Can LED face masks transform your skin - here's



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Mask developers make big claims that at-home LED masks can be used to treat acne scars, sun damage and fine lines - but does this stand up to scrutiny?LED technology has been used to address a number of skin issues, such as eczema, mild to moderate acne, psoriasis and sun damage in a medical settingAccording to consultant dermatologist Dr Jonathan Kentley, LED technology works by causing the skin to absorb light energy, which then triggers cellular changes in a process known as photobiomodulation (PBM).

This allows new blood vessels and skin cells to be formed, along with more collagen and elastin," he tells.PBM has also been used to treat acne as it has anti-inflammatory effects and reduces the amount of oil in the skin," he adds.Can LED face masks transform your skin - here's what the experts say. Lumber of skin issues, such as eczema, mild to moderate acne, psoriasis and sun damage in a medical setting.But the at-home LED market is on the verge of becoming a massive industry - with masks and other devices retailing for anything from £40 to £1,500.

The technology harnesses the power of light-emitting diodes (LEDs), which then stimulate skin cells when they are exposed to the skin repeatedly.Mask developers make big claims that at-home LED masks can be used to treat acne scars, sun damage and fine lines - but does this stand up to scrutiny?Getty Images Close-up of a woman having LED light facial treatment in beauty salonGetty Images According to dermatologist Dr Kentley, consumers have been getting LED treatment in medical settings for "many years"The LED market is set to be worth £600m globally by 2032 - which is nearly double what airflow technology like the Dyson Airwrap will be worth at the same point.According to consultant dermatologist Dr Jonathan Kentley, LED technology works by causing the skin to absorb light energy, which then triggers cellular changes in a process known as photobiomodulation (PBM).

"This allows new blood vessels and skin cells to be formed, along with more collagen and elastin," he tells ."PBM has also been used to treat acne as it has anti-inflammatory effects and reduces the amount of oil in the skin," he adds.A recent comprehensive study of PBM stated that more clinical trials on humans need to take place o fully understand how it actually works.US space agency Nasa first began studying the effect of LEDs in the 1990s to see if it could help in cell regeneration.

Since then, medical-grade devices have been used by dermatologists "for many years", according to Dr Kentley.But at-home masks have only been on the retail market for about five years and cost a fraction of the medical devices.The main differences between medical devices and High Street masks are the strength of the LEDs, the number of bulbs on the device and how close they sit to the skin's surface when being treating acne, believes that while at-home masks "sound promising", mask wholesale manufacturers are "speculating" about their benefits.

"I don't believe anyone has run clinical trials of the LED mask at home to see if it is the same dose as a device you would use in a clinic or hospital," she tells the B. BNo-one is testing these devices in big enough sample sizes for long enough periods of time for us to feel really confidenSo I believe the benefits from using one of these masks is probably very modest," she adds.t.C.Dr Kluk says she has noticed "that people's interest in at-home skin care and treatments has increased hugely since Covid" and believes the "visually interesting" element of the at-home LED mask makes it such an eye-catching product to sell online.

"People sitting watching TV wearing a red LED mask increases people's curiosity."Every other consultation I've had for the last six months, has involved people asking me about LED masks," she When you search LED masks on social media platforms such as TikTok, you will be met with hundreds of videos with users showing off their results after using one of these at-home devices.

Natalie she started to use a mask "out of curiosity to see if I would notice any difference" and did not use it to treat an existing skin condition like acnThe skincare content creator says: "I noticed a change in my skin after a couple of weeks and felt it prevented breakouts really well

She adds that the mask has helped to "keep my skin tone looking more even" and faded marks on her face more quick O'Neill was not paid to promote a particular mask and caveats all her content on this technology by saying she uses it alongside a consistent skincare routine.

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