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BEAUTY > MAKEUP & SKINCARE

The Red Light Therapy Masks Dermatologists Recommend for Acne and Wrinkles

These tools are key to keeping wrinkles, inflammation, and breakouts at bay.

BY [EMMA AERIN BECKER](#) PUBLISHED: AUG 6, 2025

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In 2025, the beauty landscape brims with futuristic **tools and treatments**. From **helmets that promise hair growth** to **blankets that double as saunas**, I'm starting to look more like a robot during my nighttime routine than ever before. Yet with all these gadgets in my arsenal, there's only one high-tech trinket I can't go a day without: a red light therapy mask. Once reserved for luxe facials at high-end spas or dermatologists' offices, these glow-inducing devices have become the latest at-home essential, promising to repel wrinkles, calm inflammation, and even reduce breakouts.

Red light therapy is a "non-invasive treatment that uses red or near-infrared light to improve the appearance and firmness of the skin," says double board-certified dermatologist **Dr. Morayo Adisa**. When the colored light wavelengths penetrate your skin, "it can increase collagen production to ward off fine lines and wrinkles, improve skin texture and tone, reduce inflammation, and increase blood circulation, which can overall create a more youthful complexion," adds double board-certified plastic surgeon **Dr. Amir Karam**.

Our picks for the top red light therapy masks of 2025





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Dr. Dennis Gross SpectraLite FaceWare Pro

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Currentbody LED Light Therapy Face Mask: Series 2

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Qure Red Light Mask Q-Rejuvalight Pro

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Of course, not all red light masks are created equal. Ultimately, “the efficacy of LED therapy is dependent on the type of device used as well as how often the device is used,” Dr. Karam explains. Simply put, at-home red light therapy devices aren’t as powerful as the pro-grade ones used in dermatologist offices, but with consistent use, they can deliver incredible results. To help you find the ones worth investing in, we’ve compiled the 10 best red light therapy masks on the market—from dermatologist-approved picks to editor-tested favorites.

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Dr. Dennis Gross SpectraLite FaceWare Pro





\$455 AT SEPHORA

\$435 AT NORDSTROM

\$455 AT AMAZON

PROS

⊕ Targets acne and signs of aging

CONS

⊗ Some reviewers say their mask stopped charging after a year

Whether you're fighting acne, wrinkles, or both, the Dr. Dennis Gross SpectraLite FaceWare Pro can weather any storm. Dr. Adisa praises the device for its three different LED light settings—red for aging, blue for acne, and purple for both. Plus, the mask takes just three minutes to penetrate the skin.

LED: Red (aging), blue (acne)

Usage: 3 minutes, once a day

Visible results: 10 weeks

Sephora rating: 3.6/5

An ELLE editor says: “This mask has everything I could ask for in a red light therapy device—it targets both acne and aging, is FDA-approved, and only takes three minutes to use. Plus, it’s surprisingly comfortable on the face despite the hard shell design. After two months of consistent use with the red/blue light setting, my breakouts were reduced and my overall complexion looked much more even.”—***Emma Aerin Becker***, *associate beauty e-commerce writer*

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BEST FAST-ACTING

Currentbody LED Light Therapy Face Mask: Series 2





\$470 AT CURRENTBODY

PROS	CONS
⊕ Includes chin strap	⊗ Not cordless

Red light therapy is all about consistency. If you're looking for fast results, the CurrentBody LED Light Therapy Face Mask: Series 2 is your best bet. With three clinically-proven wavelengths—red, near-infrared, and deep near-infrared—this mask visibly firms, brightens, and smooths skin in just four weeks.

LED: Red (aging)

Usage: 10 minutes, 3 to 5 times a week

Visible results: 4 weeks

CurrentBody rating: 4.7/5

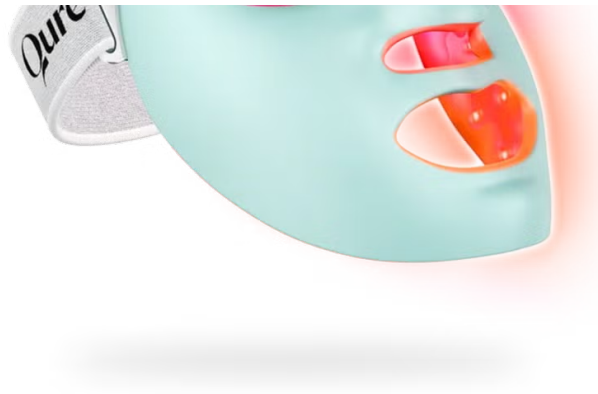
An ELLE editor says: “The results of this mask speak for themselves. I used the device every weeknight for a full month, and my skin was visibly thanking me. It looked smoother and even than ever before, and even gained a newfound glow each morning. I also appreciate the flexible silicone texture, which allows me to wrap the mask tightly around the face.”—*Emma Aerin Becker*

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BEST MULTI-BENEFICIAL

Qure Red Light Mask Q-Rejuvalight Pro





\$379 AT AMAZON

\$379 AT QURESKINCARE.COM

PROS	CONS
⊕ Five different LED settings	⊗ Some reviewers experience charging issues

Breaking out on your cheeks but noticing crow's feet around your eyes? Dr. Adisa recommends the Quire Red Light Mask Q-Rejuvalight Pro, because "it has five wavelengths that address many skin issues concurrently." The device is fully customizable via an app on your phone, so you can target different areas of your face with different colors all at once.

LED: Red (aging), amber (sun damage), blue (acne and breakouts)

Usage: 3 minutes, once a day

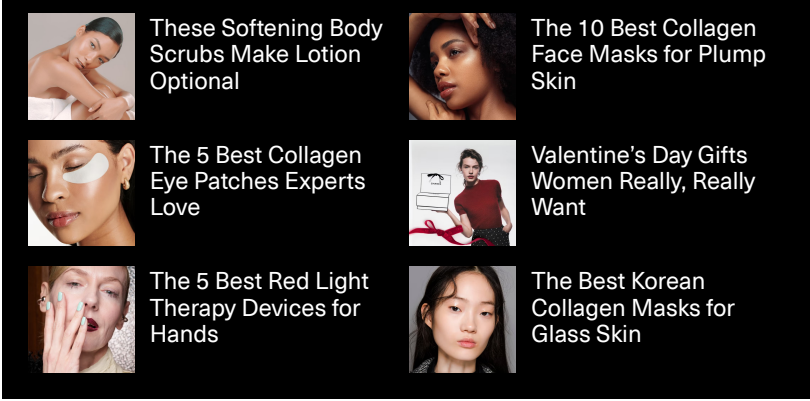
Visible results: 4 to 10 weeks

Amazon rating: 4/5

An Amazon reviewer says: "The Quire LED Skin Care Face Mask has completely transformed my skincare routine. Being a woman nearing my 40s, I was initially attracted to its range of light therapy modes, and it has certainly lived up to my expectations in both quality and results. The mask is lightweight and comfortable, and the adjustable straps make it easy to fit both me and my daughter's face. Customizable settings allow us to adjust treatments to suit our skin's needs. The red light therapy is fantastic for reducing fine lines and boosting collagen (for me), while the blue light has been a game-changer for occasional breakouts (teenage daughter). I also love using the amber light mode to even out my skin tone."

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BEST COOLING

Shark CryoGlow



- \$350 AT ULTA BEAUTY
- \$350 AT NORDSTROM
- \$349 AT AMAZON

PROS	CONS
<div><div></div>Four different treatments</div>	<div><div></div>Very heavy</div>

Shark took LED masks to the next level by combining red light therapy with cryo-inspired under-eye cooling. The brand recommends using one of its programs daily for eight weeks—Blemish Repair, which uses blue light, infrared, and red LED for eight minutes, and Better Aging, using infrared and red LED for six minutes. The under-eye pads can be used during treatment or on their own for a standalone de-puffing experience.

LED: red, blue

Usage: 4 to 15 minutes, 3 to 5 times per week

Visible results: 8 weeks

Ulta rating: 4.3/5

An Ulta reviewer says: “This mask is everything! My skincare absorbs better, my skin texture looks better, and my acne is healing faster!! Most masks I’ve looked into only offer anti-aging or acne treatments as separate masks, which was a huge turnoff for me. The cooling under-eye pads are amazing and leave me feeling so refreshed, but do note that the area will not receive LED treatment due to the cooling pads.”

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BEST CORDLESS

HigherDose Red Light Face Mask



\$349 AT NORDSTROM

\$346 AT AMAZON

\$349 AT REVOLVE

PROS

⊕ Extra head strap for extra comfort

CONS

⊗ Some reviewers experienced broken controllers after a few months

Designed with busy lifestyles in mind, the HigherDose Red Light Face Mask is praised for its ease of use. Not only does it boast red and near-infrared LED, but it's also completely cord-free and has an extra head strap so you can move freely while boosting your collagen.

LED: Red

Usage: 10 minutes, 3 to 5 times per week

Visible results: 8 weeks

Nordstrom rating: 4.3/5

A Nordstrom reviewer says: "Okay, this mask is my new secret weapon. I got it for Christmas, and after just a few weeks, I've noticed my skin definitely looks brighter and more even. I was a little intimidated by how to use it, but it's really easy—just pop it on and relax while it does all the work. Obsessed!"

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BEST SPLURGE

Déesse Pro LED Phototherapy Mask



\$1,700 AT DEESSEPRO.COM

\$1,700 AT DERMSTORE

PROS

⊕ Six different treatments

CONS

⊗ Very pricey

The Déesse Pro LED Phototherapy Mask may be more pricey than others on this list, but that's because it harnesses six treatment modes and four wavelengths of light (red, blue, purple, and even green), which can be used in combination with each other. Praised in our **2025 Tools and Treatments awards**, it may resemble a *Phantom of the Opera* mask, but it's actually one of the most powerful LED masks on the market.

LED: Red, blue, green (hyperpigmentation)

Usage: 2 to 4 times per week

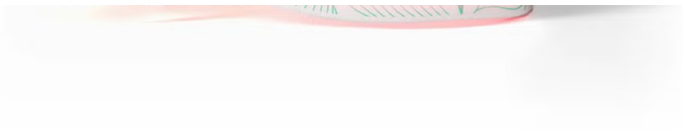
Visible results: 4 to 10 weeks

Dermstore rating: 5/5

A Dermstore reviewer says: "Without a doubt, this is the best LED mask I have ever used. I have tried multiple brands at a variety of price points, and others have been good, but this one takes the cake. My skin is so radiant directly after using it, and I have definitely noticed an overall smoothing effect. Anti-aging Express with the Boost button is my go-to, but I really love the green and pink settings too. I also love how light the mask is. It is not uncomfortable and does not leave indents on my face. I find the adjustable time settings to be a nice touch. This mask is not cheap, but it's worth every penny."

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BEST BREATHABLE**Omnilux Contour Face**



\$395 AT OMNILUXLED.COM

PROS	CONS
⊕ Two-year warranty	⊗ Only has red light

The Omnilux Contour face has “great wearability with the flexible silicone,” says Dr. Adisa. Plus, “it has both red and near-infrared light for anti-aging benefits.” To ensure long-lasting LEDs, both the mask and controller come with a two-year warranty.

LED: Red

Usage: 10 minutes, 3 to 5 times per week

Visible results: 4 to 6 weeks

Omnilux rating: 4.6/5

An Omnilux reviewer says: “High quality, easy to use, after 4 times per week for a month, my skin looks better and has a glow.”

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BEST CONTACT-FREE

MM Skincare MMSphere Luxe



\$795 AT MMSKINCARE.COM

PROS

⊕ Doesn't touch your face

CONS

⊗ Wavelengths can't penetrate as directly

Though it's not technically a mask, the MMSphere Luxe handheld light is definitely a device to write home about. "It has nine different settings that target a number of skin issues and concerns," says Dr. Anisa. Simply sit back, relax, and soak up the wavelengths of your choosing.

LED: Red, blue, green, amber, purple

Usage: 20 minutes, three times per week

Visible results: 6 to 12 weeks

An MMSphere reviewer says: "I had a friend today tell me my skin looked the best he'd seen it in ten years. After six weeks of using the Sphere, I'm never going to stop. Combined with the MMRepose serum, I've found my scarring reduced, my skin consistently clearer, and feeling more taut and bouncy. It's also a great tool for meditation and mood boosting in the morning."

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BEST BURGUNDY LED

Monastery The Deep Red LED Mask



\$700 AT MONASTERYMADE.COM

PROS

⊕ Strong LED

CONS

⊗ Often sold out

The deeper the LED bulb color, the stronger the mask. As opposed to the many red and orange bulbs seen in the market, the Monastery Deep Red LED Mask has burgundy bulbs—the most saturated color—to ensure optimal energy absorption.

LED: Burgundy

Usage: 10–15 minutes, 3–5 times per week

Visible results: 4 weeks

Monasterymade.com rating: 5/5

A Monastery reviewer says: “I’ve been using this for about a month in tandem with Monastery skincare products and my skin hasn’t looked this good in a long, long time. I’ve noticed less scarring and redness, and overall more glowy, plump skin.”

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What should you look for when choosing a red light therapy mask?

Deciding which red light therapy mask to purchase really comes down to personal preference. There are hard shells, flexible silicone, stronger bulbs, and varying treatment settings to choose from. Most important? Discussing the use of at-home red light therapy with a board-certified dermatologist. “Red light therapy is not for everyone, and a board-certified dermatologist can help ensure the appropriateness of the treatment for you,” says Dr. Adisa.

And regardless of which style you go for, you should also make sure that you “choose a red light device that is created for what you want to treat and has been FDA cleared,” she adds. An FDA-approved mask will have it stated on the packaging.

What are the best practices?

While you'll want to check each device's specific instructions, there are a few general tips for optimal use. Place the shield over your face while sitting or lying in a comfortable position, then turn the mask on. Use the mask on freshly cleaned skin, without any products—unless they're specifically formulated for use with an LED mask. After your session, you can follow your regular skin care routine and apply your typical products.

How often you should use your mask will vary depending on the device, but it's important to remember that consistency is key. Whether that's three times per week for 10 minutes or five times a week for three minutes (again, check your mask's instructions!), red light therapy results are all about the long game.

Meet the Expert

Dr. Morayo Adisa is a double board-certified dermatologist and dermatopathologist based in Chicago.

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As a leading publisher of fashion, lifestyle, and beauty content, ELLE.com is committed to highlighting the best products in various categories by personally testing the latest and most innovative products, interviewing countless experts, and vetting customer-loved items. For this piece, Emma Aerin Becker interviewed a dermatologist and tested different devices to find the best red light therapy masks.

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