

Guide to Using DermaGlow



Introduction to LED Light Therapy

LED (Light Emitting Diode) therapy is a non-invasive skin treatment that uses varying wavelengths of light, including red, blue, green, yellow, purple, cyan, and white. Each color penetrates different depths of the skin, offering a

range of therapeutic benefits. This technology, initially developed by NASA, has been adapted for skincare, providing a safe and effective method for treating various skin concerns.

Understanding DermaGlow's LED Spectrum



Choose Red **“Ruby” Light (640-670 nm)** for **Wrinkle Reduction**

- Boosts collagen and elastin production
- Diminishes fine lines and wrinkles
- Accelerates healing and reduces inflammation
- Enhances blood circulation for a radiant complexion

Choose Blue **“Sapphire” (440-470 nm)** for **Acne Bacteria Elimination**
and

Oil Balance

- Targets and kills acne-causing bacteria
- Balances oil production in the skin
- Soothes inflammation and redness
- Promotes a clearer, blemish-free complexion

Choose Green **“Emerald” Light**
(490-540 nm) for **Dark Spot Fading**
and Skin

Calming

- Reduces hyperpigmentation and age spots
- Calms and balances the skin tone
- Soothes and alleviates stress-induced skin issues
- Enhances overall skin clarity and luminosity

Choose Yellow **“Amber” Light**
(565-570 nm) for **Circulation**
Enhancement and

Skin Rejuvenation

- Stimulates lymphatic drainage to reduce swelling
- Revives dull skin for a brighter complexion

- Enhances skin repair and regeneration
- Improves skin elasticity and firmness

Choose Purple **“Lavender” (380-440 nm)** for **Combined Healing and Soothing Benefits**

- Combines benefits of red and blue light
- Accelerates tissue healing and regeneration
- Calms inflammation and reduces acne scars
- Promotes a smoother, more even skin tone

Choose **“Cyan” (460-498 nm)** for **Inflammation Soothing and Recovery Acceleration**

- Alleviates inflammation and reduces stress
- Promotes healing and skin recovery
- Soothes irritated and sensitive skin
- Enhances overall skin health and vitality

Choose White **“Diamond” White Light** for **Deep Tissue Repair and Skin Revitalization**

- Penetrates the deepest layers of skin
- Accelerates active tissue metabolism
- Promotes wound healing and scar reduction
- Evens out the skin tone and texture

Operating the DermaGlow Mask

Elevate Your Leisure Time With DermaGlow™



Watch, browse, & rejuvenate skin simultaneously

- **Preparation:**
 - Start with a clean, dry face.
 - Remove all makeup and skincare products to ensure maximum light penetration.
- **Selecting Light and Intensity:**
 - Choose the appropriate light color based on your skin concern.
 - Adjust the intensity to a comfortable level, starting low and gradually increasing.
- **Duration Setting:**
 - For beginners, a 5-10 minute session is recommended.
 - Experienced users can extend up to 60 minutes, but it's crucial to listen to your skin's response.
- **Application:**
 - Secure the mask on your face, ensuring even coverage and comfort.
- **Relaxation Phase:**
 - Remain still and relaxed during the session. Avoid looking directly into the LEDs.
- **Post-therapy Care:**
 - After the session, apply a serum or moisturizer.

- Products like our Timeless Skin Serum with hyaluronic acid, niacinamide, or peptides complement LED therapy well.

Best Practices and Tips



- **Frequency:**

- Regular use is key. 3-5 times a week is optimal, depending on skin sensitivity.

- **Consistency:**
 - Consistent use over time yields the best results. Patience is essential, as skin improvements are gradual.
- **Safety:**
 - If you have pre-existing skin conditions, consult a dermatologist before use. Avoid using on very sensitive or damaged skin.

DermaGlow's Intensity Levels

DermaGlow features four distinct intensity levels, allowing users to customize their treatment according to their skin's tolerance and specific needs.

Level 1 (Lowest Intensity):

- Ideal for beginners or those with sensitive skin.

- Provides gentle treatment with minimal risk of irritation.
- Recommended for initial sessions to gauge skin's response.

Level 2 (Low to Medium Intensity):

- Suitable for those who have acclimated to the lowest setting.
- Offers a balance between efficacy and comfort.
- Good for regular maintenance and mild skin concerns.

Level 3 (Medium to High Intensity):

- Designed for users with more resilient skin or those accustomed to LED therapy.
- Provides more profound skin benefits.
- Recommended for addressing specific skin issues like moderate acne, noticeable signs of aging, etc.

Level 4 (Highest Intensity):

- Best for experienced users with no sensitivity to LED light.
- Offers maximum penetration and efficacy.
- Ideal for tackling more significant skin concerns and achieving faster results.

How to Choose the Right Intensity

- Skin Sensitivity:
 - Start with the lowest intensity if you have sensitive skin.
 - Gradually increase the level as your skin becomes accustomed to the treatment.
- Specific Skin Concerns:
 - Higher intensities may be more effective for pronounced skin issues.
 - However, it's important to balance efficacy with skin comfort.
 - Always discuss specific skin concerns with your doctor.
- Adaptation Period:
 - Allow your skin to adapt to the LED therapy gradually.
 - Don't rush to higher intensities without assessing your skin's reaction.

Safety and Precautions

- Discomfort or Irritation:

- If you experience any discomfort, redness, or irritation, reduce the intensity or discontinue use and consult a dermatologist.
 - Eye Protection:
 - Although LED light is generally safe, it's advisable to close your eyes.
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Maintenance

- **Charging and Storage:**
 - Keep the DermaGlow fully charged.
 - Store in a cool, dry place away from direct sunlight.
 - **Cleaning:**
 - Use a soft, slightly damp cloth to clean the mask.
 - Avoid harsh detergents.
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Professional Insights & Disclaimer

- LED therapy can be combined with other skincare treatments. But it's advisable to consult with a skincare professional for personalized advice.
- LED masks like DermaGlow offer a versatile and effective way to address various skin concerns.
- With proper use and maintenance, Derma Glow can be a valuable addition to your skincare routine, providing benefits akin to professional treatments.
- Remember, skincare is a personal journey, and what works for one may not work for all.
- For further professional advice or if you experience any adverse reactions, consult a dermatologist.