

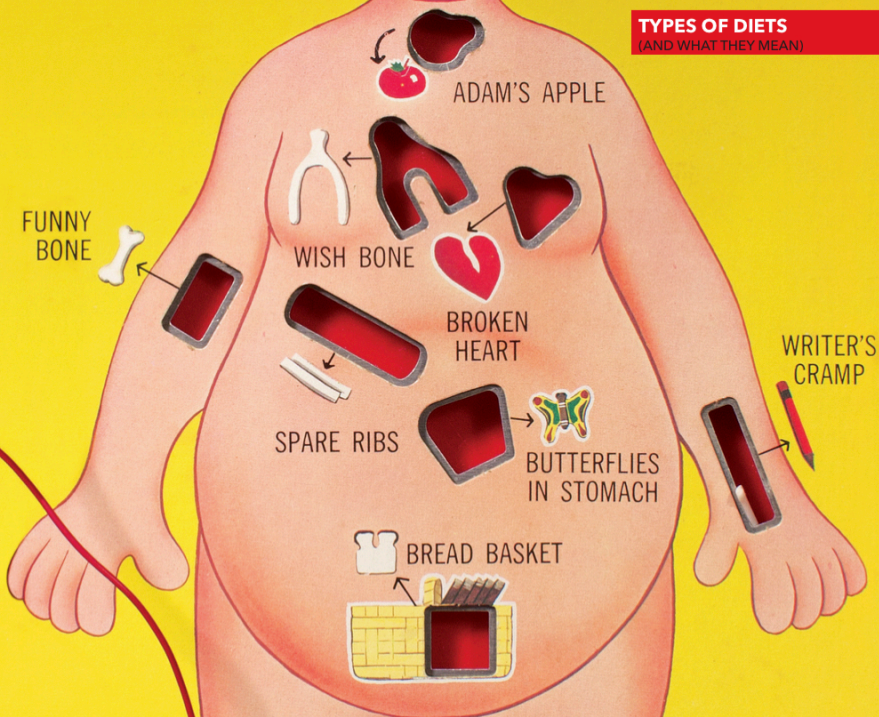
pasadena HEALTH

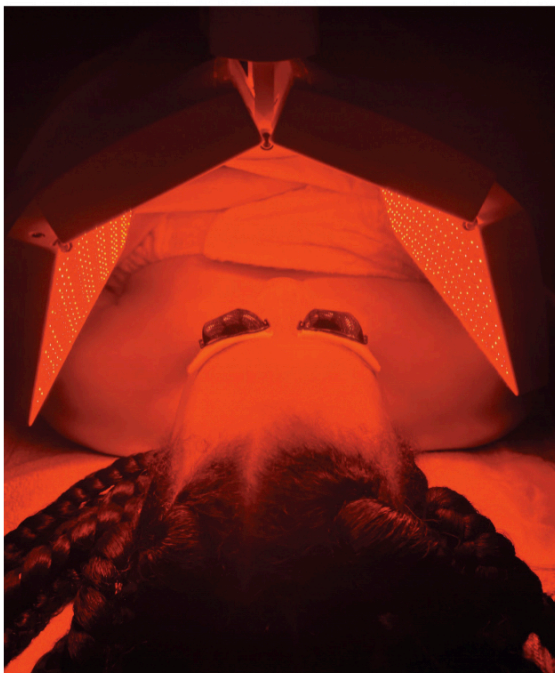
YOUR GUIDE TO HEALTH & WELLNESS

807 TOP DOCTORS

195 TOP DENTISTS

TYPES OF DIETS
(AND WHAT THEY MEAN)





LIGHTING THE WAY

LED Light Therapy is being utilized to treat a wide range of skin concerns such as acne and wrinkles.

BY KAMALA KIRK
PHOTO COURTESY OF DOLL FACE SKINCARE STUDIO

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hether you suffer from hormonal acne or are just beginning to notice those fine lines creeping up, LED Light Therapy is a popular treatment that is offered in many facial studios and med spas to treat a variety of skin concerns and issues. LED Light Therapy uses different color wavelengths of visible light as an energy source to perform a variety of functions, from stimulating the production of collagen and elastin to killing acne-causing bacteria, and more.

At Doll Face Skincare Studio in Atwater Village, owner and esthetician Lila Castellanos offers her clients three different types of LED Light Therapy—blue, red and orange—which she can incorporate into a facial or perform as a stand-alone treatment.

“LED light therapy is a non-invasive, pain-free, soothing and rejuvenating skin treatment,” says Castellanos. “When used consistently, LED lights are said to penetrate skin at different depths for various reactions in your skin, such as fighting acne-causing bacteria, plumping skin and reducing wrinkles. Light therapy is also calming, so clients leave feeling rejuvenated and refreshed.”

Blue light possesses powerful antibacterial properties that destroy the bacteria that cause acne, reduces oil production and prevents future breakouts. Orange light helps to soothe pain, while red light reduces inflammation, promotes circulation, increases new collagen and elastin, and minimizes fine lines and wrinkles.

FACILE Dermatology + Boutique in Pasadena specializes in advanced medical-grade treatments for skin. Esthetician Caitlin Ribbens performs red light therapy on clients to trigger the body’s natural healing mechanisms to stimulate collagen for wrinkles, while soothing redness and inflammation.

“Red light is so soothing that it can help calm redness from rosacea and eczema,” says Ribbens. “It even has a calming effect on the nervous system as well. Anyone and everyone is a candidate for red light therapy because it is so gentle and also pregnancy-safe.”

An LED Light Therapy session can last anywhere from 10 to 30 minutes, and Castellanos said it can take between six to eight sessions to see a real difference in wrinkles, pigmentation and scar reduction. Ribbens recommends getting red light therapy at least once a month with one’s regular facial. “The more treatments, the better the results,” she points out.

Side effects from LED Light Therapy are rare, but Castellanos advises avoiding treatment for those who are using anything on their skin that makes them sensitive to sunlight, such as Accutane for acne. Those with active rashes or other inflamed skin issues should consult their doctor prior to undergoing LED Light Therapy, and red light therapy can help psoriasis but only if used in conjunction with regularly prescribed treatments.

“Most skin types are fine as long as professionals are using the proper light for the skin condition to be corrected,” Castellanos says. “LED Light Therapy is a wonderful treatment when done consistently and can be used just to improve overall mood, especially in cities when it’s cloudy or rains a lot.” ■

For more information, visit dollfaceskincarestudio.com and facileskin.com.