



WHAT IS LED LIGHT THERAPY?

LED light therapy is a non-invasive cosmetic treatment offered at Smooth Touch Cosmetic Clinic that utilises light-emitting diodes (LEDs) to address various skin concerns and enhance skin health. This innovative therapy, also known as photobiomodulation or low-level light therapy, harnesses the power of specific wavelengths of light to stimulate cellular activities and promote a smoother, healthier complexion.

KEY FEATURES OF LED LIGHT THERAPY AT SMOOTH TOUCH COSMETIC CLINIC:

- 1. Collagen Stimulation with Red Light:**
 - Red light wavelengths (620-750 nm) are employed to stimulate collagen production.
 - Promotes skin firmness and elasticity, reducing the appearance of fine lines and wrinkles.
- 2. Acne Reduction with Blue Light:**
 - Blue light wavelengths (405-495 nm) target acne-causing bacteria.
 - Helps to minimize breakouts and inflammation, promoting clearer skin.
- 3. Pigmentation Balance with Green Light:**
 - Green light wavelengths (495-570 nm) contribute to a more even skin tone.
 - Addresses pigmentation issues, such as sunspots, and promotes a balanced complexion.
- 4. Skin Tone Improvement with Yellow Light:**
 - Yellow light wavelengths (570-590 nm) enhance skin tone and reduce redness.
 - Ideal for soothing irritated skin and promoting a radiant complexion.
- 5. Deep Healing with Infrared Light:**
 - Infrared light (750-1,200 nm) penetrates deeper into the skin.
 - Supports healing, reduces inflammation, and aids in pain relief and muscle recovery.

WHO IS SUITABLE FOR?

- 1. Anti-Aging:** Reduce wrinkles and improve skin firmness.
- 2. Acne Treatment:** Minimize breakouts and inflammation.
- 3. Pigmentation Issues:** Even out skin tone and reduce spots.
- 4. Redness Reduction:** Soothe sensitive skin and decrease redness.
- 5. General Skin Rejuvenation:** Enhance overall skin health and radiance.
- 6. Muscle Recovery/Pain Relief:** Aid in recovery and alleviate localized pain.
- 7. Preventive Skincare:** Maintain healthy and youthful-looking skin.

HOW MANY TREATMENTS DO YOU NEED?

Typically, a series of 6-8 LED therapy sessions is recommended initially, with regular intervals (weekly or bi-weekly). Maintenance sessions may follow, and the frequency varies. Individual responses vary, so consult with our professionals at Smooth Touch Cosmetic Clinic for personalized advice based on your skin needs.

IS IT PAINFUL?

No, LED therapy is generally not painful. It's a non-invasive and painless cosmetic treatment. Clients typically experience a warm and soothing sensation during the session. There is no downtime, and most people find the treatment relaxing. However, individual experiences may vary, and it's always a good idea to communicate any discomfort with the skincare professional administering the treatment.

HOW MUCH DOES IT COST?

It can cost anywhere from \$55- \$60, a session.

WHAT IS MY DOWN TIME?

Anti-wrinkle One of the advantages of LED therapy is that it typically has little to no downtime. The treatment is non-invasive, and you can resume your normal activities immediately after each session. Unlike some more aggressive cosmetic treatments, LED therapy generally does not cause redness, swelling, or discomfort.

You can schedule LED therapy sessions during your lunch break or on a day with a busy schedule, as it doesn't require recovery time. It's a convenient option for individuals seeking skin rejuvenation without the inconvenience of downtime. However, individual responses may vary, so it's always a good idea to discuss your specific situation and expectations with the skincare professional at the clinic providing the treatment.

CONTRAINDICATIONS

- Have epilepsy or a history of seizures.
- Are pregnant.
- Have highly light-sensitive skin (photosensitivity).
- Have a history of or current skin cancer.
- Are on medications that increase skin sensitivity.