# How Effective Is an LED Mask? What Dermatologists Say About Light Therapy

Shining LED light on your skin might sound too good to be true at first. Yet LED therapy has been a trusted part of medical and aesthetic treatments for decades. The technology even traces back to NASA, which used red and near-infrared light in the 1990s to accelerate wound healing in astronauts.  
Today, LED technology is not just found in clinics, but also integrated into at-home skincare routines. With the right device — offering sufficient power and clinically supported wavelengths — an LED mask can deliver visible results for ageing skin, redness, or breakouts.

## What Does LED Light Do for Your Skin?

LED (Light Emitting Diode) emits specific wavelengths that are absorbed by the skin. Each colour of light penetrates to a different depth and triggers a targeted biological response. Red light, for instance, stimulates collagen production, while blue light targets bacteria. This makes every colour effective for a specific skin concern.

• 🔴 Red light (630 nm) stimulates fibroblasts to produce more collagen and elastin. This results in firmer skin, smoother texture and fewer fine lines.  
• 🟣 Near-infrared (850 nm) penetrates deeper and amplifies the effects of red light, enhancing cellular repair and activity.  
• 🔵 Blue light (415 nm) has an antibacterial effect and is used to treat acne. It kills P. acnes bacteria and helps purify and reduce inflammation.  
• 🟡 Yellow light (590 nm) works more superficially but is deeply soothing. It reduces redness, improves microcirculation, and calms sensitive skin.

## Why Is mW/cm² Important?

Many LED masks only mention the wavelength. But light intensity is just as crucial. Measured in mW/cm² (milliwatts per square centimetre), it indicates how much energy actually reaches your skin. This is essential for both the effectiveness and safety of the mask.

Too little intensity (<10 mW/cm²) yields barely any effect, while excessive levels (>60 mW/cm²) can irritate the skin. The LUME+ LED mask operates within the ideal therapeutic range:  
• 🔴 Red + IR: 32 mW/cm²  
• 🔵 Blue: 45 mW/cm²  
• 🟡 Yellow: 11 mW/cm²  
This ensures strong results while remaining safe for home use.

## What Makes the LUME+ Mask Different?

Not all LED masks are created equal. The LUME+ mask by Líkami combines clinical-grade specs with everyday ease:

• Contains 216 light points (54 × 4-in-1 LEDs) for broad, even coverage.  
• The LUME Layer Lift™ design hovers 1 cm above the skin for hygienic, even light distribution without physical contact.  
• Offers three light modes: red + IR, blue, and yellow — each targeting a specific skin concern.  
• Lightweight, flexible, IP67 waterproof and USB-C rechargeable.  
• For boosted results, combine with our Líkami PLUS targeted serums.

Together, this makes LUME+ a professional-level alternative to in-clinic treatments — from the comfort of home.

## How to Choose a Good LED Mask?

With more and more LED masks on the market, not all are equally effective. Dermatologists advise paying attention to these factors:

1. Wavelength (nm)  
Each skin concern needs a different wavelength. Look for clinically supported values like 630 nm for red and 415 nm for blue.  
  
2. Light Intensity (mW/cm²)  
The mask must be strong enough to deliver results, but gentle enough for daily use. LUME+ stays within the safe, effective range.  
  
3. Number of LEDs  
More LEDs ensure more even exposure. LUME+ includes 216 light points for full facial coverage.  
  
4. Fit and Comfort  
A mask should fit snugly or hover above the skin — as with LUME+ — to ensure comfort and hygiene.  
  
5. Safety Certifications  
Look for CE, RoHS and FCC certifications to ensure quality and safety.

## What Do Dermatologists Say?

Light therapy has long been recognised as an effective way to improve skin. Dermatologists use LED for concerns such as:  
• Fine lines and loss of elasticity — by stimulating collagen production  
• Breakouts and acne — through blue light’s purifying effects  
• Redness and sensitivity — thanks to yellow light’s calming properties  
• Dull complexion — by boosting microcirculation  
They stress that consistency is key. With LUME+, you can build an LED habit — no clinic required.

## In Summary:

The LUME+ LED mask combines clinically proven wavelengths with effective yet safe light intensity. Thanks to 216 LED points, a smart hovering design and a perfect match with our targeted serums, you get professional results without leaving your home.  
✅ Clinically validated wavelengths (red + IR, blue, yellow)  
✅ Effective output of 32–45 mW/cm²  
✅ Targets collagen stimulation, purification and calming  
✅ Hygienic, wireless and waterproof  
✅ Enhanced by Líkami PLUS serums  
LUME+ is not a gimmick — it’s a thoughtfully engineered skincare device. Created for maximum results with minimal effort.