

# I Used That LED Mask That Chrissy Teigen Used And It Was Awesome

Living the lifestyle of the rich and famous one post at a time.

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In case you don't follow lots of celebs on Instagram and Snapchat and haven't seen what they've been up to lately — don't worry! I do. And I'm here to tell you that they've been putting weird-looking LED masks on their faces!



@kourtneykardashian



Chrissy Teigen Snapchat

If you're like me, you saw this and thought, *What the hell are they doing?* If you're also like me, your next thought was then *How can I also do this?*

[shanidarden 3 months ago](#)



instagram.com

So I reached out to [Shani Darden](#), licensed esthetician, seller of weird-looking LED masks, and miracle skin care worker for the stars, and begged her to work magic on my skin.

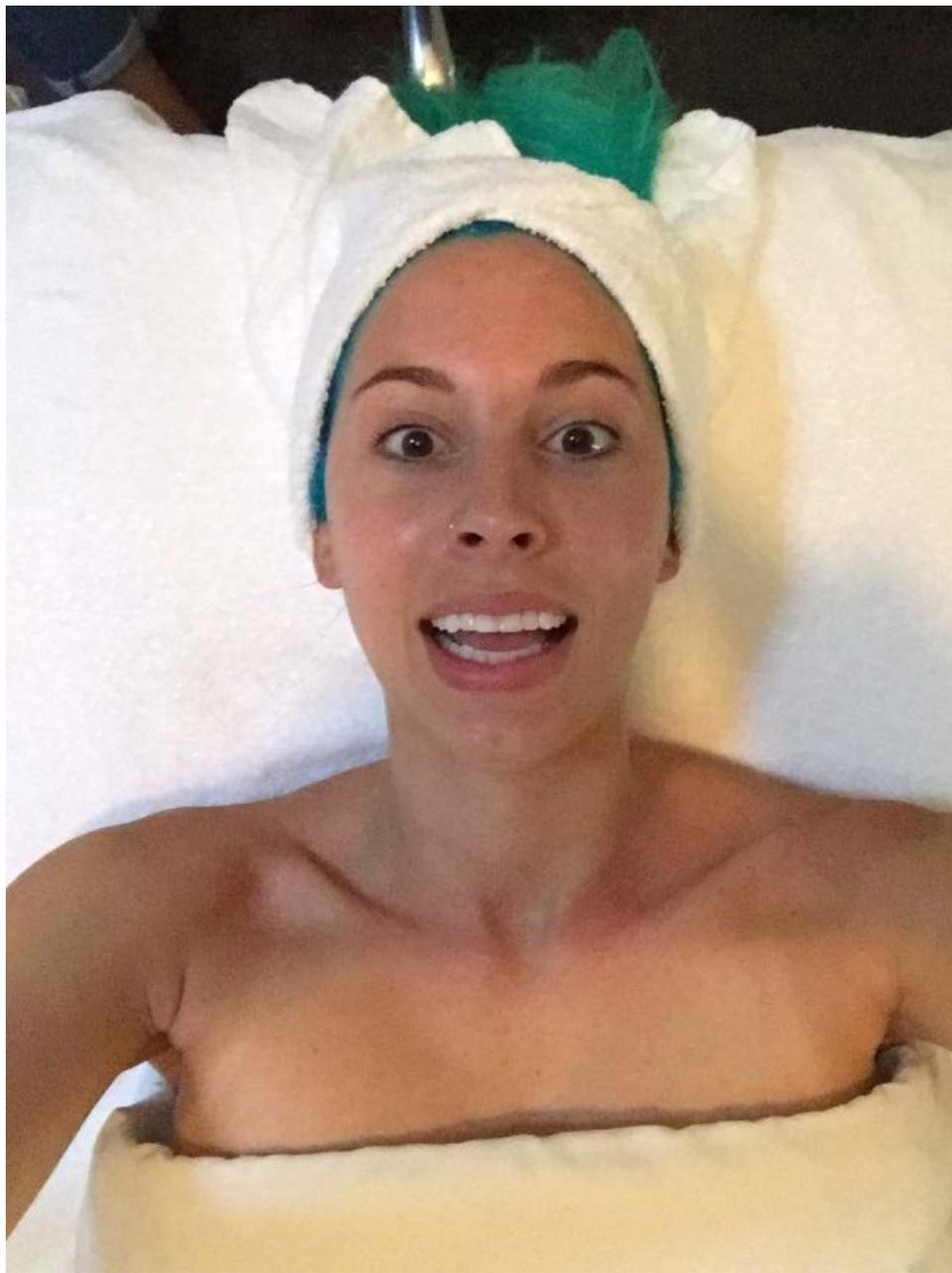
Luckily for me, she agreed, and I traveled to her studio in Los Angeles ready to transform my face.



Lara Parker

Shani let me know before the facial that she customizes facials according to skin type, so each facial is a little bit different.

She started by cleansing my skin with [IS Clinical Cleansing Complex](#) before plumping my skin with an [ultrasound-like device](#).



Lara Parker

Does my skin look plumper? DOES IT?

Next, she exfoliated my skin with a light chemical peel, something similar to these by [Philosophy](#).

Then she performed EXTRACTIONS. It turns out that I had some pimples/blackheads that had been chilling on my skin for “a long time.” What is a long time? I DON’T REALLY KNOW. But I’m guessing at least a year.



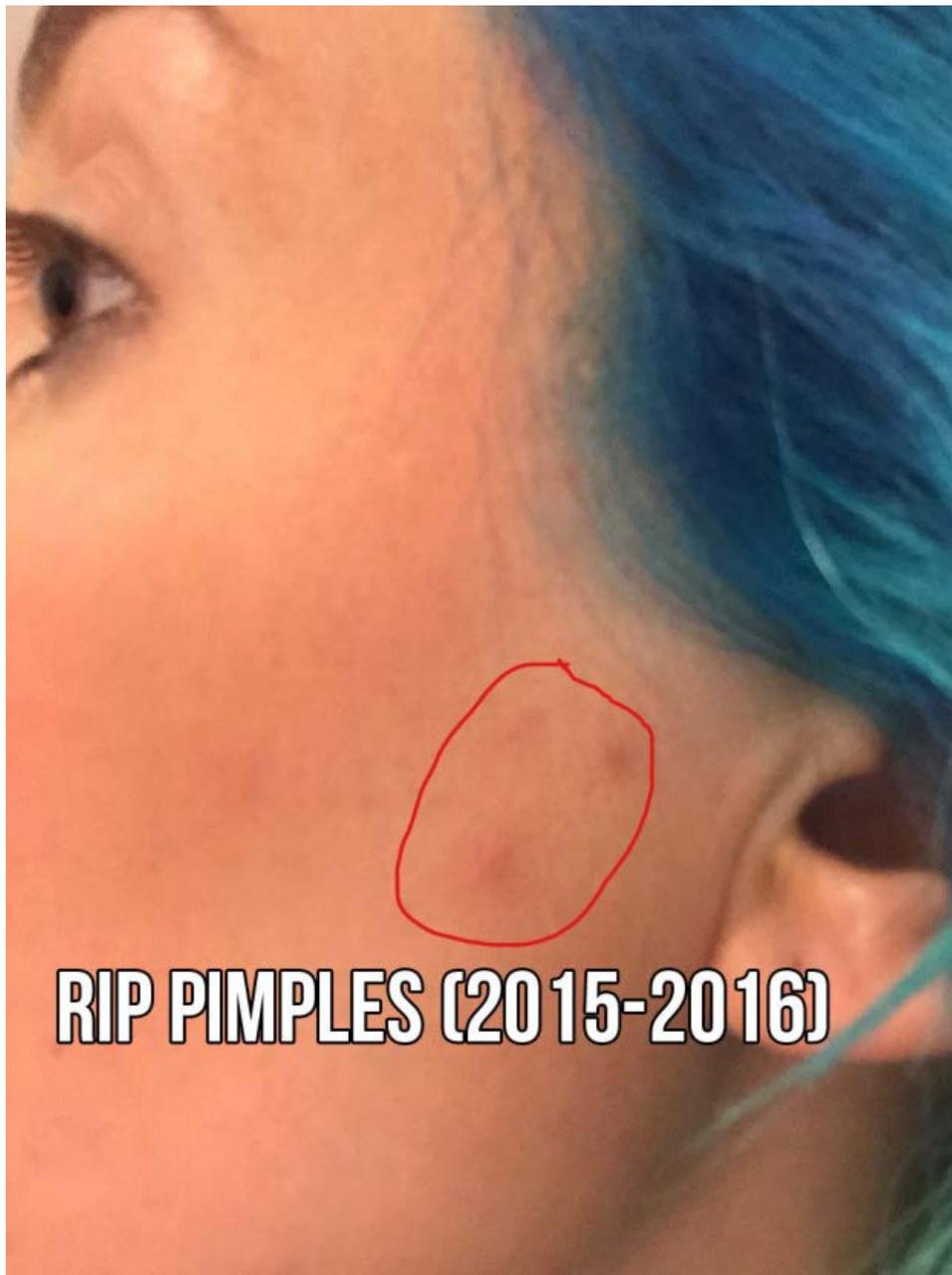
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Lara Parker

After Shani worked her magic, they were gone by the next day. The worst part about this extraction process was that it kinda hurt because she used some sort of needle to get deep into the pore. I didn't even know that was a thing. Don't try it at home, obviously. And I didn't even get to ENJOY the sensation of popping my pimples. But don't tell Shani that, because one of her number one tips is to avoid the temptation to pick. She told BuzzFeed that picking at pimples only makes them worse. It can push bacteria deeper into the pore, causing a bigger pimple and even more breakouts, not to mention scarring. The best thing you can do for your pimple, according to Shani, is to just not touch it. Easier said than done, amirite?

After she extracted pus from my pores, she performed an oxygen treatment on my skin and had me relax for 10 minutes.



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*Lara Parker*

If you're wondering what the hell an oxygen treatment is, don't worry, I was too. But it turns out that an oxygen treatment is almost exactly what it sounds like — pressurized oxygen and a customized serum applied directly to the skin. It's supposed to make the skin plumper and younger-looking. I don't know if it actually did anything, but it was definitely relaxing.

**Then, it was finally time for the grand finale...THE LED MASK!!!**



Lying under this mask for several minutes was actually awesome. I fell asleep. I felt at ease. I had vivid dreams about carnivals and elephant ears. I didn't want to leave the light. But eventually, I had to. Shani said she loves the LED mask because it can help kill bacteria and boost collagen in the skin. I loved it because it made for a cool Snapchat picture.

After my facial, I was surprised by how much my worse my skin looked initially.

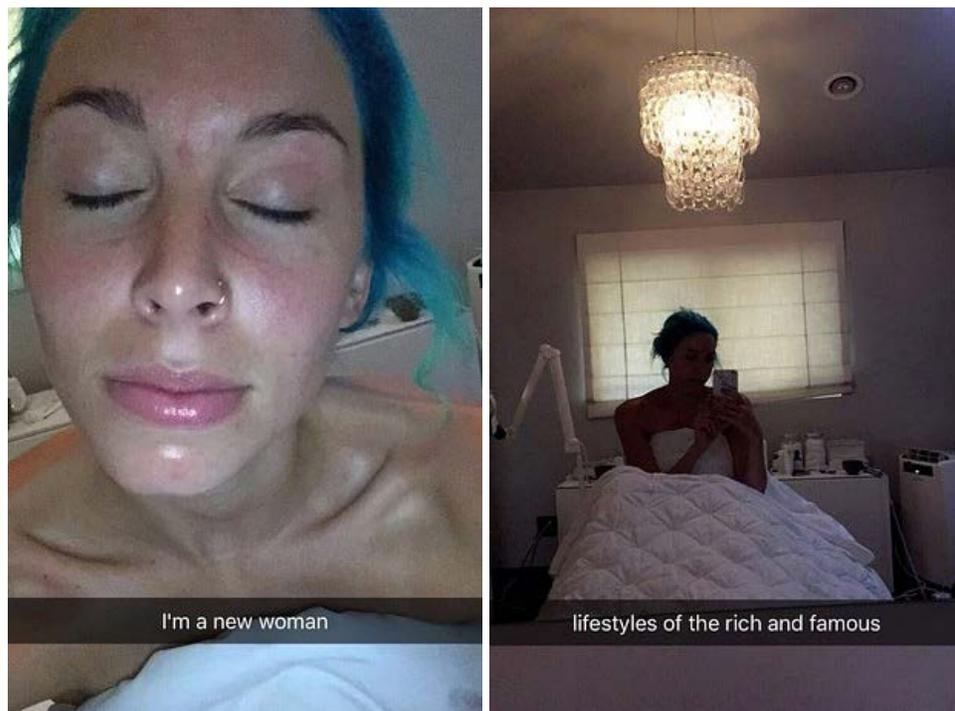


Lara Parker

But as probably everyone who isn't me knows, your face can look worse before it looks better. The first day my skin looked really red and blotchy because of the extraction process and tools she used. But after two days, my skin looked normal

again. In fact, I would even go as far as to say I had a ~glow~.

All in all, my experience getting an LED facial was awesome.



Lara Parker

Would I do it again? Yeah, when I become a millionaire I'll spring for it every couple of months. This mask retails for [\\$1,800](#), so it isn't realistic for regular ol' people like me to use on a daily basis or, well, ever. But the good news is I asked Shani for some recommendations for skin care that I could actually afford. She loves [Cetaphil \(\\$17.08 for a pack of two\)](#) as a gentle cleanser, and recommends [hydrocortisone cream \(\\$6.83\)](#) as a spot treatment for pimples.

But Shani's #1 skincare tip above anything else? **USE SUNSCREEN.**

Wear a sunscreen of at least 30 SPF every day, and become a celebrity by tomorrow. 😊

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Just me? Lol I love Laras articles tbh but I do wish she'd posted a pic a few days later to see the effects. Post facial skin is red and probs worse than before.

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I'm really thinking I need to quit my job and go work for buzzfeed. Getting paid to try out the crazy things celebs do sounds like a cake walk.

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In my opinion, her skin actually looked worse in the 'after' pic. Someone else said this first, but she really should have posted a picture a few days after. Her skin looks red and blotchy in the after pic.

She's gorgeous and her hair is marvelous, but I don't know if doing this treatment benefitted her much.

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