LED Phototherapy

LED Phototherapy is based on the principle that living cells are able to absorb and are influenced by light. The treatment involves exposing the skin to low levels of beneficial light energy from the visible and infrared part of the light spectrum which energise cellular functions to stimulate various cellular processes with therapeutic effects. It is a natural response similar to that of plant photo-synthesis through a process known as photobiomodulation.

While we often associate light exposure with negative effects such as skin ageing and damage, light also has many positive influences on the body. It helps us produce vitamin D and provides energy and serotonin for example. It can also promote healing, reduce inflammation and pain and prevent tissue damage.

The differences between the positive and negative effects of light are the amount and the parts of the light spectrum we are exposed to. Whilst on-going exposure to UV is very damaging, controlled levels of Red, Blue and Near Infrared light are clinically proven to be beneficial.

LED Phototherapy has long been known for its regenerating and anti-inflammatory properties. Research demonstrates that it increases collagen production, destroys acne causing bacteria, reduces inflammation, improves skin tone, texture and clarity and eases muscular and joint pain. Unlike more invasive procedures that work as a result of the body's response to trauma, LED Phototherapy is a safe and year round treatment option for all skin types without discomfort or downtime.

Successful treatment with LED Phototherapy is determined by delivering clinically proven wavelengths at an optimised intensity and dose to maximise the light / chromophore interaction that allow for these specific cellular reactions to take place.

If the wavelength does not match the target cell then there will be no absorption and therefore no reaction and no result. Secondly, if the photon intensity is too low then again there will be no reaction and no result. Not all LED Phototherapy systems are the same!