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BEAUTY

Do Red Light Therapy Neck Products Really Work? Experts Explain

These red light neck devices get the green light.

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Microgen / Getty Images

In this article

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If you've been scrolling through TikTok lately, there's a good chance you've stumbled upon one of the millions of DIY videos surrounding [red light therapy](#). From affordable [face masks](#) to splurge-worthy [hats](#), at-home LED light therapy devices have quickly become a staple in many individuals' skin care regime. Whether you have [mature skin](#) or simply seeking preventative measures, red light neck products provide numerous [anti-aging](#) benefits.




According to Dr. Akshay Sanan, a double board-certified facial plastic surgeon and founder of Dr. Sanan Facial Plastic Surgery, the face and neck are often the first areas to reveal signs of aging, including [sun damage](#), fine lines, loss of elasticity and “tech-neck” creases. If you are tired of dealing with [saggy skin](#) or pesky wrinkles, red light neck products can assist in treating your skin woes.

Along with Sanan, we also spoke with Dr. Rebecca Small, a board-certified physician specializing in advanced skin rejuvenation techniques and founder of RSMD Medical Aesthetics, to share the many advantages of using red light therapy products on the neck.

Scroll down to shop the best expert-recommended and editor-tested red light therapy neck devices from HigherDOSE, Omnilux, NuFace and more. We also rounded out the list with more affordable skin care products for the neck, including an editor favorite.

Our top picks

The best red light neck products

	Most budget-friendly Eucerin Daily Protection Lotion with SPF 30 \$12.49 Learn more ↓	AMAZON
	Award-winning neck cream GoPure Tighten & Lift Neck Cream \$39.99 Learn more ↓	AMAZON
	Best night cream The Outset Restorative Niacinamide Night Cream \$54.00 Learn more ↓	AMAZON
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What is red light therapy?

Before you invest in a quality [red light therapy](#) neck device, it's imperative to fully understand the process first.

"Red light therapy (RLT) is a non-invasive skin care treatment that uses low-level wavelengths of [red light](#) to stimulate your skin at the cellular level," explains Small. "This therapy is also called red LED therapy, as light is produced by light-emitting diodes (LEDs)," she adds.

Red light therapy has been studied for its ability to promote [collagen](#) and elastin products, accelerate healing and improve overall skin tone and texture, according to Sanan. "It's an adjunctive treatment I often recommend to support both [facial](#) and [neck](#) skin health," he notes.

How do red light neck products benefit the skin?

Red light therapy has a plethora of benefits on the skin and can help with anti-aging.

"Red light therapy rejuvenates the skin by boosting collagen production, increasing circulation and supporting natural repair processes," explains Small. "With consistent use, it can improve [fine lines](#), even skin tone, increase firmness, enhance hydration and

improve elasticity so that skin looks smoother and more youthful overall. These treatments can be performed on the neck, face and other areas to help reverse the signs of aging," she mentions.

Sanan provides additional skin benefits for using red light therapy on the neck:

- **"Enhancing skin texture and radiance** which gives the face and neck a healthier appearance," he says.
- **"Decreasing redness and inflammation** to softens lines and improves overall tone," Sanan adds.
- **"Supporting circulation and repair**, helping the skin look refreshed," he continues.
- **"Addressing neglected zones:** most patients are diligent about facial care but overlook the neck, which is thinner and more vulnerable to early aging. Treating both together ensures harmony and consistency," explains Sanan.

Also, Small advises users to follow manufacturer instructions and consult their healthcare provider with any questions or concerns regarding red light products, treatments or procedures.

The best expert-recommended and editor-tested red light therapy neck devices

NuFace Trinity+ Wrinkle Reducer Attachment

Commerce editor Vivien Moon loves this NuFace Trinity+ Wrinkle Reducer Attachment which she uses regularly on both her face and neck. "I have had this attachment for a few years and love how I'm able to save on space when I'm traveling but still want to do my skin care on the go," explains Moon. She says it's easy to use on the neck while watching TV and loves that she can travel with it due to its long-lasting battery.

"I'm able to just have it with me within reach. It's small, portable and powerful, what more can you ask for?" she raves.

Editor's note: You will need the NuFace Trinity+ device to utilize this attachment.



Moon using the NuFACE Trinity+ Wrinkle Reducer Attachment Courtesy Vivien Moon

Solawave 4-in-1 Radiant Renewal Wand and Serum Bundle

"I found the Solawave to work, but you'll need to be patient and use it consistently to see results," notes associate editor Shannon Garlin. "Since I started using the facial wand, I noticed that my skin looks overall smoother and if I do get blemishes, it helps fade the dark spots quickly. I will say that I don't notice the fine lines fading completely, but after using it, my face looks less tired and more plump, which makes them less noticeable in my opinion. And in my experience, the more I use it, the faster I notice my results."

While Garlin has used this for her face, the brand notes that it is also approved for use on the neck.



Solawave Radiant Renewal Skincare Wand Courtesy of Shannon Garlin

LightStim for Wrinkles

Small recommends this handheld LightStim device that is designed for the neck. "Clinically tested, it combines red (630 nm) and near-infrared (880 nm) light with 150 LEDs for collagen stimulation and improved skin tone," she explains.

HigherDOSE Red Light Neck Enhancer

"My mom always warns me that your neck is the first sign of aging, and I get a lot of sun on my neck, so I decided to try this red light therapy neck mask," says social media editorial assistant Annie Shigo. "I used this HigherDose mask this summer when I was getting a lot of sun and noticed my skin felt smoother and tighter," she mentions.



Shigo putting the HigherDOSE Red Light Neck Enhancer to good use Courtesy of Annie Shigo

Omnilux Contour Neck & Décolleté

Both Small and Sanan recommend this luxe Contour Neck & Décolleté from Omnilux. This wearable LED device, specifically for the neck and chest, uses red and near-infrared light across to boost collagen, improve elasticity and smooth fine lines, according to Small.

"Omnilux has strong clinical data and FDA clearance," adds Sanan. "Their devices are lightweight, comfortable and specifically tailored for the face, neck and chest, allowing patients to treat all aging-prone zones together," he suggests.

MMSkincare MMSphere2Go LED Light Therapy Device

"I got to try out this innovative red light and loved how portable and easy it was to use," shares Garlin. "I like that you can prop it up while you read, watch TV or take a bath, while enhancing your skin care routine," she adds.

This hands-free device is also dermatologist-approved and FDA cleared.



Garlin utilizing the MMSkincare MMSphere2Go LED Light Therapy Device Courtesy Shannon Garlin

LED Technologies Revive Light Therapy

Dr. Angela Lamb, MD, a board-certified dermatologist based in New York City, previously recommended this LED light panel which she said is great for targeting acne. This durable light therapy panel be used on the face, neck and chest and reduces inflammation,

according to the brand.

Neck-related skin care products to shop

Eucerin Daily Protection Lotion with SPF 30

"I love this anti-ager because it's dual acting: It's an oil- and fragrance-free moisturizer, plus it's a broad spectrum UVA/UVB sunscreen that contains zinc oxide and titanium dioxide but doesn't leave your skin looking pasty and chalky," Dr. Sonia Badreshia, clinical instructor of dermatology at the University of California, San Francisco, previously told Shop TODAY. "It's a must-wear for your face, neck, décolleté and hands. I recommend it to treat and prevent dark marks and it's my secret weapon for fighting rough knees and elbows," she adds.

RoC Multi Correxion Even Tone + Lift Chest, Neck & Face Cream

Dr. Kim Nichols, a board-certified dermatologist and cosmetic surgeon based in Greenwich, Connecticut, previously recommended this anti-aging night cream to Shop TODAY for hydration and to help with skin elasticity. This non-greasy formula is enriched with glycerin and reduces signs of aging in only four weeks, according to the brand.

Neutrogena Rapid Wrinkle Repair Retinol Regenerating Cream

Shop TODAY mom Jude Bender (mother of deputy managing editor Jess Bender) is a big fan of this hydrating cream from Neutrogena. "I've used a lot of neck creams over the years and I really like Neutrogena Rapid Wrinkle Repair!" she raves. "It has retinol, which works well against the fine lines around my neck area, and the results I've seen thus far compare to the \$100 jars I've used in the past."

GoPure Tighten & Lift Neck Cream

Help target saggy skin with this lightweight tightening cream, which was a Shop TODAY 2024 Beauty Awards winner for Best Splurge Neck Cream. This soft and creamy formula helps firm and even skin tone while reducing the appearance of discoloration, says the brand.



Courtesy Lindsey Bomnin, Shop TODAY Senior Producer

The Outset Restorative Niacinamide Night Cream

Commerce writer [Emma Stessman](#) uses this Outset cream to help combat her dry skin. "It's ultra-rich and moisturizing and you really only need a little to feel the effects," she explains. "I also have sensitive skin, so I love how gentle the formula is."

Frequently asked questions

Are red light therapy devices safe?



How often should I use my red light therapy device?



What should you look for in a red light neck product?



When will I see results?



Can I use red light therapy with other skin care products?



What are the different colors of LED Light therapy?



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How we chose

Allie Wise is an associate editor for [Shop TODAY](#) who has been reviewing and testing products since 2022. She specializes in mature skin care and has covered a variety of topics from [retinol products](#) to [foundations for mature skin](#).

Wise also spoke with a double board-certified facial plastic surgeon and board-certified physician who provided multiple product recommendations for red light therapy neck devices. To round out the list, she also asked her fellow editors to share their tried-and-true red light therapy devices as well.

Meet the experts

At Shop TODAY, our reporters interview a range of qualified sources and experts to capture a wide scope of perspectives on red light therapy neck products. We also make sure that all expert guidance and recommendations are made independently and with no undisclosed financial conflicts of interest.

- [Dr. Akshay Sanan, MD, FACS](#), is a double board-certified facial plastic surgeon and founder of Dr. Sanan Facial Plastic Surgery.
- [Dr. Rebecca Small, MD, FAAFP](#), is a board-certified physician specializing in advanced skin rejuvenation techniques and founder of [RSMD Medical Aesthetics](#). She is also a Clinical Professor at the University of California San Francisco (UCSF) School of Medicine and Director of Medical Aesthetic Training at Dominican Hospital.
- [Dr. Angela Lamb, MD](#), is a board-certified dermatologist based in New York City. She's currently the Vice Chair of Clinical Operations at [Mount Sinai Dermatology](#).

- **Dr. Sonia Badreshia** is a clinical instructor of dermatology at the University of California, San Francisco.
- **Dr. Kim Nichols, MD, FAAD**, is a board-certified dermatologist and cosmetic surgeon based in Greenwich, Connecticut. She is the founding director of NicholsMD of Greenwich, a boutique dermatology practice.



Allie Wise

Allie Wise is an associate editor for Shop TODAY.