
This LED light mask is straight out of a horror movie — and maybe the secret to perfect skin

HELLO GIGGLES Marie Lodi June 6, 2016

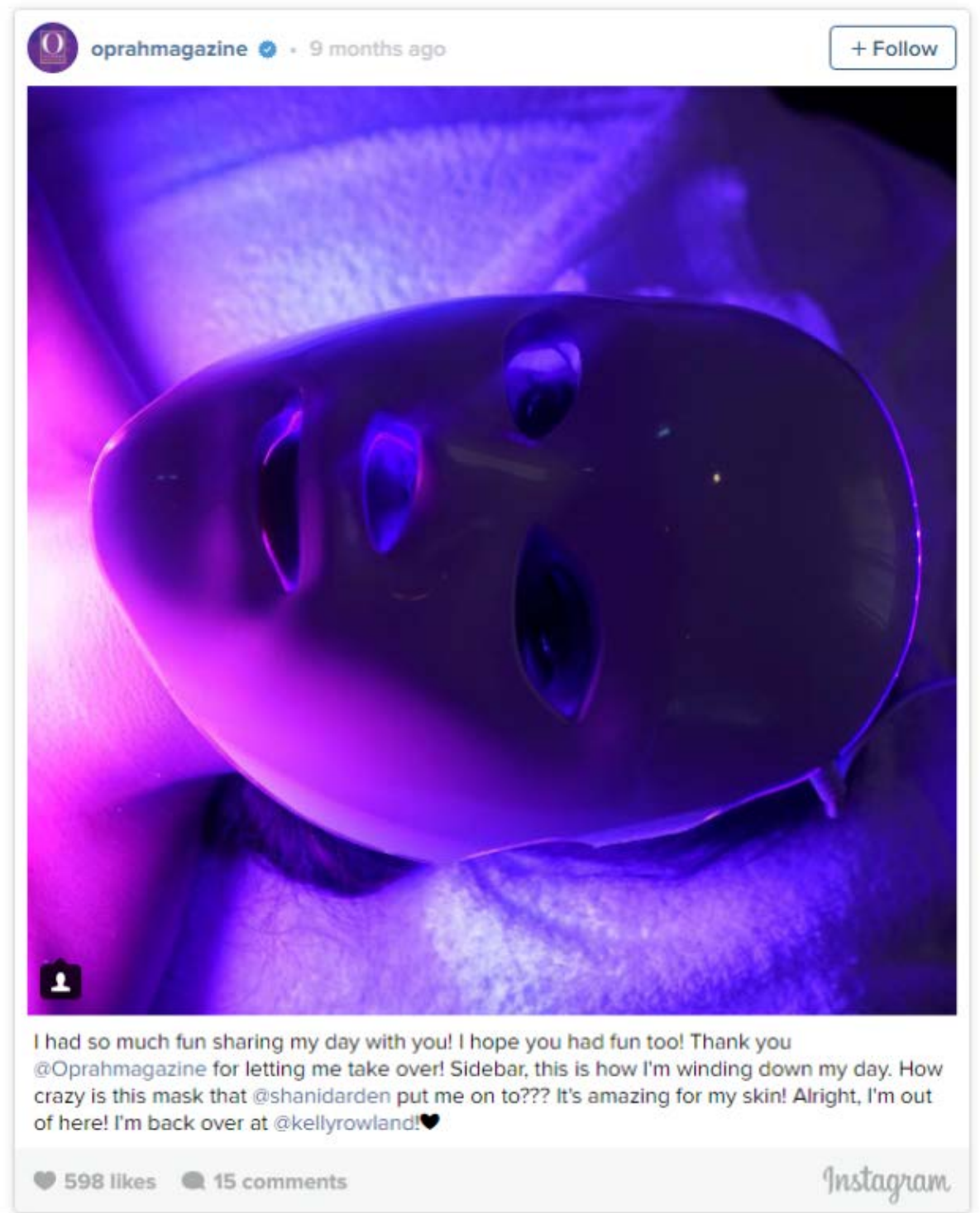
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Forget about moisturizing masks or anti-aging serums, the hottest way to get perfect skin is by pretending you're the star of a slasher flick. Thanks to celebrity facialist Shani Darden, stars such as Kourtney Kardashian, Jessica Alba, and Kelly Rowland are incorporating [The Deesse LED mask](#) as part of their skincare regimens.

The masks might bring some Michael Myers-esque, horror movie vibes, but wearing them might be worth the creepiness. According to Refinery29, the LED light has a myriad of skin benefits, so while it may look like there's a mini-rave happening on your face, each of the colors carry specific advantages for your skin. Blue light fights acne, red helps with anti-aging, and pink helps with healing. Darden also told Refinery29 that this type of light therapy is good for people with psoriasis.



I had so much fun sharing my day with you! I hope you had fun too! Thank you @Oprahmagazine for letting me take over! Sidebar, this is how I'm winding down my day. How crazy is this mask that @shanidarden put me on to??? It's amazing for my skin! Alright, I'm out of here! I'm back over at @kellyrowland!❤️

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So, how much does it cost to take our very own light-up mask selfie? Refinery29 says the \$2200 **Korean Deesse Premium LED Mask** is the one Darden uses, but less inexpensive handheld ones are available, too — they just require more work.

 **katehudson** • 4 months ago + Follow

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All good



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