

# SEE THE LIGHT

LED (light emitting diode, for those who weren't sure) light therapy is fast becoming a popular facial treatment thanks to its ability to treat a variety of skin concerns with immediate results and no downtime, but can shining light on your skin really help to achieve smooth, clear and radiant skin? Samantha Nice tells you more as she trials Dermalux...

Whilst light exposure, such as UV rays, is typically associated with skin ageing and damage, controlled levels of LED light can in fact work wonders for combatting unwanted signs of ageing, acne and numerous other conditions such as Rosacea, Eczema and Psoriasis, as well as helping to restore radiance and the overall appearance of our skin. Despite LED light therapy being around for quite some time, it is only recently that it has become available as an aesthetic skincare treatment. Extensive research worldwide has shown it to deliver exceptional benefits to living tissue, which is why it is rapidly becoming a go-to skincare treatment in today's market. Dermalux, which has consecutively won 'Treatment of The Year' at the prestigious Aesthetics Awards for the last four years, is the leading brand for LED light therapy within the industry, which is why local skincare expert and Dermalux practitioner, Rachel Eve has decided to welcome the treatment to her new clinic in Stetchworth.

**"Studies have revealed that hydration levels can increase by an astounding 600% and skin cells regenerate up to 200% faster after being exposed to LED light."**

## THE SCIENCE BEHIND IT ALL

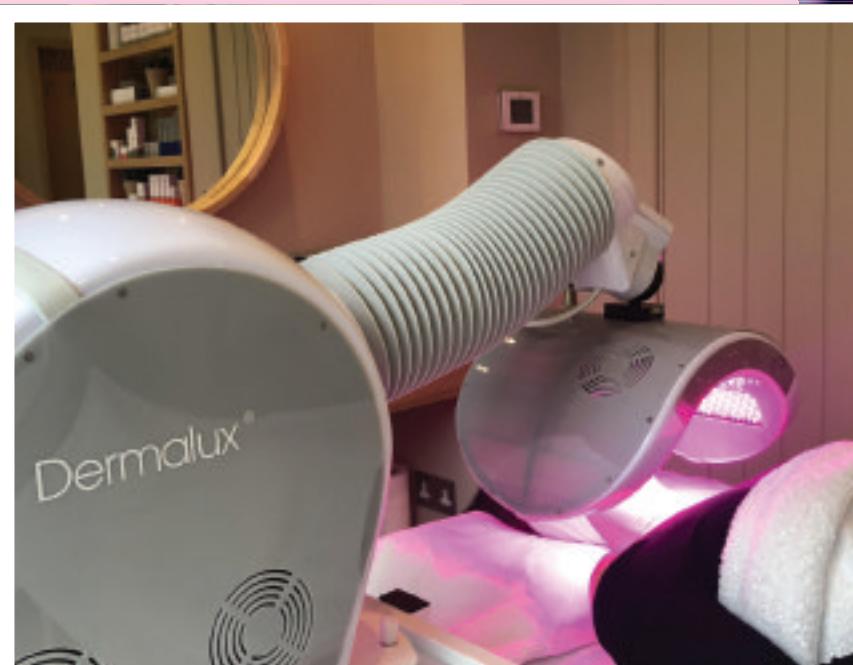
Our skin cells have the ability to absorb light and convert it to energy – much like plant photosynthesis. This energy then becomes fuel to help repair and rejuvenate damaged cells or neutralise bacteria. The increased energy also enhances cell turnover which boosts circulation, stimulates collagen production and accelerates repair. Studies have revealed that hydration levels can increase by an astounding 600% and skin cells regenerate up to 200% faster after being exposed to LED light.

Dermalux uses three specifically chosen light waves – red, near infrared and blue light – each of which promote different responses from the skin. The red light is best for anti-ageing and reducing inflammation making it a wise choice for those who have sensitive skin. The blue light is renowned for tackling

acne thanks its anti-bacterial properties. It helps to decongest and purify, as well as normalising oil production. The near infrared is the most absorbed of the three and works with the red light to rejuvenate and repair. This too, is good for pigmentation and anti-ageing. Depending on your skin type, you may be treated by one, two or all three wavelengths.

## IS IT FOR YOU?

The short answer... yes! Dermalux is suitable for everyone since it is clinically proven to be safe on all skin types, even those with highly sensitive complexions. There are no side effects and no risk of irritation either. Whatever your skin type, you can benefit from LED light therapy thanks to its ability to rejuvenate, heal and cure. From reducing fine lines and wrinkles, to smoothing and evening skin tone.



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#### THE VERDICT

I go for regular facials due to having acne-prone skin (yes, I'm 25 and still suffer with hormonal breakouts), so I was intrigued to trial Dermalux after hearing its countless reviews. It's been the sought-after treatment on social media and, not only is it Vogue-approved, Meghan Markle even underwent a course of Dermalux treatments before her big day. Whilst I knew it posed benefits to most skin types, I was eager to see how it would help my congested complexion. After a consultation with Rachel, she cleansed my skin before giving me an Image Enzyme Peel which was a 4-layer treatment enriched with Vitamin C, glycolic, fruit enzymes and hyaluronic acid. Rachel then removed all product from my skin to maximise light penetration. I was then prepped with some goggles and ready for the big lights. The panel of lights was placed just a few inches from my face and after a few minutes of adjusting to the brightness, I was able to switch off for a whole 20 minutes which is unheard of for me. There was a slight warmth to the light,

but this was very minimal. Rachel used all three lights on my skin since they all provided a benefit to my skin. The beauty of Dermalux is that each treatment can be tailored to the individual's skin type by choosing which rays are needed. After the treatment, my skin felt and looked clearer and less congested. What's more is that there was absolutely no redness at all. Rachel informed me that a course of treatments is best for optimum results, so I booked in for the following week for another session. My chin and forehead are usually the most congested, but two weeks on and both have completely calmed down. My skin has felt much more manageable and any breakouts I have had have been on a much smaller scale. Usually when something sounds too good to be true, it usually is, but with this, I'm struggling to see any fault at all, other than the price tag. A 30-minute Dermalux appointment with Rachel costs £55 or £20 for 10 minutes when added on to another facial treatment. Saying that, I think most of you are with me, when I say I would pay a fair amount for clear skin.

To give it a go yourself, contact Rachel at **The Advanced Skin Clinic** on 07759 415118 or book online at [racheleve.co.uk](http://racheleve.co.uk)