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# 15 Best LED Face Masks and Light Therapy Tools (Tested and Reviewed for 2023)

PSA: These light masks *actually* work, according to derms—and myself.

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johnny maroney

**S**ure, an LED face mask may *\*seem\** like one of those at-home skincare devices that's too good to be true—but I come with positive news. A lot of the LED face masks, wands, and devices you'll find on Amazon or at Sephora or Ulta in 2023 truly deliver in the results department and can help you get clearer skin, reduce redness and inflammation, and even help smooth fine lines and wrinkles too.

That said, LED face masks and devices are a pretty hefty investment (most of the top-rated options are \$150+), and unless you're using the right device for your specific skin concerns, you're not going to see much a benefit. So to help enlighten you on all things LED masks and devices, I chatted with three experts (shout-out to dermatologists [Uchenna Okereke](#), [Cula Svidzinski](#), and [Mona Gohara](#)) to find out

how exactly they work and then rounded up the 15 best-selling LED masks to try for yourself at home.

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✓ *P.S. This is new, up-to-date info, bb. We updated this article in April 2023 to add new LED face masks and devices, complete with specs and reviews, and delete outdated oldies, just for you.*

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## Our top picks for best LED face masks of 2023:

### BEST LED FACE MASK OVERALL

1



## Dr. Dennis Gross Skincare DRx SpectraLite FaceWare Pro

\$455 AT SEPHORA

[read more](#)

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### BEST RED LIGHT LED FACE MASK

2



## HigherDOSE Red Light Therapy Face Mask

\$299 AT AMAZON

[read more](#)

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### BEST LED FACE MASK FOR SELFIES

3



## Angela Caglia Skincare Crystal LED Face Mask

\$495 AT REVOLVE

[read more](#)

4

**BEST LED FACE WAND**

## Solawave 4-in-1 Radiant Renewal Skincare Wand

\$169 AT ULTA BEAUTY

[read more](#)

5

**BEST SPLURGE LED FACE MASK**

## Shani Darden by Déesse Pro LED Light Mask

\$1,900 AT SEPHORA

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Keep reading for the full list of the 15 best LED face masks, wands, and devices for 2023 along with how to choose the right LED face mask for your skincare needs and how to use it like a pro.

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# 1

## **Best LED Face Mask Overall**

**Dr. Dennis Gross Skincare DRx SpectraLite FaceWare Pro**

bestseller



\$455 AT DERMSTORE

Credit: Courtesy of Dr. Dennis Gross Skincare

PROS	CONS
<ul style="list-style-type: none"><li>⊕ Fast-acting mask only needs to be worn for 3 minutes a day</li><li>⊕ FDA-cleared device targets wrinkles and acne</li></ul>	<ul style="list-style-type: none"><li>⊗ The hard plastic design isn't suitable for all face shapes and sizes</li></ul>

Looks like a mask straight out of a movie, right? Welp, you can basically get the movie-star treatment with this Dr. Dennis Gross light therapy mask, which uses 162 red and blue LED lights **to amp up your collagen production and help get rid of pimple-causing bacteria**. Just strap it around your head, turn it on, and let the lights do their thing for 3 minutes until it automatically turns off. Repeat daily (or twice a day) for 10 weeks to see the best results.

**THE REVIEW:** *“I bought this about a year ago and it totally helped clear up my breakouts and adult acne,” writes one reviewer. “It also helps with wrinkles too. My skin looks amazing and I am always receiving compliments on it—highly recommend!!”*

## 2

### Best Red Light LED Face Mask

### HigherDOSE Red Light Therapy Face Mask



\$1,095 AT BACKCOUNTRY

Credit: Courtesy of HigherDose

<p><b>PROS</b></p> <ul style="list-style-type: none"><li>⊕ Comes with international electrical adaptors for frequent travelers</li><li>⊕ Cordless device can be used while you're walking around</li></ul>	<p><b>CONS</b></p> <ul style="list-style-type: none"><li>⊗ Not the best option for acne as it only emits red light</li></ul>
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The **combo of red and near infrared LED lights** in this mask are clutch for reducing inflammation, rejuvenating skin, and giving your face a healthy glow. I love that it’s cordless, so you can pop the mask and go about your day. For optimal skin plumping and smoothing results, you’ll want to use this bb for either 10 or 30 minutes five times a week.

**THE REVIEW:** *“This LED mask is so compact and lightweight that it is such an ideal travel product. The adjustable fitting of the product was really nice too—especially since I do struggle with masks like this fitting my smaller face,”* writes a tester.

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# 3

## **Best LED Face Mask for Selfies**

### **Angela Caglia Skincare Crystal LED Face Mask**



**PROS**

- ⊕ Gorgeous design looks super cute in pics
- ⊕ FDA-cleared for acne and anti-aging

**CONS**

- ⊗ Some reviewers say they wish there was a second strap to better hold the mask to skin

This top-selling LED face mask will give you all of the selfies thanks to a chic rose quartz design—and some extra-glowy skin. The LED mask uses red and blue lights to **reduce inflammation, boost skin elasticity and firmness, and curb breakouts**. Start out with 10-minute sessions (after washing your face each morning or night), two to three times a week, then gradually increase your treatments to five times a week.

**THE REVIEW:** “Not only is this the prettiest LED mask I’ve ever seen, it genuinely works! I’m six weeks in and my skin feels plumper/smooth and my breakouts are less red and angry too.”

# 4

**Best LED Face Wand****Solawave 4-in-1 Radiant Renewal Skincare Wand**





Credit: Courtesy of Solawave

<u>PROS</u>	<u>CONS</u>
<ul style="list-style-type: none"><li>⊕ Multitasking tool uses LED in addition to other derm-loved skin treatments</li><li>⊕ Design is ultra compact and easy to store/travel with</li></ul>	<ul style="list-style-type: none"><li>⊗ Testers say some models don't have an on/off button which can be difficult to use</li></ul>

Not all viral beauty products are deserving of the hype, but the Solawave is **totally worth your time and money IMO**. The 4-in-1 device emits red light to smooth fine lines and improve skin texture—plus microcurrent, therapeutic warmth, and a gentle massage to really boost your skin's glow.

***THE REVIEW:*** “I LOVE this thing. It’s versatile, compact, and lightweight,” one tester writes. “I was unsure about it being so small, but it really is the perfect size for around your eyes and for the rest of your face.”

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# 5

## **Best Splurge LED Face Mask**

### **Shani Darden by Déesse Pro LED Light Mask**



<b><u>PROS</u></b> <ul style="list-style-type: none"><li>⊕ Comes with an attachment for neck and face</li><li>⊕ FDA-cleared</li></ul>	<b><u>CONS</u></b> <ul style="list-style-type: none"><li>⊗ Most expensive option on the list</li><li>⊗ Must be plugged into be used</li></ul>
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Yup! This is an expensive one, but **it's the brainchild of celebrity esthetician Shani Darden** who is known for giving all of Hollywood, like, truly excellent skin. This light therapy mask has three treatment modes (which use red, blue, and near-infrared light therapy) to address fine lines and wrinkles, acne, and dark spots. Personally, I've been using it every other day for about a month and noticed the acne scarring on my cheeks and chin is way less noticeable.

***THE REVIEW:*** "This is so worth the money," reads one tester's review. "This is a professional grade LED mask that's used at an esthetician's office, so you really get good results. I use mode 2 for acne and mode 3 for dark spots and my skin looks soooo glowy."

# 6

## **Best Celebrity-Favorite LED Face Mask**

### **CurrentBody Skin LED Light Therapy Mask**





**PROS**

- ⊕ FDA-approved
- ⊕ Made with ultra-flexible silicone for a comfortable experience

**CONS**

- ⊗ Some testers say the strap that holds it to your face is prone to slipping off

Fact: This light-therapy mask is pretty well-known in the Hollywood circles, thanks to skincare-obsessed makeup artists (and, sure, some good advertising). But the hype is valid: The silicone LED mask is not only super flexible—so it can bend and reach every angle of your face and jaw—but it’s also specifically **designed to target fine lines and wrinkles with two red-light wavelengths**. It’s not exactly a substitute for, say, getting Botox, but it’s definitely a noninvasive, non-irritating treatment to try at home.

**THE REVIEW:** *“I’ve had so many compliments on my skin since I started using this mask,” reads one tester review. “It’s made my skin appear more smooth and glowy and even though it costs a pretty penny, I see it as an investment since I no longer need to get pro facials as often.”*

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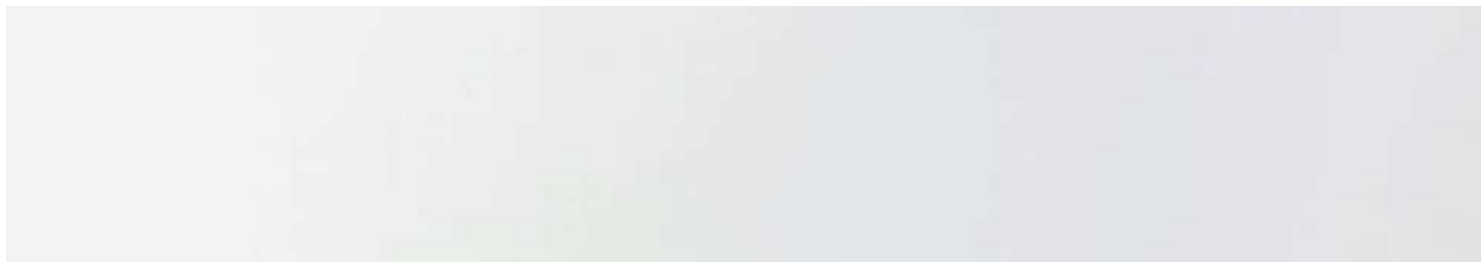
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# 7

**Best LED Face Mask for Acne**

**Omnilux Clear**





### PROS

- ⊕ Helps breakouts heal faster while preventing future pimples too
- ⊕ Powered by a rechargeable battery that lasts for multiple uses

### CONS

- ⊗ Some testers say the protective eye shields can be uncomfortable

If you're dealing with all over face breakouts and already have a consistent routine of acne products, spot treatments, and prescription help (*ahem*, seriously, go see a dermatologist before shelling out any more money!), then you might want to add this FDA-cleared LED mask to your routine. **It's specifically designed to help treat acne with red and blue LED lights**, and the mask itself is silicone and flexible, making it relatively comfy to wear. FYI: You'll need to use it four times a week (10-minutes each) for six weeks before noticing any potential results.

**THE REVIEW:** "I've spend so much time and money trying to fix my acne and nothing has worked as well as this mask," writes one tester. "It's not cheap, but it's honestly so effective at clearing up whiteheads and red pimples."

## 8

### Best Budget-Friendly LED Face Mask

#### Skin Gym WrinklIt LED Mask



\$99 AT MACY'S

Credit: Courtesy of Skin Gym

<p><b>PROS</b></p> <ul style="list-style-type: none"><li>⊕ One of the best options on the list for the relatively low price tag</li><li>⊕ Emits blue, red, and orange light to improve a variety of skin conditions</li></ul>	<p><b>CONS</b></p> <ul style="list-style-type: none"><li>⊗ Some testers say the device loses its charge easily</li></ul>
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Coming in at just \$99 (“just,” I know, but reminder—you get what you pay for), this LED mask from Skin Gym is one of the most affordable full-face light-therapy masks on the list. It’s simple, easy to wear, and comes with red, blue, and orange lights to switch between. **Bonus: It’s fully wireless (and comes with a USB charger)**, so you won’t be stuck in one spot during your daily 15- to 30-minute session.

**THE REVIEW:** “This LED mask is perfect for the amount of money that you’re spending,” writes one tester, adding that “it’s lightweight and cordless and my skin feels tighter and looks more even-toned after using it.”

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# 9

**Best LED Device for Hormonal Acne**

**LightStim LED Light for Acne**





**PROS**

- ⊕ Great for spot-treating areas with stubborn breakouts
- ⊕ Handheld size is great for travel

**CONS**

- ⊗ Not the best option for treating your entire face

Sometimes, you don't need an all-over mask to treat the really freaking annoying patch of hormonal acne on your chin and jawline (can it just go away already?! Seriously). Which is where this little handheld LED tool comes in. After washing and drying your face, turn on the light and hold it against your breakouts. **Keep it there until it beeps (about three minutes), then move it to another spot and repeat.** Slather on your acne-fighting skincare routine, live your life, then do it again tomorrow.

**THE REVIEW:** *"This worked wonders for me, writes a tester, adding "I suffer from adult acne and have tried numerous treatments. Most are too harsh for my skin and wind up making the acne worse but this made a huge difference without irritating my skin."*

# 10

**Best LED Device for Wrinkles and Fine Lines****Baby Quasar MD Plus Light Therapy Device**





Credit: Courtesy of Baby Quasar MD

<p><b>PROS</b></p> <ul style="list-style-type: none"><li>⊕ Great choice for smoothing crow’s feet, forehead lines, and smile lines</li><li>⊕ Comes with goggles and a protective lens cap for the light</li></ul>	<p><b>CONS</b></p> <ul style="list-style-type: none"><li>⊗ Some testers says the device can randomly shut off during a treatment</li></ul>
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Sure, this tool may look more like a showerhead than an LED mask, but don’t be fooled: It’s a powerful, hella-effective light-therapy device that’s **specifically formulated to help smooth the fine lines around your eyes (or anywhere, TBH)**. The lens emits four wavelengths of red, amber, and infrared light that all work together to stimulate collagen production and circulation (but, hey, don’t toss your eye serum to the side). The results? An immediate glow and a long-term plumping of itty-bitty fine lines. Just make sure to use the goggles—this thing is *bright*.

**THE REVIEW:** *“I’m so impressed with this device,” writes a tester. “I’ve used it for just four weeks and my skin looks firmer and the wrinkles around the eyes have become less noticeable.”*

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# 11

**Best Comfortable LED Face Mask**

**The Light Salon Boost LED Mask**



**PROS**

- ⊕ Helps reduce inflammation in the skin
- ⊕ Ultra-lightweight and flexible designs is comfy to wear

**CONS**

- ⊗ On the pricey side

When you're wearing an LED mask for 10 minutes a day, three to five days a week, comfort is something you're going to want. This LED mask is **made of lightweight, medical-grade silicone, so it bends to fit snugly across your face**. Not only is it FDA-approved for safety, but it's also been tested to the highest eye-safety standards, so you don't have to stress while the red and near-infrared wavelengths get to work on reducing inflammation and redness and smoothing your wrinkles and fine lines.

***THE REVIEW:*** "Great for rosacea! I love this product. It's straightforward and easy to use. I love that it's cordless and hands-free. I've been using it every night for almost a month now and my rosacea has improved noticeably."

# 12

**Best Easy-to-Wear LED Face Mask****Solaris Laboratories NY How to Glow LED Light Therapy Mask**







### PROS

- ⊕ Full-face mask slips on just like a pair of sunglasses
- ⊕ Emits four different types of light, including red, blue, green, and amber

### CONS

- ⊗ Some reviewers say the lights aren't as strong as they are in other LED masks

Don't wanna physically hold or strap on your LED light to reap the anti-aging benefits? WOW, OKAY. But hey, I gotchu. This light therapy shield fits on your face like a pair of glasses and combines **red light to boost collagen, blue light to kill acne bacteria, green light to reduce discoloration, and amber light to potentially calm inflammation**. After cleansing your face, put on the included safety goggles, slip the FDA-cleared mask over your ears, then wear it for 15 minutes, switching between the three colors. Repeat three to five days a week and marvel at the magic that is technology.

**THE REVIEW:** *"I love, love, love this mask. I come home, put my PJs on, put on my fave podcast, pop this baby on, and treat myself to an acne-clearing session. My skin looks brighter with fewer dark spots and breakouts."*

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# 13

**Best Dermatologist-Created LED Face Mask**

**MM Skincare MMSphere2GO**



- ⊕ Has nine different light settings, which is significantly more than other devices
- ⊕ Totally hands free

- ⊗ Isn't worn like a regular face mask and has to be propped up in front of your face

Still skeptical about the whole light-therapy-mask thing? Maybe you'll feel better knowing that this travel-size LED light (and the MMSkincare line in general) **was created by board-certified and NYC-based dermatologist Ellen Marmur**, who, as I can personally attest, is *not* about the bullsh\*t in skincare. The hands-free LED light comes with nine (!) eight-inch lights, plus a rechargeable battery, so you can prop it up on your desk and do your treatments while working, eating, reading, whatever.

***THE REVIEW:*** “Whenever I feel a breakout coming on, I use the MM Skincare Balance serum and spend 20 minutes using the blue light on the sphere and it makes such a difference in the size and healing time of the pimple,” writes one tester.

# 14

## Best Affordable LED Device

### Spa Sciences Claro Acne Treatment Light Therapy System





Credit: Courtesy of Spa Sciences

#### PROS

- ⊕ Comes with protective safety goggles
- ⊕ Most affordable option on the list

#### CONS

- ⊗ Some testers say it doesn't stay charged for very long

Listen, when it comes to LED masks, you really, truly get what you pay for. If you're shining a bunch of lights at your face to change your skin, you best believe it's gonna cost you. Still, if you want to try the trend without spending a few months' rent (um, same), try this inexpensive two-in-one LED wand. **Use the red light for inflammation, then switch it to the blue light to kill acne-causing bacteria** as part of your acne skincare routine for mild-to-moderate breakouts.

**THE REVIEW:** *"Consistency is key with this device—like five to seven days a week—but the results are so worth it," writes one tester. "I don't have to wear concealer/cover-up/foundation anymore and my skin is smooth, and most importantly, my skin barrier is healthy and intact."*

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# 15

## **Best LED Device Attachment**

### **NuFace Wrinkle Reducer Trinity Attachment**







\$159 AT NORDSTROM

Credit: Courtesy of Nuface

<p><b>PROS</b></p> <ul style="list-style-type: none"><li>⊕ Can be easily used with the Nuface Trinity Device</li><li>⊕ FDA-cleared</li></ul>	<p><b>CONS</b></p> <ul style="list-style-type: none"><li>⊗ Some testers say the glass on the attachment is prone to cracking</li></ul>
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Okay, fine, this attachment for a handheld device isn’t exactly an LED *mask*, but it works the same way, and thus, we’re counting it. If you already have the cult-favorite NuFace toning device, all you need is to switch out the topper to target fine lines and wrinkles. This light therapy attachment uses a combo of red, amber, and infrared light to **potentially help improve wrinkles on your forehead, around your eyes, and near your mouth.**

**THE REVIEW:** *“I’ve been using this LED attachment in tandem with the regular microcurrent one daily for about two weeks and the lines on my face have become more subtle,”* writes a tester, adding *“my skin appears plumper and healthier too which I love.”*

# What do LED face masks do for skin?

Light therapy, or LED (aka light-emitting diode) therapy, is a treatment that uses varying wavelengths of light to trigger skin changes at a molecular level—like **stimulate collagen production, kill some acne-causing bacteria, balance oil production, and even reduce inflammation**. You can get light therapy treatments at your dermatologist's office (the quickest and most effective), or try light therapy at home in the form of LED masks (the slowest and least effective but “still better than nothing,” says Dr. Gohara).

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# Are LED face masks good for acne?

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Listen, they're not *bad* for acne. But, as all of our experts agreed, LED masks or light therapy masks won't give you any dramatic results, especially overnight, and aren't more effective than tried-and-true retinol, peels, Accutane, or spironolactone. **"These devices have potential, but they need to be optimized with other standard treatments,"** says Dr. Okereke. "We don't have enough large studies that demonstrate that these lights are superior or as good as standard treatments."

Not only that, but there are so many other factors with LED masks that will affect your results, like the strength of the light, the specific wavelength of the light, the distance from the source to the skin, the length of time you use it...the list goes on.

Basically, LED masks won't completely fix your cystic zits, whiteheads, wrinkles, or redness, but **they can definitely help to a certain degree over time (think: at least 4 to 6 weeks to see any results)**. Still, as long as you manage your expectations, take the proper safety precautions, and consult your dermatologist, there's little harm in giving one a shot.

## Are LED face masks safe?

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Overall, these devices are generally considered to be safe, but Dr. Svidzinski recommends purchasing ones that have been cleared by the FDA (which, reminder, is only a testament to its *supposed* safety—not its efficacy).

Dr. Svidzinski explains that **while LED skin devices are weak and unlikely to have enough energy to burn your skin**, the primary safety concern here is the effect they can have on your eyes, so it's super important to shield them from the light while using these devices. And, as always, run things by your dermatologist before self-treating. Cool? Cool.

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# How to choose an LED face mask:

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## Know which type of light is best for your skin.

At-home LED masks will usually come with a mix of different lights (see: blue, red, orange, amber, and green lights) that are thought to target specific concerns, but **the science is iffy on the true efficacy of any light outside of red and blue lights**—mostly because red and blue are the most-studied lights so far (so, you know, talk to us in 10 years).

That being said, there's no *harm* in testing out each of the lights that come with your light therapy mask, so here's a quick rundown of how to choose the right light frequency for your skin:

- **Red light:** If you're trying to boost collagen production to potentially help with fine lines and wrinkles, choose an LED mask that uses red light.
- **Blue light:** If your main concern is killing acne-causing bacteria, go with a mix of blue light (which can “target bacteria in the skin,” says Dr. Gohara) and red light (an anti-inflammatory, says dermatologist Dr. Okereke).
- **Orange, amber, white, green lights:** If you're just hoping for an all-over miracle face glow, try 'em all out. They're thought to help calm skin, fade acne marks, and even out hyperpigmentation, but again—the science isn't all there yet.

## Consider the price.

In general, the old “you get what you pay for” adage is relatively true when it comes to finding the best LED mask, but it's unfortunately not that clear cut. Like, will the