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LED LIGHTS: THE NASA TECHNOLOGY THAT WILL TRANSFORM YOUR SKIN

03.07.2016 | *The Skin, The Treatment*



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Earlier this year, there was a major scientific breakthrough that happened millions of miles up in space: NASA managed to grow it's first Zinnia flower aboard the International Space Station using LED Lights. This was music to my ears, as I have been a huge fan of LED's since being introduced to them by [Dangene at the Institute of Skinovation](#) years ago. After each of my skin treatments, I would sit in a comfortable white bed, while a brightly lit LED light wand moved back and forth over my face and neck. My favorite setting at Dangene's was "party face," a setting that will make you bright and glowy and almost like I had a mini facelift.

The LED light conversation is a hot topic right now, and the treatment is offered at most high-end facialist offices, everywhere from [Shen Beauty](#) to Tracie Martyn (it's even the hallmark of her super famous [Red Carpet Facial](#)). A few weeks ago, when I [interviewed Gucci Westman](#), she shared that her #1 skincare secret is her LED light mask that she purchased at New York's International Beauty Show (read more here about how she uses her mask before parties and big events [here](#)). Dangene's office has even started to sell what they believe is the best at-home LED light device (scroll down for this). Bottom line: When used on a regular basis, these babies can make a *huge* difference in your skin.



This is the 441 on LED Lights straight from Dangene:

What are LED Lights?

LED is a light emitting diode. LED technology uses wavelengths from the visible light spectrum as well as near infrared. They do not contain harmful ultraviolet wavelengths and therefore cannot damage skin tissue.

What is the history of LED Lights?

NASA first used LED lights for wound healing. They were then used in the medical field before they began gaining popularity in esthetics.

What are the benefits of LED Lights?

Skin has the ability to absorb light and use it as a source of energy to stimulate a healing response. LED light therapy uses specific color wavelengths of light that penetrate the skin at varying depths. The light energizes cells to produce collagen. It also improves elasticity and increases blood circulation and oxygen flow while releasing toxins. This stimulates the anti-aging response, helps to normalize cellular imbalances and improves skin tone and clarity.

Does it make a difference if LED lights are used before or after a treatment?

For the most part it doesn't matter when LED lights are used. It really depends on what type of treatment they are being used for. If the purpose were to accelerate healing or to calm down the skin, we would use them after the treatment.

Can LED Help with Dark Circles?

Yes, very much. By strengthening the capillary walls, reducing inflammation and stimulating blood flow, you can see a dramatic improvement with dark circles.

What do the different colors mean?

Infrared penetrates the deepest and is great for inflammation that contributes to acne and even accelerates the healing process.

Red increases the levels of collagen, which results in renewal of new cells and tissue. After the treatment skin will look more elastic, supple and soft.

Yellow helps with toning and brightening of muscles. It is a stimulant for the sensory motor nervous system and it is also detoxifying.

Green helps to diffuse redness in the skin.

Blue relaxes muscles and promotes intercellular communication.

Purple kills the P. Acnes bacteria that causes acne.



Annie's Recommendations: Now that you're an LED pro, it's time to think about getting that glow on the go. LED lights are available in a few different versions, for use at home or while traveling.

Dangene recommends **Allure**, "Which comes in an array of settings (red for wrinkles, sun damage and rosacea; blue for acne prevention), fits in a small pouch, allowing you to follow a precise, eight-week protocol at your convenience. Toss it in your carry-on and add it to your beauty regime."

Georgia Louise (London super facialist) recommends LightStim for **wrinkles** or for **acne**.

Gucci Westman, Linda Evangelista, **Jessica Alba**, Katy Perry and a host of other super famous people use the **Déesse Mask** (pictured on me). I have done a ton of research and this is *really* the best one. The issue is that it's expensive, but when you think about it, it's not so bad, because the lights will last forever. I bought mine over the weekend at the International Beauty Show. I'll let you know how it goes!



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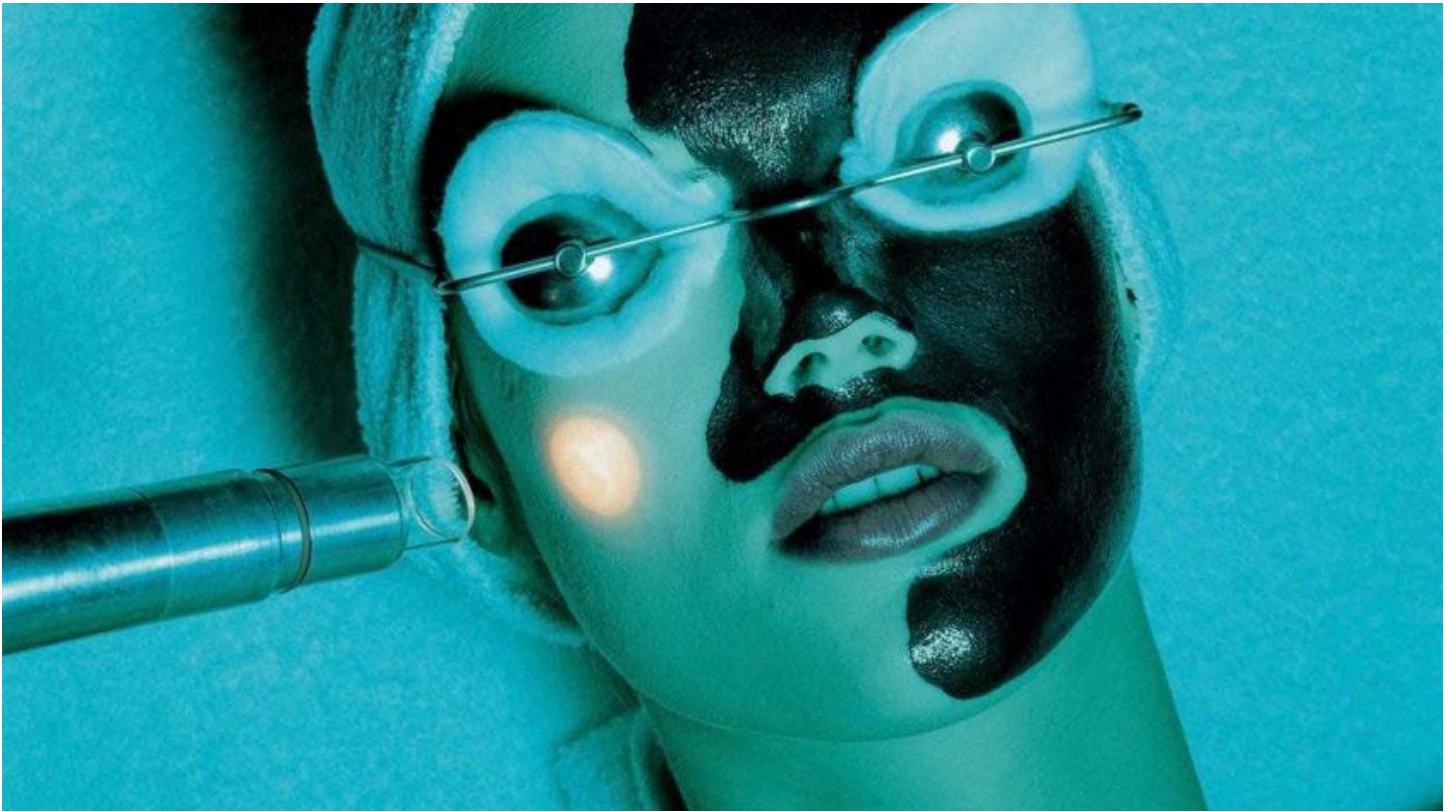


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