The unit is 4” in diameter (that’s a big spot size!) and has 250 LED’s (520nm). That is kind of unheard of in a hand held unit. The treatment time is 90 seconds per area. The most areas you’ll have to do is four. Power: 200mw/cm². This baby is powerful!

I’ve been using green on acne for years. It penetrates deeper than blue which only gets the surface bacteria.

Here is an excerpt from an article:
“Blue light cannot penetrate the skin effectively. The working depth of penetration of blue light at 420 nm is 0.25 mm (0.010”). The limited amount of blue light that reaches past the epidermis is quickly absorbed by the blood in the soret band. Blue light cannot reach the 1-4 mm depth of acne bacteria. Almost all of blue light at 420 nm is absorbed by chemicals in the epidermis and this light never makes it to the CP-III inside the bacteria.”


Here’s some more good info: https://aahlight.com/green-light-therapy/

I believe green will be effective on rosacea as well. Also do red for the inflammation. Green first and then red.

Green has also been talked about for reducing pigmentation. I’ve read this statement in articles: The green light has a direct effect on melanocytes, which are the cells directly responsible for the production of melanin. Usage: Cleanse, rinse and exfoliate before using the light. If using for acne do your extractions first. I like to apply product to the face before using the light. I feel like my results are much better.

Hold it close to the face. If you want to lay the disk against the face, use saran wrap for sanitary purposes and to protect your light from the product. It’s just 90 seconds per area. The unit will turn itself off after 90 seconds.