# LED Therapy for the Face

By Brian Walker, eHow Contributor

Light emitting diodes, or LEDs, are featured in countless objects that we encounter in daily life. But you may be surprised to find that LEDs have also found recent use as a treatment for skin imperfections and problems. Especially in the facial area, LED therapy has become a relatively common approach to facial rejuvenation and repair.

## LED Therapy

* + It's important to remember that the perceived effects of LED therapy only work on injured or unhealthy cells of the tissue.
  + For tissue cells that are unhealthy the LED will penetrate a small way into the tissue, making it effective on a mostly superficial basis. But that effect is widespread because the light stimulates cell energy and can help change chemical processes within the cell. This is what helps repair the tissue from ailments such as rosacea, acne, or wrinkles, the facial problems most commonly treated with LED therapy. There are two types of LEDs most often used for this therapy: red LEDs and blue LEds..

## Red LEDs

* + A red-colored LED is often used for healing and rejuvenating the skin. Red LED therapy can achieve effects similar to that of a moderate face-lift. The particular wavelength of red light is not easily blocked by blood or tissue, allowing maximum penetration into the skin's cellular layer The light will promote formation of natural collagen, which helps smooth out wrinkles and makes the face appear more rejuvenated. Red LEDs can also be used to treat minor injuries below the surface of the skin, such as recent nerve damage, tendinitis, or ulcers.

## Blue LEDs

* + Blue LED light is an excellent facial therapy choice for dealing with acne. Blue light is used as an anti-inflammatory and for killing bacteria. The name "blue LED" is somewhat deceiving because the light is actually closer to a purple UV wavelength, similar to sunlight, which has long been considered healthy when taken in the proper amounts. Blue LED therapy gives the same effects as sunlight but in a much higher concentration, thus requiring less time to see healthy skin results.

## Availability

* + As LED therapy gains popularity, especially as a facial rejuvenation procedure, it is becoming more accessible. Formerly, only specialized clinics offered LED therapy, but you can now undergo the process in your own home.