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Beauty Products > Product Reviews

12 Best LED Face Masks for an At-Home Spa Experience

They’re said to decrease inflammation and boost collagen production.

BY [KATIE BEROHN](#) AND [MARIELLE MARLYS](#) Updated: Dec 6, 2022



COURTESY

We updated this article in December 2022 to add more information about each featured product, based on input from the [Good Housekeeping Institute](#). Our original top-rated picks remain the same, plus we added new selections.

Though LED face masks were once reserved for celebrities and dermatologists' offices, that's no longer the case. Today, you can wear the transformer-like face mask from the comfort of your own home (and might we suggest lighting your favorite candle for the ultimate at-home spa experience). If this is the first time you've heard of this trending skincare device, rest assured that it can greatly benefit your skin. "LED masks are the latest technology in at-home therapies for acne and rejuvenation," says [Shauna Diggs](#), M.D., a dermatologist working with [Lumenis Laser Aesthetics](#). **"These masks use visible light to improve the skin by reducing bacterial count, decreasing inflammation and stimulating collagen production."**

The futuristic-looking mask has the special ability to reduce hyperpigmentation and fine lines, as well as treat acne and reverse signs of aging. Not to mention, many reviewers noted a positive difference in their skin within a week of use. So, skip the in-office appointments, and sit back and relax while wearing your (soon-to-be) newly bought LED face mask. It's worth the splurge because yes, as you may have guessed, the cost of a spa-like treatment on the comfort of your own couch isn't cheap. That's why we rounded up the 12 best products for you to choose from. While we haven't formally tested the following picks in the GH Institute Beauty, Health & Sustainability Lab, these are the best-LED face masks for home use, according to dermatologists and reviewers.

Our top picks:

- 1

BEST OVERALL LED FACE MASK

SpectraLite FaceWare Pro

DR. DENNIS GROSS SKINCARE

\$435 AT AMAZON

[Read More](#)
- 2

BEST VALUE LED FACE MASK

Wrinklit LED Mask

SKIN GYM

\$99 AT ULTA BEAUTY

[Read More](#)
- 3

BEST FAST-ACTING LED FACE MASK

Contour FACE

OMNILUX

\$395 AT OMNILUXLED.COM

[Read More](#)
- 4

BEST PORTABLE LED FACE MASK

Red Light Face Mask

HIGHERDOSE

\$299 AT REVOLVE

[Read More](#)
- 5

BEST BUDGET-FRIENDLY LED FACE MASK

LED Facial Mask

LUX SKIN

\$59 AT LUXSKIN.CO

[Read More](#)
- LOAD MORE +

You can read more about how we chose the best LED face masks and what LED light does for your face — plus what to look for when shopping for the best LED face mask — at the end of this guide. Looking for more ways to improve your skincare routine? Check out our guides on the [best skincare products of all time](#) to the [best eye creams](#).

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1



BEST OVERALL LED FACE MASK

DR. DENNIS GROSS SKINCARE

SpectraLite FaceWare Pro

DR. DENNIS GROSS SKINCARE

\$435 AT AMAZON

\$399 AT WALMART

\$435 AT NORDSTROM

PROS

- ✔ Multiple light therapies for anti-aging and acne
- ✔ Easy to use

CONS

- ✖ Pricey
- ✖ Some reviewers noted it was too narrow to fit their face

When her patients ask for an at-home LED face mask recommendation, Dr. Diggs usually suggests this FDA-cleared option. According to Dr. Dennis Gross Skincare, the combined **162 red and blue LED lights help to both kill bacteria to keep acne at bay and boost collagen production to smooth lines and wrinkles.** "My rosacea has reduced, I've had absolutely no acne at all, my wrinkles are barely noticeable and overall my skin just looks and feels better," one reviewer says after a year of consistent use. Bonus: The device turns off after three minutes, making it super easy to use.

Target area	Full face
Skin concerns	Acne, redness, inflammation
Duration	3 minutes
LED lights	100 red lights; 62 blue lights
Types of light	Red, blue

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BEST VALUE LED FACE MASK

SKIN GYM

Wrinklit LED Mask

\$99 AT ULTA BEAUTY

\$89 AT JCPENNEY

\$99 AT BLOOMINGDALE'S

PROS

- ✔ Multiple light therapies
- ✔ Budget-friendly

CONS

- ✖ Short battery life, according to some reviewers

Your skin may change, but thankfully, this mask can adapt. Built with blue, red and orange light therapy, each has a specific function to help boost the radiance of your skin. Use the blue light to attack pesky zits, red for redness and anti-aging concerns and orange to make your skin glow. "My breakouts, even hormonal ones,

are much less frequent and heal so much faster without leaving discoloration," an Ulta reviewer says. As a heads up, many reviewers noted that it has a short battery life.

Target area	Full face
Skin concerns	Aging skin, acne, redness
Duration	15-30 minutes
Light types	Blue, red, orange

3



BEST FAST-ACTING LED FACE MASK

OMNILUX

Contour FACE

\$395 AT OMNILUXLED.COM

PROS

- ✔ Multiple light therapies
- ✔ Portable

CONS

- ✖ Pricey

This FDA-cleared red light therapy device works to **rejuvenate the skin through two clinically proven wavelengths of light** — red 633nm and near-infrared 830nm. It works on a cellular level to reduce sun damage and stimulate new collagen. "I use it every other day on average," one reviewer says. "I love how my skin is looking — reduced fine lines, improved skin firmness and faded age spots."

Target area	Full face
Skin concerns	Aging skin, wrinkles
Duration	15 minutes
LED lights	66 bulbs
Light types	Red, near-infrared

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BEST PORTABLE LED FACE MASK

HIGHERDOSE

Red Light Face Mask

\$299 AT REVOLVE

PROS

- ✔ Combines multiple LED technologies
- ✔ Cordless and portable

CONS

- ✘ Some reviewers noted it's an awkward design shape

This red light face mask is **specifically designed so you can do yoga, work out or walk around while wearing it, thanks to its extra head strap.** Made of medical-grade silicone, it can withstand high temperatures and is easy to sanitize between sessions. You can use a non-toxic cloth to wipe down the mask, as needed. "I use the RL mask 3-4 times a week while I meditate with 528 hz music," one reviewer says. "Not only [does] my skin feels amazing and glows after each use (plus I feel my skincare is then better absorbed too) but it’s also an incredible add-on to my meditation sessions."

Target area	Full face
Skin concerns	Aging skin, wrinkles

Duration	10 minutes
LED lights	62 bulbs
Light types	Red, near-infrared

5



BEST BUDGET-FRIENDLY LED FACE MASK

LUX SKIN

LED Facial Mask

LUX SKIN

NOW 50% OFF

\$59 AT LUXSKIN.CO

PROS

- ✔ Affordable

- ✔ Multiple light therapies

CONS

- ✖ May be small for some face shapes

By far the most budget-friendly option, this treatment takes 30 to 60 minutes and comes equipped with red light, blue light and yellow light settings for various skincare benefits. "I can see the difference with my skin, **less hyperpigmentation, the fine wrinkles around my eyes and mouth seem less pronounced,**" one reviewer says. Others noted that the mask is tight on the sides of their face, so depending on your face shape, it might feel restricting or tight.

Target area	Full face
Skin concerns	Hyperpigmentation, acne, fine lines
Duration	10 minutes
LED lights	60 lights
Light types	Red, blue, yellow

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BEST LED FACE MASK FOR UNDER-EYES

SKIN INC

Optimizer Voyage Tri-Light Glasses LED Light Treatment for Eyes

SKIN INC.

\$175 AT DERMSTORE

PROS

- ✔ Designed to target eye area for lines and dark circles
- ✔ Multiple light therapies offered

This LED mask looks like a high-tech, futuristic pair of sunglasses, and it specifically targets the under-eye area. "Once you turn it on it will automatically go off after about 10 minutes when the treatment is over," one reviewer says. "I also really like the fact that I can wear it while doing other things if I want to. **I have seen results with darkness and smoothness under the eyes.**" This device uses red, orange and yellow lights to target dark circles and fine lines.

Target area	Eyes
Skin concerns	Dark circles and fine lines
Duration	10 minutes

Light types	Red, orange, yellow
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BEST LED FACE MASK TO FOR FINE LINES

PRIORI SKINCARE

UnveiLED Mask

\$429 AT DERMSTORE

\$429 AT SKINSTORE

PROS

- ✔ Flexible and portable
- ✔ Designed to plump and hydrate skin

CONS

- ✘ Suggested serum is sold seperately

Apply PRIORI serum to a cleansed face and then fit the fully charged mask to your face (you can adjust the strap until it's comfortable). Note that you have to buy the serum separately. **It's designed to plump, hydrate and refresh skin.** For best results, PRIORI Skincare recommends using it three to five times a week. "Totally saw improvement in skin tone after 2 weeks use," says an Amazon reviewer. "This should be a part of everyone's skincare regimen."

Target area	Full face
Skin concerns	Facial lines and wrinkles
Duration	10 minutes
Light types	Red, near infrared

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BEST ANTI-AGING LED FACE MASK

CURRENTBODY

Skin LED Light Therapy Mask



CURRENTBODY

NOW 11% OFF

\$399 AT AMAZON

PROS

- ✔ Custom fit to face
- ✔ Red light therapy targets wrinkles and hyperpigmentation

CONS

- ✖ Pricey

Flexible silicone **allows this mask to wrap around your face, making it feel almost like a sheet mask.** Specifically made to target wrinkles and anti-aging effects, this mask uses red and near infrared lights to help penetrate skin and work beneath the surface. "Having looked at a photo of when I started and four months down the line I am shocked at the difference," one reviewer raves. "It is really staggering, sun damage spots are so much better, a number having disappeared, the freckles are fading, texture of my skin is better and amazingly, my wrinkles are going too."

Target area	Full face
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Skin concerns	Aging skin
Duration	10 minutes
Light types	Red, near infrared

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BEST LED FACE MASK FOR WRINKLES

LIGHTSTIM

LED Light Therapy Device for Wrinkles



\$249 AT NORDSTROM

\$299 AT WALMART

\$249 AT DERMSTORE

PROS

- ✔ Multiple light therapies to target wrinkles
- ✔ Handheld device for targeted treatments

CONS

- ✖ Time consuming to cover a wide target area

Consider this a wrinkle spot treatment, perfect for any stubborn creases like smile lines. **The LightStim device has 72 UV bulbs and emits multiple colors at once to help smooth lines and wrinkles.** "It is great for my skin," one reviewer says. "It is very gentle on my skin and it doesn’t irritate. Plus, I can see improvement already." The downside is because it's a small device, it'll take a lot of time to cover a larger target area.

Target area	Face; targeted treatment
Skin concerns	Wrinkles
Duration	3-minute rotations
LED lights	72 bulbs

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THE LIGHT SALON

Boost LED Mask



\$495 AT BLUE MERCURY

PROS

- ✔ Cordless and hands-free
- ✔ Designed to reduce pore size
- ✔ Designed to brighten, tighten and hydrate

CONS

- ✖ Head strap could be too tight

The Boost LED Mask is designed to reduce breakouts and help blemishes heal quickly. **It is made up of red 633nm and near-infrared 830nm wavelengths to help with facial skin's overall hydration and firmness.** "I am a beauty gadget freak and this one is my favorite," explains a Bluemercury reviewer. "It is easy to use and every time I use it I feel I look better. It gives a nice glow and makes the skin look healthier and more luminous."

Target area	Full face
Skin concerns	Large pores, dull skin

Duration	10 minutes
Light types	Red, near-infrared

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BEST DERMATOLOGIST-CREATED LED FACE MASK

MMSKINCARE

MMSphere 2.0

\$795 AT MMSKINCARE.COM

PROS

- ✔ Dermatologist-developed and -tested
- ✔ Hands-free usage

CONS

✖ Pricey

Though pricey, this LED face mask is FDA-cleared, dermatologist tested and pregnancy safe. Developed by [Dr. Ellen Marmur](#), a celebrity dermatologist renowned for her outstanding contributions to the world of dermatology and women's health, the device has over 300 high-tech lights, including green, red, amber, purple and blue. “**The MMSphere has drastically improved my skin and my mood!**” says a reviewer. “There’s no better way to start and end my day than 20 minutes in front of the LED light!”

Target area	Anywhere on the body
Skin concerns	Loose, aging skin
Duration	20 minutes
LED light	300 lights
Light types	Green, red, amber, purple, blue

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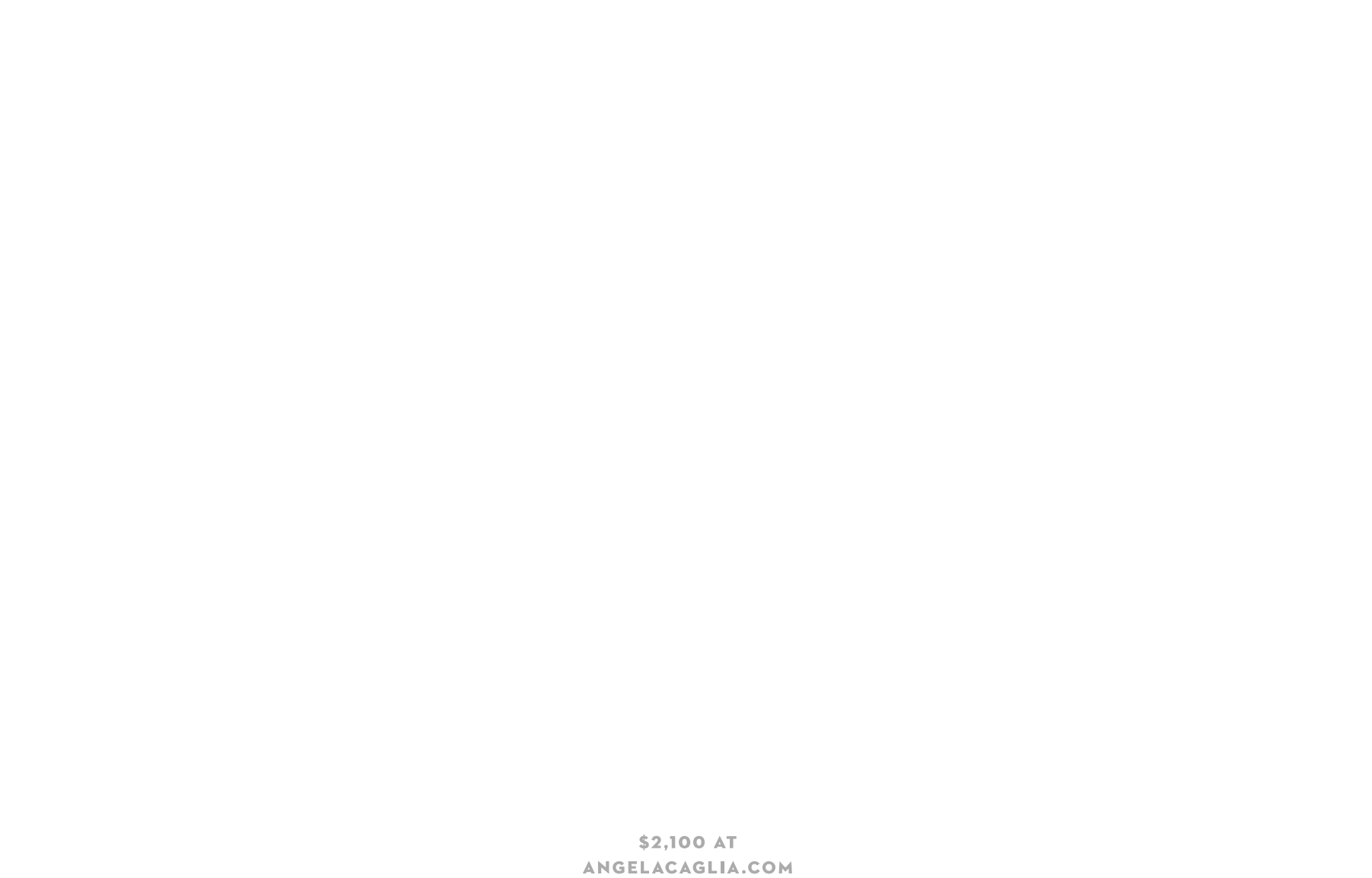
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BEST LED FACE MASK FOR HYPERPIGMENTATION

ANGELA CAGLIA

CellReturn Platinum LED Mask



PROS

- ✔ Wide range of light therapies
- ✔ High number of lights
- ✔ Wireless

CONS

- ✘ Pricey
- ✘ Bulky

Although this LED face mask is expensive and noticeably bulky, consider it an investment in your future skin. And there's a good reason why — **it features a total of 1,026 LED lights, which reach below the epidermis to lessen the appearance of age spots, increase skin elasticity and aid in the overall rejuvenation of the skin.** "I’m in my fifties with fair skin, quite a bit of hyperpigmentation and fine lines," one reviewer explains. "Immediately after each treatment my skin looks dewy and plumped."

Target area	Full face
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Skin concerns	Aging skin and loose skin
Duration	1-20 minutes
LED lights	1,026 LED lights
Light type	Near infrared, red blue, pink

How we choose the best LED face masks

While the Good Housekeeping Institute Beauty Lab hasn’t formally tested LED face masks, Beauty Lab scientists are constantly testing the newest skincare products, including the best [fash washes](#), [retinol for sensitive skin](#), [sunscreen](#) and more. We used our decades of expertise, along with input from dermatologists, editor recommendations and customer reviews to formulate the list.

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What to look for when shopping for the best LED face mask

When shopping for an LED face mask, here's what to consider:

- ✔ **Your skincare goals:** If you want to target a specific spot on your body, opt to buy a device that focuses on the desired area.
- ✔ **Type of light:** Different light settings target different concerns. You'll need to know the difference between each and what they're best for before shopping. Here's the breakdown:
 - **Blue light** affects the uppermost layer of the skin, making it best for acne-related concerns because it helps destroy acne-causing bacteria.

- **Yellow light** penetrates deeper and improves blood circulation to the skin tissues, effective for healing skin redness. It is also known for its skin cell rejuvenation and anti-inflammatory benefits
- **Red light** penetrates even deeper, working to boost collagen production and help with the appearance of fine lines and wrinkles by stimulating collagen.
- **Orange light** is a combination of red and yellow light and consequently is designed to provide the benefits of both colors while also boosting skin's glow.
- **Near-infrared light** penetrates the deepest, and it can help stimulate activity on a cellular level, as well as regenerate cells.

Is an LED face mask effective?

Dr. Diggs says that these at-home masks can be **a great alternative for in-office LED therapy treatments, since they are typically more affordable and accessible**, "therefore a better treatment," she says. "The key to LED mask therapies is the selection of the correct light for the skin problem," she continues. Add them in as an addition to other parts of your skincare routine, like moisturizers and chemical exfoliators such as AHAs and BHAs.

Is LED light safe for skin?

Though they use UV rays, LED masks are generally safe for skin. "The energy levels achieved are effective but low, and **the light is unlikely to cause damage to the skin or eyes**," Dr. Diggs says. LED masks aren't going to completely fix all your issues overnight, but if you use them regularly, you may achieve some impressive results. Take note — most of these masks come with a hefty price tag, but if you want results that rival an in-office treatment, they're worth the splurge!

Why trust Good Housekeeping?

This article was most recently updated by Marielle Marlys, a beauty freelance writer and former beauty intern at Good Housekeeping who has interviewed many dermatologists and skincare experts throughout the duration of her career as a beauty writer. She has covered a range of topics, including carrier oils for your skincare routine to the best airbrush makeup, and more. She interviews top experts in the industry and vets products to ensure accurate, trustworthy recommendations.

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