, that's because it is. It was originally used by NASA for research and experimentation in outer space... but now it's evolved into a major skincare tool that's here for all your self-care needs. Depending on wavelengths and the types of light used, this treatment has a range of benefits and may treat anything from ageing skin and acne to more complex issues like rosacea.

RED : 650nm	Near-infrared light is a window of wavelengths that is able to pass through tissue up to 1" deep. Red has beneficial effects on cells by immediately creating more ATP (cellular energy) and increasing DNA & RNA activity. It is proving to be a very effecting treatment for aging, sun-damaged skin, as well as rosacea and other skin conditions.
BLUE: 462nm	Diminishes and eliminates acne bacilis to remove acne. Tightens saggy skin and jowls.
GREEN: 527nm	This light helps to normalize sebaceous glands, reduces blackheads, helps heal sores and balance the oil vs. moisture production. This is very effective for sebaceous cysts. Reduces hyperpigmentation. Lifts and firms the breasts.
PURPLE 600nm	Reduces wrinkles, stimulates additional lymphatic drainage and increases cell regeneration
ORANGE/YELLOW: 610nm	Stimulates production of red blood cells, effective in treating abnormal skin pigmentation (hypo & hyper), helps whiten and brighten decompose pigment and smooth scars.
CYAN: 470nm	Anti-inflammatory agent for the skin (Sunburn), reduces swollen capillaries, helps release stress
WHITE: 590nm	Effective in treating wounds, acne, rosacea, wrinkles, abnormal pigmentation, regulates mood, helping sleep and transdermal absorption of nutrients into the dermis level of the skin.