

THE HUFFINGTON POST

AUSTRALIA

Edition: **AU** ▾

Like **482K**

Follow

FRONT PAGE | [POLITICS](#) | [WORLD](#) | [SPORTS](#) | [LIFESTYLE](#) | [FOOD](#) | [TRAVEL](#) | [INNOVATION](#) | [SMALL BUSINESS](#) | [WHAT'S WORKING](#) | [VIDEO](#)

H Exactly What LED Ligh...



Every 8 minutes, we respond to a disaster.



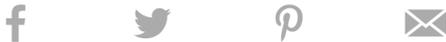
HELP NOW ▶



Exactly What LED Light Therapy Is And Why It's Good For Your Skin

It's a proven way to get a glowing complexion.

🕒 13/05/2016 11:03 AM AEST | **Updated** May 14, 2016 10:55



 **Leigh Campbell**  
Lifestyle Editor, HuffPost Australia



GETTY.
Get your glow on.

Advertisement

-36%	-39%	-28%
Safco Adjustable ... \$81.09	Safco Adjustable S... \$97.88	F Lite
MORE INFO	MORE INFO	MC

You may have heard it referred to as blue light, red light, Omnilux or maybe Lite Luxe.

While **Omnilux** and **Lite Luxe** are actual brand names and red or blue light refers to the type of treatment (red is great for lines and wrinkles while blue is used to treat acne), essentially these are all forms of LED light therapy.

Often used as a step in professional facials (after exfoliation and before hydration), LED is a proven anti-ageing method. Zoe Foster Blake **uses it** to get ready for the red carpet and she was a beauty editor for years, which is a good sign.

But what is it?

"LED stands for Light Emitting Diode, which is a computer chip encased in a glass-like resin, which emits therapeutic wavelengths (or colours) of light energy," Steven Marchese, product developer for LightStim told The Huffington Post Australia.

Not to be confused with laser, the light therapy was originally developed to fast-track the healing of wounds and post surgery scars. The rejuvenation of healthy skin, too, was a happy coincidence.

"If the therapeutic light energy is in the correct wavelength, the cells in the dermis layer of skin will convert that light energy into ATP (adenosine triphosphate), which is the fuel that the cell uses to do its job. The fibroblast cells in the dermis layer have the job of producing collagen (which give the skin fullness or that plumped look) and elastin (which give the skin the ability to bounce back). Thus, LED gives the cells a 'full tank of fuel' and these fibroblast cells start to produce collagen and elastin like when one was 20-25 years old," Marchese said.

PRESENTED BY DOCTOR ON YOUR SIDE



GP vs Friend: Who Gives The Advice?

FOLLOW HUFFPOST



Australia

Like {4}

HUFFPOST NEWSLET

Get top stories and blog posts emailed to m
Newsletters may offer personalized cor
advertisements. [Learn More.](#)

Subscri

SUGGESTED FOR YOU

?

- 2. [Side-By-Side Photo Proves Amy Schumer Is Basically A Goddess](#)



“

LED is great for reducing the appearance of fine lines and wrinkles, improving uneven skin tone, reducing pores size, and brightening the skin.

The result is the complexion is plumped up with new collagen (which pushes the folds of the wrinkles out) and new elastin (which helps to tighten the skin and give it more elasticity). Sounds good, huh? Another draw card is that there's no downtime and it can be done in a lunch break.

In-salon treatments are recommended two to three times a week for a course of four to six weeks. Ideal for pre-wedding prep or before a big event, a session only takes 20 minutes. It's also an effective and pain-free approach to treating skin concerns such as hyper-pigmentation and adult acne. The sensation is akin to lying in the sun (many people fall asleep) and the cost is either built into the price of the facial, or you can have it as a standalone treatment for around \$60-\$80.

"LED is great for reducing the appearance of fine lines and wrinkles, improving uneven skin tone, reducing pores size, brightening the skin and rejuvenating the youthful look of your skin," Marchese said.

"If you've lost weight recently, or have a poor diet, or you've spend too much time in the sun, etc., then it can take longer to see the start of results, but with continued use everyone can benefit from LED light therapy."

7 hours ago

[huffingtonpost.com](https://www.huffingtonpost.com)
[Huffington Post](https://www.huffingtonpost.com)
[International Huffington Post](https://www.huffingtonpost.com) Huffington Post
Body Image

- 1. [Will Smith Has The Best Response To His Son's Gender-Fluid Style](#)

3 months ago

[huffingtonpost.com](https://www.huffingtonpost.com)
[HuffingtonPost.com](https://www.huffingtonpost.com)
 [\(AOL\) Carly Ledbetter](https://www.huffingtonpost.com)
Carly Ledbetter Jaden Smith

- 3. [Lingerie Has A Diversity Problem. Here's What This Brand Is Doing About It.](#)



3 days ago

[huffingtonpost.com](https://www.huffingtonpost.com)
[Huffington Post](https://www.huffingtonpost.com)
[International Huffington Post](https://www.huffingtonpost.com) Huffington Post
fashion

- 4. [Australian Mother-Of-Four's Nude Response To Kim Is Just Delightful](#)



2 months ago

[huffingtonpost.com](https://www.huffingtonpost.com)
[Huffington Post](https://www.huffingtonpost.com)
[International Cavan Sieczkowski](https://www.huffingtonpost.com) Cavan Sieczkowski
entertainment

- 5. [Duchess Kate Just Wore A Seriously Fancy Crop Top](#)



a month ago

[huffingtonpost.com](https://www.huffingtonpost.com)

While there has been [conclusive studies](#) into the effectiveness of LED light therapy, of course always listen to your skin therapist.

"LED is the only aesthetic device that has no contraindications of any kind. It is good for all skin types, colours and conditions. It is safe for the eyes and it cannot be overused. That said, it is always prudent to follow the manufacturer's instructions and to check with the manufacture if you are desiring to use the device in a manner not covered in the instructions," Marchese said.

If you can't get to a salon for regular treatment, there are home devices on the market. While they're not as strong as in-salon devices, they're still effective.



Omnilux clear-U, \$396

[huffingtonpost.com](#)
[Huffington Post](#)
[International Jamie](#)
[Feldman](#) Jamie Feldman
fashion

- 6. [New Video Shows Zoo Gorilla With Boy Before Ape Was Shot Dead](#)



2 days ago

[huffingtonpost.com](#)
[Wow.com The](#)
[Huffington Post](#) The

Huffington Post animals

- 7. [Officials Reveal New Details Of Prince's Death](#)



a month ago

[huffingtonpost.com.au](#)
[Huffington Post](#)
[International Carly](#)

[Ledbetter](#) Carly
Ledbetter death

- 8. [How To Orgasm](#)

Advertisement

Every 8 minutes, we re



American
Red Cross



LightStim for Wrinkles, \$289

HuffPost Australia

Follow On

MORE: [Beauty](#) [Led](#) [Light Therapy](#) [Light Therapy Devices](#)

[Skincare](#) [Style](#)

[Suggest a correction](#)

News For You



Kit Harington Says He Faces 'Sexism' As An Actor



The Stars Do Not Disappoint On Our Most Outrageous Outfits List



Here's What Podiatrists Think About Your Crocs

[RSS](#) | [FAQ](#)

[User Agreement](#) | [Privacy](#) | [About Us](#) | [Contact Us](#)

Copyright © 2016 The Huffington Post Australia Pty Ltd. | All rights reserved.

Part of **HPMG News**