## CHOOSING THE RIGHT LED COLOURS

If you are considering LED light therapy, the best thing to do is to speak with your esthetician before your appointment to ascertain your understanding of the processes involved and the likely effects on your skin. You will need to ask yourself the question "What colors is right for me?" Some tips about the light colors include:

**Wrinkle Filler – Pink + Red Light Mode**

The pink and red light modes on the mask of a LED light are the most common LED light because they activate the production of collagen. Your esthetician will use this mode if you have fine lines or wrinkles around your eyes, brow, or mouth. They cause a reduction in inflammation and improve circulation, which is excellent for laser or microneedle post-treatment healing. If your skin is prone to acne, the pink or red light modes will target the oil glands of your skin’s to reduce substances that can cause chronic acne, although the blue light mode is most effective at treating acne.

**Acne Eraser – Violet + Blue Light Mode**

The blue and violet LED light is popular because of its antimicrobial effects which bring about the development of oxygen radicals that eliminates the bacteria that is acne-specific without destroying the healthy skin around it. The excellent thing about using blue and violet LED light for acne treatment is that it does not encourage dryness or scaling like benzoyl peroxide or topical prescription products does. It does not cause pain, it has no downtime, and is safe for women who are pregnant or breastfeeding. Clients observed that three days after the treatment, inflamed cysts that formed under the skin before the facial subsided. The results obtained from LED light therapy are cumulative. Hence it is commonly recommended that clients undergo a weekly treatment for eight to ten weeks for optimal results.

**Scar Healer – White Light Mode**

The white light of mask of a LED light therapy has the longest wavelengths and therefore penetrates the deepest into the skin. The white light has different types of skin rejuvenating effects, such as skin tightening and toning, healing of acne scars, removal of sun damage or dark spots, and inflammation reduction. A lot of people suffer from the effects of bad skin treatment due to acne, hence the quick benefits of skin recovery that white LED light offers is extremely beneficial to them. Likewise, as stated above, multiple sessions give the best results and also prevents aging signs for a glowing skin in the future.

**Rejuvenating Skin -Yellow Light Mode**

The Yellow or amber light therapy has similar skin benefits with the green and red light therapy. When the right dosage is applied, it causes a reduction in skin redness, treats rosacea, reduces the appearance of blood vessels, and eliminates ultraviolet radiation damage.

Color Light Therapy is UV- free, uses specific wavelengths to improve the production of collagen, increases circulation, treats existing acne, eliminates bacteria, and promotes skin recovery. By engaging the natural power of LED light, these facials will establish good skin rejuvenation effects that last for a week.