

off whyte

SKIN CARE STUDIO

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Phototherapy (Blue & Red Light)

Phototherapy uses intense single color light to change biological properties of the skin.

- Near infrared (NIR) wavelengths promote healing.
- Red wavelengths reverse skin damage such as wrinkles, sun damage.
- Blue wavelengths are anti-bacterial.



How is Phototherapy Different from Laser Therapies?

- LED devices are safer and easier to use than laser devices
- No heating or skin damage.
- No penetration into the deep muscle, bone or organ areas.
- Much less concern about safety for operator.
- Performed by licensed aestheticians.
- Does not require physician supervision.

What Does Blue Light Phototherapy Do?

- Blue light (414 nm) kills acne bacteria.
- Blue light penetrates 1.5 mm, to the bottom of the hair follicle.

What Does Red Light Phototherapy Do?

- Increases number of skin cells at small wounds and lesions, and in areas that are deficient
- Reduces inflammation, speeds healing on acne lesions.
- Stimulates skin cell turnover.
- Stimulates production of collagen and other important skin proteins.