



Illuminate Green and Red LED Disks

The unit is 4" in diameter (that's a big spot size!). It has 250 LED's. This amount of LED's is unheard of in a hand held unit. The Green is 520nm. The red is 660nm (which is the most studied wavelength for skin rejuvenation). Power: 200mw/cm². This baby is powerful!

The treatment time is 90 seconds per area. The unit will turn itself off after 90 seconds. Four spots cover the whole face.

Green LED: 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 solet 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." The full article is on my website.

Here's some more good info about green LED: <https://aahlight.com/green-light-therapy/>

I believe green will be effective on rosacea as well. 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.

Red LED: It penetrates the deepest of all the colors. Great anti-aging and pigmentation. Also good for the inflammation.

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.

Here's a short video showing the green disk but red will be exactly the same:

<https://youtu.be/wepHDRLDcz4>