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12 Best Red Light Therapy Tools for Your Face and Body

Use them to reduce signs of aging.

BY [BRIGITT EARLEY](#)

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Of all the skincare gadgets that are readily available today ([dermaplaning tools](#), [microdermabrasion kits](#), jade rollers, etc), we’d prioritize a red light therapy device. While it was once only available via doctors, red light therapy has now become widely accessible to the masses, and the benefits are endless—from increased radiance to reduced signs of aging. Whether you're looking for a tool that will treat your entire body or a small area on your face, there's an option for you. Scroll on to learn all about red light therapy and the best at-home devices to shop now.

What is red light therapy?

Red light therapy, also known as LED light therapy or RLT, is a treatment that uses a very specific and low wavelength of energy—called infrared light—for therapeutic purposes, says [Nina Desai](#), a board-certified dermatologist in Manhattan Beach, California. In this therapy, red light penetrates both upper and deeper levels of the skin, where it’s absorbed by skin cells and turned into energy. With this influx of energy, skin cells have an improved ability to repair themselves, minimizing visible signs of aging, among other benefits.

What are the benefits of red light therapy?

"Clinically, we can use red light therapy for several different purposes," explains Desai. Anti-aging is the most widely known benefit of LED light use. "Because of the way red light therapy improves cellular function, studies show it can be used to increase the production of collagen and elastin in the skin, which helps with tone and texture, as well as fine lines and wrinkles," she says.

But red light therapy is also a great treatment for the blemish-prone. "Lo- energy red light can help calm redness and inflammation associated with mild to moderate acne," says Desai. (Blue light therapy helps kill the bacteria associated with acne.) There are other applications that are often used as adjunct treatments for conditions like male and female pattern hair loss and precancerous lesions.

Can you use red light therapy at home?

Yes, for the more standard use cases—aging, acne, and hair loss—you can experiment with red light therapy at home. "Red light therapy is considered relatively safe, because the spectrum of light is not in the UV spectrum," says Desai. Many at-home red light therapy tools are also FDA-approved for your peace of mind.

What's more, you can't really overuse red light therapy at home. While most devices will provide a recommended time frame, Desai says treatments generally range from about five to 30 minutes.

How long does it take for red light therapy to work?

These treatments are cumulative, so don't expect results overnight, says Desai. It takes time and multiple treatments to see results—especially with at-home devices that aren't typically quite as intense as medical-grade devices in dermatologist offices.

That said, at-home treatments can still be very beneficial if you use the right device and are consistent, says Desai. First and foremost, "look for a device that has a wavelength of somewhere between 600 and 900 nanometers," she says. And make sure it's easy to use, since this will help you use it consistently.

Our Top Picks

1	<div>RejuvaliteMD Red Light Therapy</div> <div>Trophy Skin</div> <div>\$150 AT AMAZON</div> <div>Read More</div>	\$150 AT AMAZON
2	<div>BEST FOR ACNE</div> <div>DRx SpectraLite™ FaceWare Pro LED Light Therapy Device</div> <div>Dr. Dennis Gross Skincare</div> <div>\$435 AT NORDSTROM</div> <div>Read More</div>	\$435 AT NORDSTROM
3	<div>LED Light Therapy Device</div> <div>LightStim</div> <div>\$249 AT NORDSTROM</div> <div>Read More</div>	\$249 AT NORDSTROM
4	<div>BEST COMPACT</div> <div>Red Light Advanced Skin Care Wand</div> <div>SolaWave</div> <div>\$149 AT NORDSTROM</div> <div>Read More</div>	\$149 AT NORDSTROM

5

BEST CUSTOMIZABLE

UFO 2

Foreo

\$153 AT AMAZON

\$153 AT AMAZON

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1

Trophy Skin

RejuvaliteMD Red Light Therapy

\$150 AT AMAZON

\$185 AT WALMART

\$199 AT SKINSTORE

PROS

✓ Improves skin texture

CONS

✗ Some buyers say the lights die quickly

Desai likes this open-style light because she says it "definitely has an in-office feel to it." Use the arched light over your face, or lie down and position it over a specific area of your body for thorough coverage. It's quick, too—it takes just five minutes, she says.

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2

BEST FOR ACNE

Dr. Dennis Gross Skincare

DRx SpectraLite™ FaceWare Pro LED Light Therapy Device

Nordstrom

\$435 AT NORDSTROM

\$435 AT BLOOMINGDALE'S

\$435 AT GOOP

PROS

✔ Offers red and blue light benefits

CONS

✘ It's a splurge

Of medical-grade caliber and from a very reputable company, you can be sure this red light therapy tool is both safe and effective, says Desai. And though it's pricey, it has both red light and blue light—a great bonus for anyone with acne-induced inflammation.

3

LED Light Therapy Device

Nordstrom

\$249 AT NORDSTROM

\$299 AT WALMART

\$249 AT DERMSTORE

PROS

✓ Helps reduce puffiness

CONS

✗ Some buyers say it's a bit bulky to hold

If you're new to red light therapy tools, you'll love how easy this one is to hold. The tapered design makes it comfortable to grip, so you can effortlessly target all areas of your face, including crow's-feet, forehead, nasal folds, jawline, and lips.

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4

BEST COMPACT

SolaWave

Red Light Advanced Skin Care Wand

Nordstrom

\$149 AT NORDSTROM

\$149 AT SAKS FIFTH AVENUE

\$149 AT NEIMAN MARCUS

PROS

✔ Travel-friendly

CONS

✘ Better for spot treating small areas than a whole face treatment

With some of the larger red light therapy tools, it can be difficult to target the smaller areas of the face, like crow's-feet, without disrupting delicate areas like the eyes (yes, even with goggles on!). This tiny razor-like tool helps you target all of those smaller areas more easily but still works just as well on bigger surfaces, like the forehead.

5

BEST CUSTOMIZABLE

Foreo

UFO 2

Sephora

\$153 AT AMAZON

\$299 AT NORDSTROM

\$299 AT DERMSTORE

PROS

✓ Has a ton of features

CONS

✗ Some buyers may not like that it's so small

This palm-size LED light is very customizable, says Desai. You can play around with a number of settings—thermotherapy, cryotherapy, T-Sonic pulsations, and eight LED lights—and you can even use a sheet mask or serum with it to deliver extra benefits.

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6

Skin Gym

Skin Gym Revilit LED



\$80 AT DERMSTORE

\$80 AT SKINSTORE

\$80 AT MACY'S

PROS

✓ Affordable

CONS

✗ Some buyers may not like that it's so small

Though not necessarily cheap, this red light device is comparably much more affordable than other LED lights. Still, it features three different types of light—blue, red, and green—for versatility. And you won't have any trouble storing the compact handheld device.

7

BEST WITH WARRANTY

Omnilux

Contour FACE



Omnilux

Shop Now

PROS

✔ Treats whole face at once

CONS

✘ Some buyers say the mask is too big for their face

This face-mask-style red light features a fully wraparound design and two thick straps that keep it securely in place, so you won't be constantly adjusting it during the 10-minute treatments.

8

MM Skincare

MMSphere 2.0

\$795 AT MMSKINCARE.COM

PROS

✔ Offers different light settings

CONS

✘ It's a splurge

With nine LED light settings, this device helps stimulate collagen and elastin production, resulting in skin that is plump, radiant, and healthy. You can use it as a handheld device or completely hands-free to target anywhere on the body.

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9

BEST FOR LIPS

CurrentBody

Skin LED Lip Perfector

Currentbody

\$189 AT CURRENTBODY

PROS

✓ Works in as little as three minutes

CONS

✗ You need to be mindful of cleaning it because you put it in your mouth

Just like the rest of our face, our lips can age, too. This compact and easy-to-use tool helps combat fine lines and preserve plumpness and reduce the look of wrinkles around the mouth.

10

BEST FULL BODY

Joovv

Solo 3.0



Joov

\$1,599 AT JOOVV.COM

PROS

✓ Big enough to treat whole body

CONS

✗ It's a splurge

Expensive? Absolutely. But the great thing about this red light therapy tool is that it is large enough to target very large chunks of the body—like the entire back—at a time. And there's no need to fiddle with it during treatment, since it conveniently mounts to the back of a door or a wall, depending on the mount kit you select at checkout. Alternately, you can also get one of two floor stand options.

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11

ORA

LED Light Energy Mask

\$75 AT ULTA BEAUTY

PROS

- ✓ Budget-friendly

CONS

- ✗ Some buyers say the directions for use are confusing

Though priced much more reasonably than most other red light therapy devices, this mask has seven LED light color modes, including red light for anti-aging, blue light for acne, green light for soothing effects, yellow light for oxygenation, white light for skin tone, and more.

12

MZ Skin

Light Therapy Golden Facial Treatment Device

\$578 AT DERMSTORE

\$180 AT WALMART

\$578 AT SKINSTORE

PROS

- ✓ Offers different types of light therapy

CONS

- ✗ It's a splurge

This sheet-mask-like red light therapy tool has a unique, patented flexible silicone design that wraps around the face to make more direct contact with your skin in order to deliver maximum results. It has both red and blue light options, too, so you can choose whatever setting best suits your area of concern.