



the most powerful and talked-about skincare tool

Can the fountain of youth, as well as a glowing complexion, really be found in light? So much has been reported on LED over the last couple of years; however, so little is ever said about the value and quality of the components or the importance of incorporating results-oriented skincare products, proper protocols and advanced skin analysis.

Until several years ago, people still thought that LED or light therapy was only good for holistic purposes or household electronic appliances. Everywhere we turn we see LEDs busy at work: clock radios, Christmas lights, cell phones, traffic lights and so on. It seems pretty doubtful to most that they can actually affect the skin in any way, never mind be the fountain of youth.

LED options for cosmetic purposes, which at one time were limited, are now countless. Until recently the LED hype was mostly about anti-ageing, but clients are always surprised to find out that LED can offer so much more.

A recent abstract from *Dermatologic Surgery* suggests that treatment with 590nm LED therapy following fractional laser skin resurfacing helps patients more quickly recover from the post-treatment erythema. While skin resurfacing with a laser is considered dangerous for rosacea sufferers, the fact that LED therapy helps speed up recovery is good news for LED and low level light therapy in general. The study showed that for up to 96 hours after the resurfacing treatment, the LED-treated skin was less red than the skin just left to recover on its own.

Not only is LED effective and powerful, but it also has the added benefit of being painless, relaxing, with no recovery time required (unlike other modalities). LED can also be done on all skin types, regardless of ethnicity.

Light therapy and LED

Light therapy, or phototherapy, is a technique that has been used by dermatologists for decades to treat various skin disorders. It involves the application of specific wavelengths of light to the skin using different devices that each have advantages and disadvantages. Some such devices include lasers, LEDs and photodynamic therapy.

LED stands for light emitting diode – a non-laser form of photodermatology. LEDs are special diodes that emit light when connected in a circuit; they emit an incoherent narrow-spectrum light when electrically biased in the forward direction. The color of the emitted light depends on the composition and condition of the semi-conducting material used, and can be near ultraviolet, visible or infrared.

Leading plastic surgeons and dermatologists have cited LED as being “the wave of the future because of its efficiency and controllability”. Several LED devices are currently used for facial photo-rejuvenation and acne treatment by respected physicians and surgeons worldwide.

LED strengthens, enhances and speeds up the skin's own ability to heal itself.

Doctors accustomed to using high-powered lasers initially took time to acclimatise to the fact that lower level light sources like LED systems were effective. This was mainly because the LED mechanism of action is so different from high-powered laser therapy, which relies on selective thermolysis for effect. The science supporting the use of this technology is exciting. LED modulates many biochemical pathways within the skin and has been demonstrated to inhibit enzymes that breakdown collagen.

Products and facial treatments should take a protective approach, with the goal of holding onto healthy skin. It's the same reason we do yoga, run, swim, eat right and take good care of ourselves – it's to block the damage.

Now with so many different wavelengths available on the market, some devices actually have designed polychromatic treatments specifically to address all of the various skin types and conditions. The synergy phenomenon of using multiple wavelengths is created to help restore the skin to its natural balance. After the initial period, continuing to use LED in a course of treatments as part of an advanced skin care program, promises to deliver even fresher, more glowing and a more contoured, youthful appearance.

Now obviously not all LED devices are created equally, just like not everyone has exactly the same complaints about their skin or health. That's just a fact of life. Ask questions about their wavelengths, upgrades, and how many generations of units are they at, warranty, and the company's mission and philosophy.

Throughout the different stages in our lives, our skin and bodies go through various changes. With LED we can undo

some of the DNA damage, lessen fine lines, clear up acne and brighten up our clients' skin all over.

How does it work?

LED strengthens, enhances and speeds up the skin's own ability to heal itself. When committing to LED, as with any other skin care program, remember it is highly active, powerful and effective. You will see lasting results with long-term change, rather than a temporary fix of long-term damage. Your client's transformed skin will tell the story.

Remember, this is a healing process. And as you know, healing takes time.

Reference

LED post laser helps recover from redness, 12 May 2009, by Digital Davo.

Simone Vescio is the found and director of both SNB Aesthetics and Heavenly Escape Advanced Skin Clinics. Simon has a diploma of beauty therapy, as well as a strong knowledge of advanced skin analysis and correction, and certification in IPL and laser safety. While running her two salons, she helped set up a mobile IPL business in Australia and New Zealand. Seeing a large gap in the industry for advanced skin diagnostic equipment, she travelled to Europe to source equipment to help therapists better understand clients' skin conditions and prescribe the correct skin care solutions. Unlike any other distributor, Simone's in-depth understanding of skin and her passion for education makes her training on either Max7 LED or SoftPlus skin diagnostics unique. Using Max7 LED light therapy, Simone is able to not only implement LED into clinics, but also educate on the interactions of light with cells and systems. Simone is fast becoming recognised as a leader in the field of advanced skin analysis and correction, as well as IPL/LED training and education. Simone also runs a professional IPL service using Elos technology where she helps salons service their clients with permanent hair removal, skin rejuvenation and tightening, without the expense of purchasing their own IPL equipment. For more information on how SNB Aesthetics can help grow your business, please call Simone on 0414 484 844 or email sales@max7beauty.com.au.

