FAQ

**What is an LED Face Mask?**

A LED Face Mask is a specially designed face mask that delivers color light therapy as an anti-aging, acne reducing skin treatment.

**What can a skincare treatment using a LED Face Mask do for me?**

* Rejuvenates skin, leaving it looking healthy and radiant
* Diminishes the signs of aging such as fine lines and wrinkles.
* Treats sun damaged skin
* Helps get rid of acne
* Effectively treats inflammation that leads to psoriasis, rosacea, and eczema.
* Promotes healing, making it a great post care treatment after receiving a more aggressive laser skin treatment.

**Who is the LED Face Mask Best Suited for?**

Color light therapy is ideal for men and women who are experiencing signs of aging due to collagen and elastin breakdown and slower cellular renewal that comes with age.

**How Does a LED Face Mask Work?**

The LED Face Mask emits special wavelengths of light, which can include blue light wavelengths, red light wavelengths, and near infrared light wavelengths that penetrate the skin. These specially calibrated lights can stimulate the skin’s production of collagen, get rid of acne causing bacteria and rejuvenate the skin’s healing process.

**How can a LED Face Mask Get Rid of Acne?**

LED Face Masks use different wave lengths of light to treat specific skin maladies. With color light therapy, blue wave lengths are used to kill the inflammation causing bacteria that leads to acne, known as Propionibacterium Acnes.

The blue light works in collaboration with infrared light that is also emitted during a skin treatment with an LED Mask. Infrared light emits gentle heat, which causes the oil glands in your skin to shrink. By eliminating acne causing bacteria and making the skin less oily, a LED Face Mask distinguishes itself to be a very effective treatment for getting rid of acne.

**What other Benefits does Blue Light Provide?**

* Helps normalize oil production
* Has a deep cleansing effect.
* Protects against infection.
* Reduces congested skin.
* Ideal for people with adult acne that are unable to take, or have not responded to prescription acne medications.

**What are the Benefits of Color Light Therapy Using Red Light?**

* Red light is primarily used to diminish the signs of aging. Red Light is clinically proven to stimulate the body’s natural production of elastin and collagen, the proteins responsible for keeping the skin firm and toned, and providing the skin with laxity.
* Red light can also improve skin tone, correct hyperpigmentation, and leaves the skin glowing.
* What are the Benefits of Color Light Therapy Using Near Infrared Light?
* The near infrared light is used for skin rejuvenation. It stimulates oxygen flow and blood circulation to the skin, which helps in scar healing and reduces pain. Click here to learn more about getting rid of acne scars.

**Are LED Facials safe?**

The LED Face Mask used at SKINNEY Medspa is clinically proven to be safe for all skin types and skin conditions. The light energy used in a LED Face Mask is gentle, controlled, heat free, and absent of harmful UV light. The FDA has approved the LED Face Mask as a safe and efficient light therapy used to treat acne and rejuvenate skin.

**Are LED Face Masks painful?**

The LED Face mask emits gentle LED light that is painless, non-invasive, and requires no down time.

**How Long Does An LED Face Mask Treatment Take?**

Typically, the LED Face Mask will be applied for 20 to 30 minutes, but depending on the scope of the treatment, sessions may be longer.

**How Many LED Facials Will I Need Before I See Results?**

You should see improvements in your skin after your first LED Facial, but optimal results are reached after several sessions of color light therapy.

**How quickly will I see the LED Face Mask Results?**

Immediately. After your color light treatment using an LED Face Mask your skin will glow with a healthy radiance. It can take several weeks to see the LED Mask’s results in their full potential. This is because the LED Face Mask is a non-invasive skin treatment that improves the skin by kicking your body’s healing mechanisms into over drive and stimulating it to produce more collagen. This gradual effect ensures that your results look natural.

**How Long do LED Face Mask Results Last?**

Most patients enjoy their results for 180 days. However, optimal results are obtained when patients maintain their improvements with scheduled LED Facials, spaced 4 to 6 weeks apart.

**Can a LED Face Mask be Used in Conjunction with Other Skin Treatments?**

Color Light Therapy is a great treatment to use in conjunction with other skin care treatments such as laser skin resurfacing with Fraxel or Clear + Brilliant. It is also a great post care treatment for individuals experiencing any discomfort following a more aggressive laser skin treatment.

**Do I need to change my daily skin care routine following a LED Facial?**

An LED Face mask is non-invasive and requires no downtime. You can maintain your normal skin care routine, and even reapply makeup immediately after your appointment.

**Should I avoid the sun after an LED Face Mask?**

Color light therapy using an LED Face Mask does not increase your sensitivity to sunlight. But of course, apply sunscreen after every appointment.

**What is the Difference Between Professional LED Masks and the LED Masks You Can Use at Home?**

Simply put, professional LED Masks are more efficient than home administered LED Masks. They are also safer, and provide longer lasting results. This is due to the high end quality and advanced technology used in professional LED Face Masks, as well as the knowledge and expertise of skilled laser technicians that perfectly calibrate the LED Face Mask for each individual patient.

**Can I get an LED Facial while pregnant?**

Women who are pregnant, or people with epilepsy, or people who are taking certain medications such as tetracycline, steroids, or cortisone injections should not receive light therapy treatments.

**How does a LED Face Mask Differ from traditional Photo-rejuvenation treatments?**

Most photo-rejuvenation treatments are performed by skilled laser technicians, using a handheld light emitting device. A LED Face Mask can provide an effective level of LED light, using a special mask shaped to the contours of a face.

One advantage LED Face Masks have over traditional photo-rejuvenation treatments is the design of the mask utilizes the full energy of the light emitting diodes, unlike hand held laser devices that can lose energy due to beam spread. This means that gentler strengths of light can be used while maintaining optimal efficiency.