

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.
 - 10 to 30 minutes per session is what most do.
 - 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.

- 1 time per day is best. But listen to your skin and work up to this.
 - **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.
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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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Troubleshooting

If you have any more issues contact our customer support at **info@mydermadream.com**

- DermaGlow “won’t turn on issue”
 - It must be UNPLUGGED from charging to turn on. If this is not the case contact our customer support
 - Why is it blinking red when I plug it in?
 - This means it is charging
 - Why is it green when I have the charger plugged in?
 - This means it’s done charging.
 - It turns off automatically?
 - This is on purpose - so that you are protecting your battery & your skin. If you wish to have longer sessions turn it back on.
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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.

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.