

# LIGHT THERAPY FACIAL MASK

BY

# BEAUTY BY LIGHT



## OVERVIEW

LED light therapy has been widely recognised as a safe, effective treatment for many skin conditions. Each LED light has a unique wavelength that penetrates the skin at a different level, providing cells with usable energy. This results in various reactions in the cells including improved cellular metabolism, reduction of inflammation and enhanced production of collagen.

As the light waves only enhance your skin's own natural abilities, the treatment is completely safe. Clinically proven and FDA approved, the technology has previously been confined to doctor's offices and specialist treatment salons. BEAUTY BY LIGHT brings this technology into an at-home mask, with the same benefits delivered by in-salon treatments.

### What does it do?

Depending on which wavelength is used, light therapy can increase collagen production & cell renewal, diminish fine lines & wrinkles, reduce pigmentation & even skin tone, shrink large pores & smooth skin texture, fight acne causing bacteria and minimize scarring.

### Is there proof that this technology works?

The efficacy of light therapy has long been acknowledged in the medical community, frequently used by dermatologists and beauty practitioners alike.

Initially developed by NASA, this technology has been scrutinised in clinical studies, scientific and medical research and independent testing, and has been approved for use by the FDA.

Previously available only through a doctor or specialised salons, BEAUTY BY LIGHT is now making this technology available for home use.

### Are there any adverse effects from this treatment/is it safe?

LED devices are classified by the FDA as possessing a non-significant risk; they are completely safe and possess no possibility of harm from over-exposure.

The LEDs emit no UV light, so there is no risk of sunburn or skin cancer. This treatment has no adverse reactions and no down-time.

We recommend speaking to your doctor first if you are pregnant, have epilepsy or photoallergy or are taking any of the following medications; steroids injections, cortisone injections, medications causing light sensitivity (such as Tetracycline).

### Is the treatment abrasive or painful?

Light therapy is a gentle, painless, non-invasive and non-abrasive treatment. You'll have no down time after each treatment.

### How often should I use the mask?

We recommend using the red mode for 15 minutes followed by the blue mode for an additional 15 minutes daily. This combination will give the most visible results. After 30 days you can try combining the red mode with another colour as per your requirements.

### How soon can I expect to see results?

Light therapy stimulates your own cells natural healing and collagen production, so the most visible results are not immediate. The skin will look different after the first treatment; smoother and more hydrated with a natural radiant glow, and with each treatment you will see improvement.

Acne scars and scars from other types of injuries can start to improve in as little as two weeks and should gradually fade over time with continued use.

### Should I continue my skin care routine as normal?

Absolutely! The LED mask will help to strengthen and rejuvenate the skin at a cellular level so will amplify the results achieved in other facial treatments. We recommend using the mask as an addition to your existing skincare regime.

### Is LED for everyone?

Light therapy will have the greatest impact on skin cells with sluggish metabolism and slow cellular activity, showing visible signs of aging. It can be used on all skin types, colours and conditions.

### What is the difference between the BEAUTY BY LIGHT facial mask and in-salon treatments.

Not much! All LED technology will differ slightly in the specific wavelengths and strength of light emitted, but, the effects will mostly be the same. The light emitted by in-salon devices is the same light emitted by the BEAUTY BY LIGHT mask. BEAUTY BY LIGHT just gives you the freedom to complete your treatments on a more regular basis, in the comfort of your own home.

### Can I use red light therapy after Botox injections?

We recommended that you wait two weeks after Botox injections before beginning to use the mask. If you have any concerns, speak with your doctor or dermatologist.

### Can I go out in the sun after this treatment?

Yes, LEDs emit no UV light and the treatment does not increase photo-sensitivity. We always recommend you slip, slop, slap every day to protect your skin from damaging UVA and UVB rays.

### Can red light therapy cause sunburn/skin cancer?

No. Sun burn, and skin cancer are caused by light exposure from UV wavelengths, which the LEDs do not emit.

## So which light do I use?

#### 620nm (Red Led) To treat fine lines & wrinkles

Red light naturally stimulates the production of collagen in skin cells, responsible for skin firmness and elasticity. Increased collagen reduces fine lines and wrinkles and shrinks pores, improving skin texture and promoting smooth, youthful skin.

#### 525nm (Green Led) To improve tone & pigmentation

Green light inhibits excess melanin production in the lower levels of the dermis, preventing it from travelling to the visible surface of your skin. Existing melanin clusters are also broken down, reducing age-spots and hyper-pigmentation resulting in smooth, even skin tone.

#### 415nm (Blue Led) To eliminate acne & blemishes

Bacteria in acne contain Porphyrins, accumulating in pores and causing breakouts and inflammation. The blue light wave-length kills these light-sensitive Porphyrins both above and below the skin, reducing acne, calming inflammation and redness, and leaving you with a clearer, brighter, smoother complexion.

#### 415-620nm (Purple Led) Combined wavelengths

Combining the benefits of Red (620nm) and Blue (415nm) light, the purple LED wavelength has an anti-415-620nm (Purple Led) bacterial effect, helping to treat acne, while also stimulating collagen production to treat fine lines and wrinkles.

#### 590nm (Yellow) To improve clarity & texture

The yellow light increases the exchange of oxygen within skin cells, stimulating circulation and improving the cells ability to eliminate toxins. Increased toxin elimination improves tone, clarity and texture of skin resulting in a glowing, dewy complexion.

#### 490nm (Cyan Led) To reduce scarring & inflammation

The cyan light promotes healing, while soothing inflamed or damaged skin. This also assists with reducing the size of swollen capillaries, improving skin tone and clarity.

#### 850nm (White Led) Deeper renewal

The White light penetrates deep into the skin cells, accelerating active tissue metabolism for an enhanced improvement in collagen and elastin production.

## How to use your advanced Light Therapy Facial Mask.

1. Clean face and allow to dry or use a soft towel to pat dry.
2. Remove the Light Therapy Facial mask from packaging and attach strap to mask. Connect power cord to power input of remote and connect the other end of power adapter to the nearest power point.
3. Press the power key to turn on. The power indicator will light up.
4. Press the colour button, select the colour treatment mode. Press Time button and select Time + and time - to adjust working time. Start with a low energy setting and then increase strength after placing mask on face. The flash mode is designed for dermatologists who combine topical creams in conjunction with light therapy and thus is not needed for home use. We recommend avoiding this mode. Just press the flash mode until the light stops flashing and you are now in the correct mode. To engage Auto mode press colour button until the auto led light is lit. Auto mode is used for maintenance treatments.

- We recommend using the treatment time of 60 min on auto mode.
5. It is recommended to lie on your back with your eyes closed during your treatment. Most people prefer to use it before going to sleep.
  6. There is no need to do more than 30 minutes per day as your skin cells are already energised unless auto mode is used.
  7. Before starting treatment the face should be free of any creams or make-up so the light can penetrate the skin effectively.
  8. It is advised to use a cream that has vitamin A or C in it after each treatment. Some people may be sensitive to Vitamin A (retinol) and may need a weaker dose initially but after regular use can increase the strength. We have formulated a cream to be used after light therapy treatments and is available online by visiting our website [www.beautybylight.com.au](http://www.beautybylight.com.au)

## PRECAUTIONS

1. Try to avoid looking directly into light source for an extended period.
2. Keep the mask away from direct sun or heat.
3. Not to be used on epileptic sufferers or anyone who is using medication that increases sensitivity to light. If you are unsure, we recommend asking your doctor's advice before starting your light therapy treatments.

## AFTER-SALES SERVICE

This product is covered by a 12-month manufacturer's warranty if used as instructed from the date of purchase. Please retain proof of purchase for any warranty claims. Please email [info@beautybylight.com.au](mailto:info@beautybylight.com.au) for any warranty claims with the subject line Attn: Warranty claim or visit [www.beautybylight.com.au](http://www.beautybylight.com.au)