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Beauty > Skincare

The 10 Best Red Light Therapy Devices Skin Experts Love

Longer hair, healthier skin, and calmer acne can be achieved by a flick of a switch.

BY TIFFANY DODSON / FEB 1, 2023



Even if you're new to the world of beauty tech, chances are you've already heard of red light therapy, which is a skin-boosting staple in spas and professional offices alike. Unlike blue light, which is typically used to treat acne, red light has a longer wavelength that allows it to more deeply penetrate multiple layers of skin.

"Red light therapy has been around for quite some time," board-certified dermatologist and clinical assistant professor of dermatology at the UT Southwestern [Kristel Polder](#) tells *BAZAAR.com*. "Past studies have shown that it can improve wound healing and overall recovery post procedure. For example, we use red light therapy after lasers, and other treatments we offer at our practice to expedite healing. This kind of therapy has also been utilized for its anti-aging properties."



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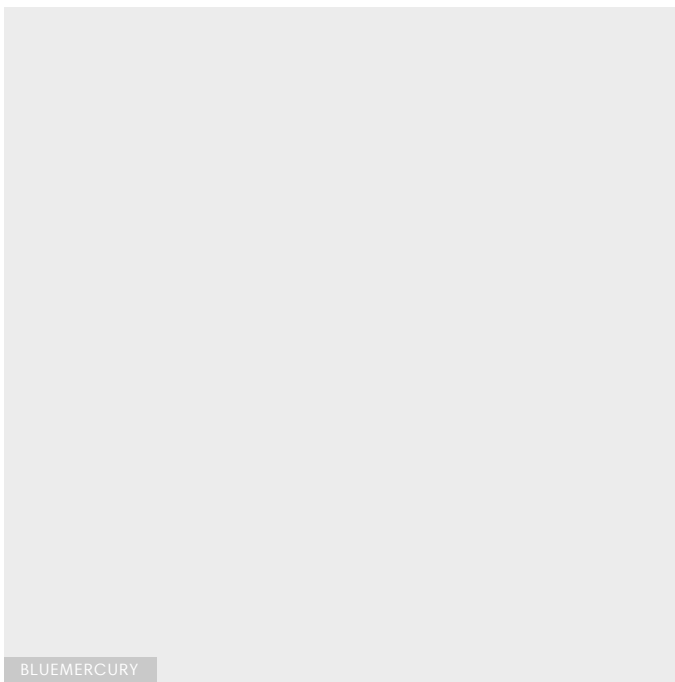
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While at-home red light therapy devices are high-powered enough to emit energy that makes a noticeable difference in skin's tone and texture, experts advise that they're

not a magic bullet, and are best used for smaller improvements over the course of three to six months. "I think red light therapy is good for maintenance, but I don't think it will replace Botox, fillers, or laser resurfacing," adds board-certified dermatologist [Shirley Chi](#).

For a closer look at the best red light therapy options that are actually worth the buy, we asked dermatologists about some of their favorites. Read on for some of their top picks (some of which [BAZAAR editors have already tested and reviewed](#)), which include tools for the skin on your face, like LightStim's popular [LightStim device for wrinkles](#), and on your scalp, like the [Capillus CapillusUltra Laser Cap for Hair Regrowth](#), for a supreme glow up from the comfort of home.

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LightStim for Wrinkles

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Chi often recommends LightStim for Wrinkles to her clients, since it uses varied wavelengths of light energy to treat fine lines and wrinkles. Plus, it's also one of the first LED devices that's FDA-cleared to treat wrinkles on the entire face.

How to use:

Place the light so it gently touches your skin, and hold in place. After the three minute treatment timer beeps, move the light to a new area and repeat until you have treated all desired areas. Use daily.



AMAZON

DR. DENNIS GROSS

DRx SpectraLite Dpl FaceWare Pro

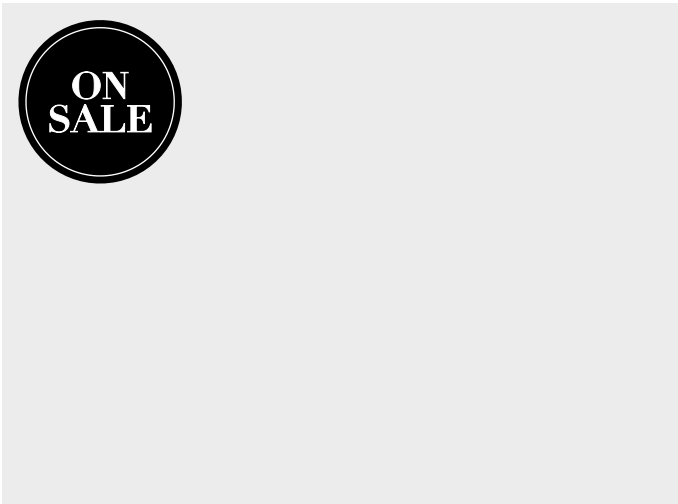
\$435 AT SEPHORA

Pros

- ✓ Works in three minutes

This customizable LED mask from the experts at Dr. Dennis Gross contains three treatment settings, and uses 100 light emitting diodes while in its red mode.

How to use:	After cleansing, place device comfortably over the face, securing strap around head. Press and hold power button for 2 seconds to turn on device, select light setting (red, blue, red + blue) and use for the programmed treatment time of three minutes.
One customer writes:	"I was hesitant to purchase because of the price. However, I am in love with this mask. I have been using it for two weeks now and I can already see results. Worth every penny!!!!!" —k. owen



HAIRMAX

Laser Hair Growth Comb

Now 17% off

\$199 AT AMAZON

AMAZON

Pros

- ✓ Top-rated on Amazon
- ✓ Cordless

In addition to using the best hair growth serums and supplements, professionals say red light therapy devices, like this comb from Hairmax, can help increase its density starting at the root. "There is some evidence that like the Hairmax laser has been shown to be able to thicken hair and to increase circulation in the scalp, which then stimulates like the upper follicles," Chi says.

How to use:	Comb through hair up to three times per week for 11 minutes per session.
One satisfied customer writes:	"I bought this brush after reading reviews about caps that are large and would probably not fit my head. I am glad I did. It is simple to use. I use this device three times a week as directed. It has been a little over a month since I started, and I can already see a difference." —Alice G.

BLUEMERCURY

SOLAWAVE

*Advanced Skincare Wand
With Red Light Therapy*

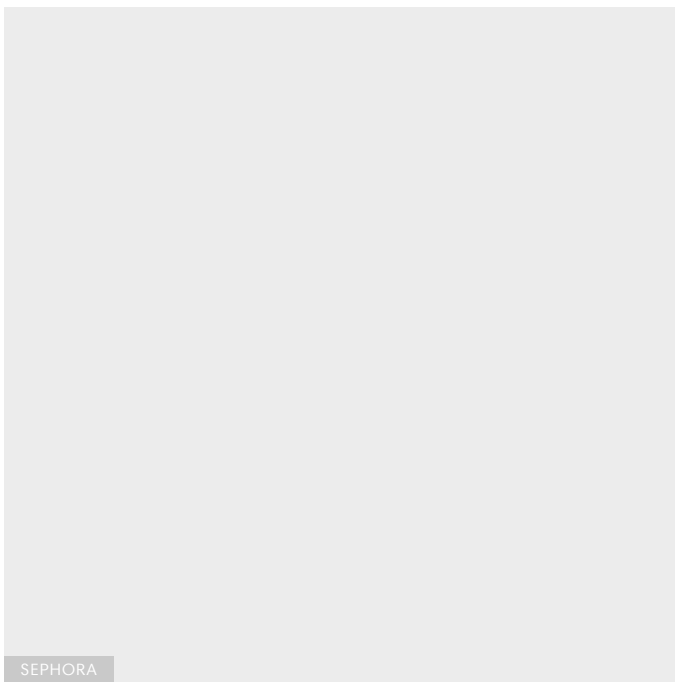
\$149 AT BLUE
MERCURY

Pros

✓ Travel-ready

Celebrities like Sydney Sweeney and Nicole Kidman count themselves as fans of SolaWave's Advanced Skincare Wand With Red Light Therapy, and so do I after testing it out for myself. Its sculpting and anti-aging benefits are enough of a draw to use this tool every day, but add in its soothing warmth and vibration, and it's easily a holy-grail essential.

How to use:	For best results, pair with an activating topical (such as the Solawave Renew Complex Serum) or any facial mist, moisturizer, or serum of your choosing. The Solawave Wand uses smart-touch activation, and will only activate when touching hydrated skin. We recommend using the Wand for five minutes per day, incorporating it as part of your normal skincare routine.
One satisfied customer writes:	"I've started seeing a difference in the overall appearance of my skin in just three weeks of using the wand every night." —Sanj



SHANI DARDEN SKIN CARE

*Shani Darden by Déesse
Pro LED Light Mask*

\$1,900 AT SEPHORA


SEPHORA

Pros

- ✓ Contains dual-diode LED lights
- ✓ Includes a handheld controller

Created by celebrity aesthetician Shani Darden, this pro-level LED mask aims to reduce the appearance of acne, pigmentation, and wrinkles, and even nicely includes a neck piece to reach your décolleté.

How to use:	Select your desired mode, then remove after the ten minute session. Follow with a hydrating serum and/or a moisturizer.
One satisfied customer writes:	"This is so worth the money. This is a professional grade LED mask that's used at an esthetician's office. I use the blue light to target acne...if I have a pimple under the skin. I use the green light for brightening and dark spots/hyperpigmentation. The red light for fine lines and wrinkles and collagen production. My skin looks awesome and youthful. I get complimented on my skin 100% all the time and this is a major key player." —LuvlyJ



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Pros
✓ Easy to use

"Red light can stimulate hair growth by improving energy production at a cellular level as well as increasing blood supply," board-certified dermatologist [Lauren Penzi](#) adds. "As with any hair growth treatment, consistent use is crucial."

How to use:	Use for six minutes daily to see results in three to six months.
One satisfied customer writes:	"I was not very optimistic about using this product. However, three months in and I am already seeing results!" —Maryann I.

ANGELA CAGLIA

Women's Crystal LED Face Mask

\$495 AT SAKS FIFTH AVENUE

SAKS FIFTH AVENUE

Pros

- ✓ Lightweight

"I love using LED because my philosophy is to protect and nourish the lipid barrier," celebrity aesthetician [Angela Caglia](#) previously told *BAZAAR.com* in reference to her best-selling crystal face mask. "There are many invasive treatments available, whether it's needles or lasers, that work to trick the skin into thinking it's been wounded to rebuild collagen. But if you use LED, they're actually healing for the outermost layer of skin, or lipid barrier."

How to use:

Place the Angela Caglia CrystalLED Face Mask on the face and secure Velcro straps for a comfortable and snug fit. Press the round button on the controller until a beep sounds and the lights turn on. The treatment will automatically shut off after 10 minutes.

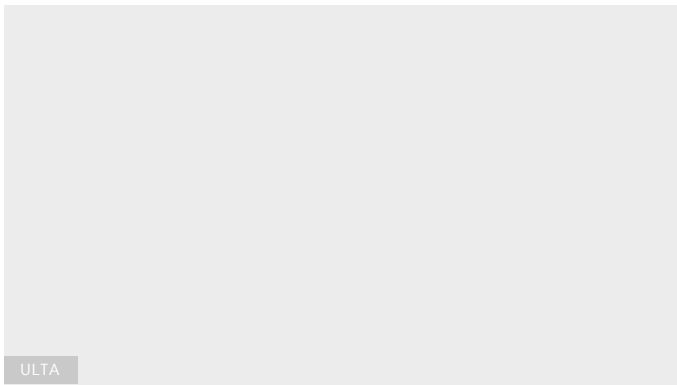
One satisfied customer writes:

"I am absolutely in love with this mask! After one week of use I already notice my complexion is better!" —Delani F.

ORA

LED Light Energy Mask

\$75 AT ULTA BEAUTY



ULTA

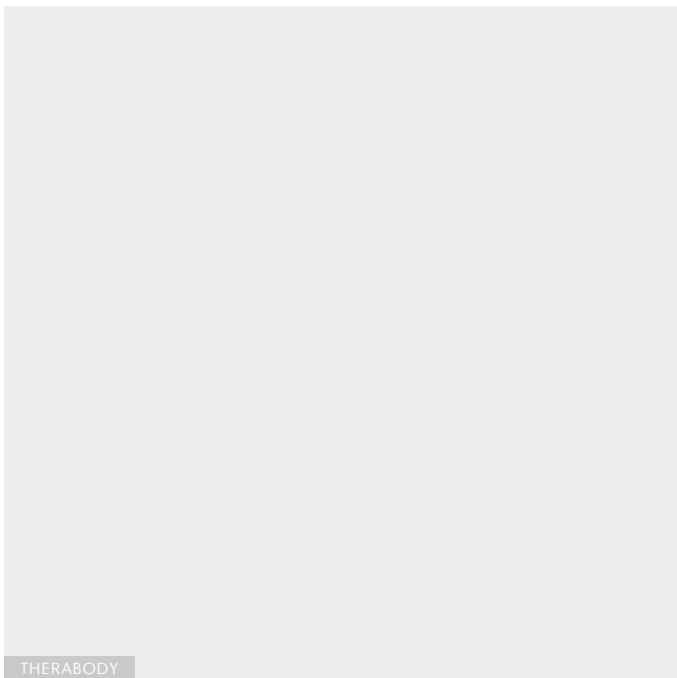
Pros

- ✓ Features seven light treatment modes

For a more budget-friendly red light therapy option, Penzi recommends this mask from Ora, which includes seven LED light color modes that are clinically proven to reduce wrinkles.

How to use:

Once the device is on, place the ORA Mask on your face for 15-20 minutes per treatment. You can do anywhere from three to five treatments per week.



THERABODY

THERABODY

TheraFace Pro

\$ 399 AT THERABODY

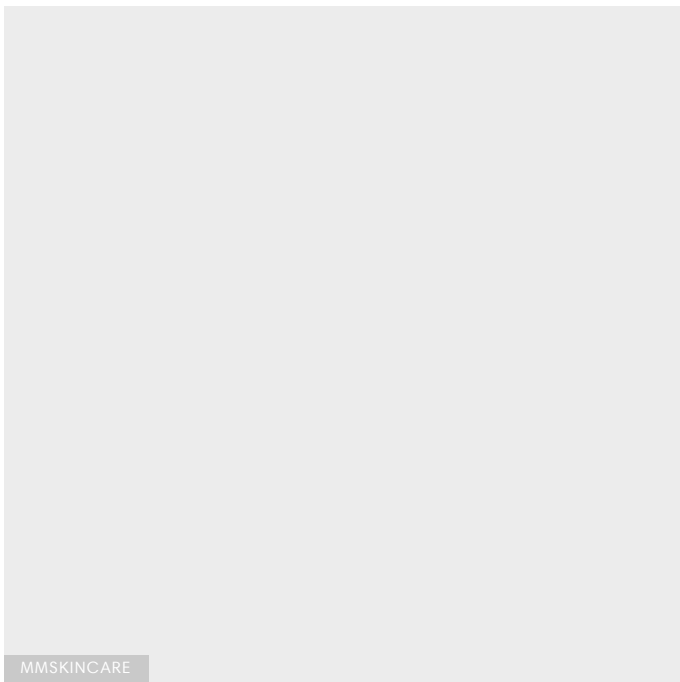
Pros

- ✓ Versatile

We've said it before and we'll say it again: Therabody's do-it-all TheraFace Pro is one

of our favorite beauty devices, maybe ever. From its built-in percussive massage feature to options for targeted microcurrent and red light therapy, it's no wonder beauty tastemakers named the tool one of the best in 2022.

How to use:	Each facial health therapy can be used for a maximum of 8 minutes, with the exception of percussive therapy. The device will beep 3 times to indicate that the maximum time has been reached. The middle ring button on the device controls the intensity settings on the Microcurrent attachment, LED light therapy ring, and Hot and Cold Rings (sold separately).
One satisfied customer writes:	"Theragun does not disappoint! We have a few other devices from this brand at home and highly use and recommend all of them. This device is easy to use and has attachments that provide different benefits that you normally would need professional services for." —Anonymous



MMSKINCARE

MMSphere2GO

\$395 AT
MMSKINCARE.COM

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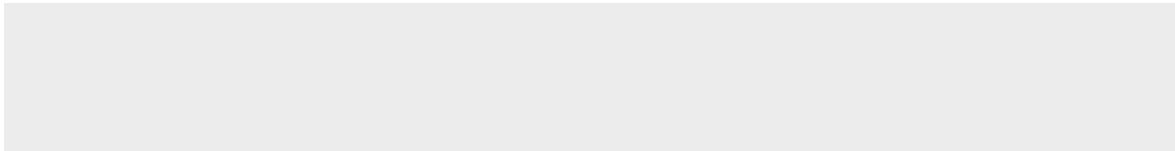
Pros <ul style="list-style-type: none">✓ Travel-friendly

If you're looking to maintain more even, wrinkle-free skin on-the-go, consider this portable red light device that was created by board-certified dermatologist Ellen Marmur. "This device features a smaller, compact sphere with nine light settings that's perfect to use while traveling," Penzi notes.



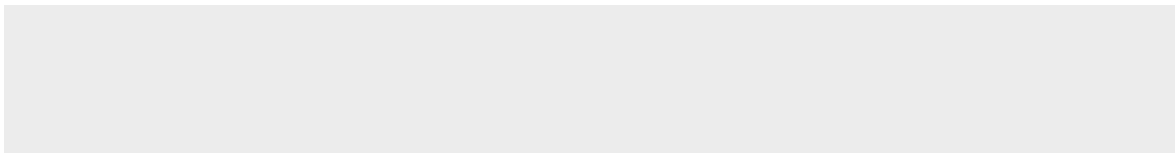
How to use:	Turn your MMSphere 2GO to your desired color setting. Sit back and relax to reap the benefits of our LED Light Therapy.
One satisfied customer writes:	"The MMSphere2GO has significantly improved my skin — more even skin tone, reduced brown and red spots, more radiance — while at the same time improving my sleep!" —Liza S.

What is red light therapy?



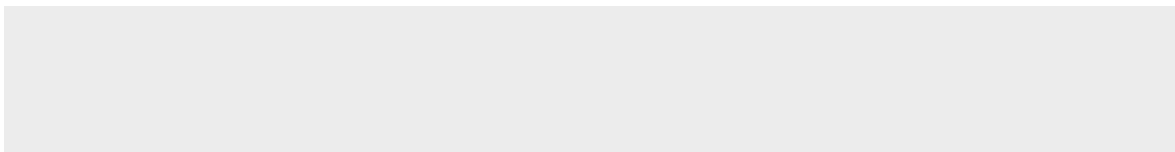
Red light therapy is the practice of harnessing lower wavelengths of red light through devices like masks and facial wands to reduce wrinkles, dark spots, and acne over time.

What are the benefits of red light therapy?



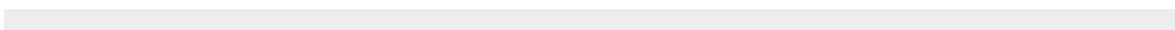
"In clinical studies, red light has been shown to stimulate collagen production, helping reduce the appearance of fine lines and wrinkles," Penzi explains. "It can also help treat precancerous lesions on the face, known as actinic keratoses, and calm inflammation that's triggered by skin conditions such as rosacea, acne, and underlying stressors. Red light therapy can also improve circulation, enhance skin detoxification, and over time, help soften scars, stretch marks, inflamed skin, and assist in wound healing. It can also stimulate hair growth by improving energy production at a cellular level as well as increasing blood supply to the area."

How often can you do red light therapy at home?



Dermatologists recommend using your red light therapy device of choice at home a minimum of once daily, with visible results to be expected within three to six months.

Meet the Experts



- Lauren Penzi, M.D. is a board-certified dermatologist at MDCS Dermatology in New York.
- Shirley Chi, M.D. is a board-certified dermatologist currently practicing in both Los Angeles and Hawaii. She is also a medical expert for ABC7 News.
- Kristel Polder MD, F.A.A.D is a board-certified dermatologist in Dallas, Texas, and clinical assistant professor of dermatology at the UT Southwestern.

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TIFFANY DODSON Associate Beauty Commerce Editor

Tiffany Dodson is currently the associate beauty commerce editor at Harper's Bazaar, where she specializes in trend forecasting, building relationships with major and emerging brands, and crafting shopping stories—from holiday gift guides to product road tests.

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