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LED Masks

The Magic Wand For A Glowing Complexion

LED Masks, or LED light therapy masks, are wearable devices that address various skin concerns through light-emitting diodes (LEDs)

Words | Bindu Gopal Rao



When Kanika Mehta a Pune resident had a bad skin breakout, she chose to go for LED masks as a treatment method following her dermatologist's suggestion. At the end of her sessions, she was glad to see her skin back to its original state and says the LED masks worked well for her. So, what are LED mask all about? LED Masks are sophisticated skincare devices that utilise light-emitting diodes (LEDs) to emit specific wavelengths of light onto the skin. These masks are designed to address a variety of skin concerns by penetrating different layers of the skin. It is important to make sure that you do it right.

The client must have an initial consultation where the evaluation of skin concerns is done and an appropriate LED treatment is determined. The LED treatment sessions are typically of 15-30 minutes each over a series of weeks, for optimal results. Periodic sessions are required to ensure that the benefits achieved can be maintained.

Skin Care

Interestingly, these masks use various hues and the light energy from LED masks activates natural cellular processes, which helps rejuvenate and heal the skin. Different colours of LED light, such as red, blue, and green, are used to target specific skin issues like acne, ageing, and pigmentation. "LED masks are effective for a range of skin conditions. Blue light kills acne-causing bacteria and reduces inflammation. Red light enhances collagen production, which helps reduce fine lines and wrinkles. Green light aids in diminishing pigmentation and evening out the skin tone and yellow light calms redness and soothes sensitive skin. They also assist in reducing inflammation, speeding up healing, and minimizing scars after surgery,"

says **Disha Meher, Founder & Principal Consultant, 5 Elements Consultancies.**



Light Advantage

LED mask is used in patients with acne, pigmentation, inflamed skin, and for anti-aging. They have grown in popularity in skin in recent years and is used as a supportive treatment in various medifacials.

Dr Madhuri Agarwal, Founder & Medical Director, Yavana Aesthetics Clinic, says,

"The benefits of LED light therapy are cumulative and seen gradually over a period. LED light therapy safety was proven by use in NASA astronauts in space. Since



SS TREND STORY



then, there are various FDA approved devices available for home use. The LED light therapy is beneficial as an-add on therapy in acne, inflamed skin, hyperpigmentation, and aging concerns. It is essential that you choose the appropriate light to get the benefit of the LED therapy."

Stay Safe

LED masks are generally safe and non-invasive, with minimal side effects. Potential side effects however may include temporary redness or irritation following treatment, eye strain if protective goggles are not used and in rare cases, the light intensity may cause headaches in sensitive individuals. **Leena Khandekar, Founder and Director, Lee's International beauty and Spa Institute**, says, "Some users may experience mild irritation, redness, or a rash, particularly those with very sensitive skin or specific skin conditions. Adhere to the recommended usage duration and frequency provided by the manufacturer to avoid overexposure. Perform a patch test on a small area of your skin before using the mask for the first time to ensure you do not have an adverse reaction." Clinic-grade devices are generally more powerful and provide a wider range of light options compared to those used in salons, spas, or at home.



Client Speak

Commercially available LED lights are red, blue, green, and yellow spectrum and they help address different kinds of concerns. "Being from Mumbai, dealing with adult acne has always been a challenge due to the humid climate. I started using a blue light LED mask, and within a few weeks, I saw a noticeable reduction in breakouts. My skin became much clearer, and I felt more confident," says **Ayesha Kapur, a media professional** from Mumbai.

For Delhi resident Pooja Singh who had suffered the effects of air pollution, the LED masks have come as a saviour. She avers, "Stress and pollution had a bad effect on my skin with fine lines and wrinkles. The red light LED mask helped as it

improved both my skin's texture and elasticity and I got many compliments from my friends and relatives too." LED masks are a versatile addition to any skincare routine, offering a range of benefits with minimal risk. It is important to follow the recommended guidelines and consult with a skincare professional to tailor the treatment to individual needs. Regular use is crucial for achieving and maintaining the best results.

Colour Coded

- **Red Light:** Often associated with energy and warmth, it can boost feelings of vitality and alertness.
- **Blue Light:** Known for its calming and soothing effects, it can help reduce stress and promote relaxation.
- **Green Light:** With its balancing properties, green light can create a sense of harmony and stability.

So, is the magic of LED masks real? The answer lies in consistent use and personalized treatment plans. While it's not a miracle cure-all, the potential benefits for various skin concerns are undeniable. **SS**

