

The Science of Low Level Light Therapy in the Esthetic Treatment Room

Celluma LED Therapy - Esthetic Treatment Guidelines

Light therapy is the application of specific wavelengths of light to tissue to obtain therapeutic benefits. Research* has shown that “LED is an effective therapeutic modality to promote the healing of skin wounds.” The biological effects promoted by this therapy “are related to the decrease in inflammatory cells, increased fibroblast proliferation, angiogenesis stimulation, formation of granulation tissue, and increased collagen synthesis.” LED therapy is also known for its ability to rejuvenate skin, treat acne, decrease inflammation and increase microcirculation.

Using Celluma LED Therapy

LED therapy can be used as a powerful stand-alone or add-on to most spa-menu services. For maximum benefit, a 30-minute treatment is recommended. Always use over clean, dry skin as lotions, creams and serums may decrease effectiveness by restricting light penetration. Blue, red and near-infrared are the most commonly used wavelengths in LED phototherapy. These specific wavelengths are well researched and scientifically proven to produce therapeutic benefits. Blue penetrates through the epidermis and is known to kill P.acnes bacteria. Red penetrates into the dermal layer and has been shown to enhance collagen and elastin production through photobiostimulation of fibroblasts. Near-infrared penetrates deepest and increases micro-circulation (tissue repair), decreases inflammation and attenuates pain. When treating a client, select the wavelength or program most appropriate for the condition being treated. Determine the client’s needs and concerns by a thorough skin analysis and discussion with the client utilizing an intake form.

Contraindications

Celluma LED therapy is clinically proven to be safe, and has achieved “no significant risk status” for human trials by the FDA. Contraindications for using Low Level Light Therapy are few and most clients can safely enjoy the benefits. For certain contraindications, written consent from a physician will allow you to perform a treatment. The following contraindications should be noted:

- Do not perform Celluma LED therapy on someone who is Pregnant or Nursing (unless the client has written consent from her physician).
- Do not perform Celluma LED therapy on someone with a seizure disorder (unless you have consent from the client’s physician).
- Do not perform Celluma LED therapy when the application of “heat” or increased warmth to the skin is a contraindication. (Resistors on the circuit board produce a mild thermal effect).
- Do not perform Celluma LED therapy if client is “photo-sensitive” Some disorders and medications can cause photosensitivity (unless you have consent from the client’s physician). Do not perform LED therapy over known metastasis.
- Do not perform Celluma LED therapy if client is on steroidal medications.

Celluma LED Therapy Protocols

Typical **Acne** Celluma LED protocols - 2-3 times weekly for 4-6 weeks. Then re-evaluate. Results vary.

Typical **Anti-Aging** Celluma LED protocols - 2-3 times weekly for 12-16 weeks. Then re-evaluate. Results vary.

Celluma LED phototherapy may be used more often if appropriate and desired. More frequent use may result in faster and more enhanced results.

Basic Celluma LED Facial

Perform Skin Analysis and discuss concerns with client to determine which light setting is most appropriate.

- Cleanse
- Apply LED for 30 min.
- Apply: Mask, serums, moisturizer & SPF

Complete Facial with Celluma LED

Perform Skin Analysis and discuss concerns with client.

- Cleanse
- Exfoliate
- Extractions when indicated. LED will help destroy P. acnes bacteria and reduce erythema and oedema
- LED therapy - on selected appropriate setting based on skin analysis
- Apply: Mask, serums, moisturizer & SPF

Following Face Wax (brow, lip, chin, cheek, sideburns).

Use Celluma for 5-15 minutes following waxing to reduce redness and inflammation associated with procedure.

Using Celluma LED Therapy With Other Modalities

Chemical Peels

Apply Celluma LED prior to chemical peel or 24-48 hours after for a *superficial peel*. After a *medium depth peel*, wait at least 72 hours unless directed otherwise by a physician. If using a "very superficial peeling agent" you can use LED immediately following the treatment, as long as the peeling agent has been **completely neutralized**. Check with the manufacturer of the peel agent to confirm that the product is categorized as "very superficial" as determined by the pH level and the products % of active ingredients.

CAUTION: DO NOT apply LED therapy *after a chemical peel on the same day, unless the above mentioned is the case, or a physician has given direction to do so.*

IPL & RF

Use Celluma LED therapy prior to, or 24-48 hours after, IPL or RF is performed due to LEDs mild thermal effect (due to circuit board components) **unless directed by physician**. Incorporating LED therapy will increase anti-aging and skin rejuvenation benefits.

Marketing Suggestion: *Build the cost of the LED into the IPL series to encourage client return for follow-up with LED.*

Microdermabrasion & Electrocoagulation

Apply Celluma LED immediately after to promote healing and for anti-aging benefits. Apply: serums, lotions or creams, SPF.

Marketing Suggestion: *Build the cost of the LED into a Microdermabrasion series for even greater results!*

Microcurrent

Use Celluma LED prior to, or following micro current, for additional anti-aging benefits and improvement in skin conditions. Apply products after.

Skin spatula

Perform Celluma LED after use of skin spatula for added benefits and healing. Use LED therapy prior to application of products.

Microneedling/Microchanneling

Apply Celluma LED before or immediately after (check with microneedling/microchanneling manufacturer) for additional antiaging benefits. Can also be applied the next day to increase client comfort levels, promote faster healing and for additional benefits.

NOTE: The serums used during micro-needling may inhibit *some* penetration of the light energy. Also, treating the next day as a follow-up would greatly benefit the client.

Dermaplaning

Use Celluma LED after and before products are applied for added benefits, anti-aging and to facilitate the healing process.

Treatments Typical to a Medical Environment May Include:

Laser Lipo Suction

Use Celluma LED as directed by physician to expedite healing and minimize bruising. **Always follow physician's recommendation.**

Laser Resurfacing

- Use Celluma LED prior to resurfacing to prepare the skin and reduce signs of aging.

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- Use Celluma LED after resurfacing as directed by physician to facilitate healing, reduce healing time and to increase antiaging and skin rejuvenation benefits.

NOTE: *Excellent when done in a series following Laser! Always follow physician's recommendation.*

Plastic Surgery

- Use prior to surgery to enhance outcome.
- Use after surgery to assist in healing and anti-aging benefits. **Always follow physician's recommendation.**

Ultherapy


Use before or after as determined by physician to aid in healing, increase anti-aging and skin rejuvenation.

NOTE: *Excellent as a series following Ultherapy to enhance and increase benefits. Always follow physician's recommendation.*

Botox and Fillers

Use to decrease chances of bruising, facilitate healing and for anti-aging. **Always follow physician's recommendation.**

Which program for which treatment?

Control panel	Mode	Treatments
	Acne	<ul style="list-style-type: none"> • Inflammatory acne vulgaris
	Red Light	<ul style="list-style-type: none"> • - pleats • - Reduced local blood circulation (wound healing) • - Rosacea
	Aches & Pain	<ul style="list-style-type: none"> • - muscle and joint stiffness • - Muscle tensions • - muscle and joint pain • - Muscle cramps • - Arthritic pain

*Chaves MEA, Araújo AR, Piancastelli ACC, Pinotti M. Effects of low-power light therapy on wound healing: LASER x LED. An Bras Dermatol. 2014;89(4):616-23