



SHAPE & BEAUTY
THE FAT FREEZE CLINIC

SKIN REJUVENATION

LED LIGHT FACIAL

'OPERA' light spectrum treatments



FREE Consultation

LED Light Facials

Low Level Light + Galvanic Current Technology

Magical Opera Light Therapy Mask Treatment used by Hollywood stars like Jessica Alba

The non-invasive LED Light Therapy is based on important research by NASA showing that specific light wavelengths significantly increase new tissue growth, stimulate collagen production, reduce fine lines and wrinkles, kill bacteria and accelerate wound healing.

It is acknowledged to be an effective treatment for aging skin, sun damage, rosacea, overall redness, flushing, dilated capillaries, scars, teenage and adult acne, and other skin conditions. Results are often immediate.

The ergonomic design (face shaped) enables the LED Spectrum Mask to spread the LED light energy close and evenly over the face and neck skin surface, maximising the full benefit of the light spectrum.

The LED Spectrum Mask features 3 different wavelengths [415nm+630nm+830nm] and galvanic current technology for increased penetration of the skin care products.

How does LED light therapy work?

Our skin has the ability to absorb light and use it as a source of energy to stimulate a healing response.

LED light therapy uses specific colour wavelengths of light that penetrate the skin at varying depths. The light works to energise cells in the skin to produce collagen, improve elasticity and increase blood circulation and oxygen flow while releasing toxins.

This stimulates the anti-ageing process, helps to normalize cellular imbalance and improves skin tone and clarity.

It is a natural reaction, similar to that of plant photo-synthesis which triggers the body to convert light energy to cell energy.

Is LED light therapy painful?

LED light therapy is a painless, non-invasive treatment so you will not experience any pain throughout your treatment.

Will LED light therapy work for me?

The treatment is a gentle, heat free treatment that is clinically proven to be safe for all skin types, colours and conditions. So the treatment will work for you. We offer different lights for different skin conditions, and we can tailor this to each client. The LED light therapy can be accompanied with various other treatments and skin care products to enhance results and healing properties.

When will I see results?

The number of treatments you will need can vary with skin type and condition. One session is an ideal 'pick me up' for the skin. A course of 1 to 10 treatments is recommended for long term results.

How long does one treatment take?

Each session takes between 20min to 1hour 30 minutes depending on the individual combination protocol.

What treatments do you offer?

We offer several different LED light therapy treatments that work for different skin conditions. They can be a stand-alone treatment or combined with various other treatments and skin care products to enhance results and healing properties.

LED Red Light Benefits

Red light is beneficial for all skin types and has an anti-ageing, healing and anti-inflammatory effect on the skin.

The LED red light has been proven to stimulate the production of collagen and elastin, smooth skin texture, improve skin elasticity, increase circulation and lymph drainage and reduce the appearance of fine lines, wrinkles and superficial hyperpigmentation.

LED red light is a great for those who suffer from sensitive skin conditions such as rosacea, eczema and psoriasis.

LED red light therapy will also reduce swelling and bruising post Botox and Dermal filler procedures and will reduce inflammation after various peel treatments.

LED Blue Light Benefits

Blue light has powerful anti-bacterial properties that decongest and purify acne and problem skin and help to normalise oil production.

The LED blue light also promotes calming and relaxation, assists in killing bacteria in the skin, reduces active acne, prevents breakouts, and has a deep cleansing effect, shrinks enlarged pores, helps to fight infection and is a great alternative to medication.

Blue and Red Light Combination Benefits

Recent phototherapy (light therapy) research using visible blue and red light combination has proven effective in the treatment of mild to moderate acne. Clearance rates have exceeded over 60% in a number of studies, indicating the effectiveness of this treatment.

Blue/red combination therapy offers an option for difficult-to-treat acne cases that have failed through conventional treatments. Recent research has shown that blue light therapy works by destroying the bacteria responsible for causing acne. Red light penetrates more deeply into tissue, and also has anti-inflammatory and healing properties. Consequently, substances are then released that induce fibroblast activity and growth factors. This is great news for acne sufferers who have a tendency to scar.

Infra-Red Light Benefits

All the LED modes utilise infra-red light (830nm) in combination with visible LED light of selectable wavelength.

830nm infra-Red light is invisible to the naked eye, but will penetrate deeper than other colours in the spectrum, leading to increased blood flow. The increasing of blood flow brings elevated levels of oxygen and nutrients to the face and neck whilst helping remove waste products, and has effects such as:

- Combating the signs of ageing
- Replenishing the dermal and epidermal cells
- Speeding up the healing process

Galvanic Current Benefits

Galvanic current can be used in conjunction with the LED therapy

The galvanic treatment works to improve blood flow and lymphatic drainage to the face. This is a natural cleanser for the skin and helps remove impurities.

An integral aspect of the Galvanic Current treatments is the application of a unique transparent hydrogel mask to the face. This water based mask holds a combination of natural ingredients, which the galvanic current helps the skin to absorb by using a small electric current to open the pores of the skin allowing the ingredients to pass through the skins barrier into the epidermis.

The galvanic current works in 2 clear ways:

Deep cleansing- The Opera mask, in conjunction with the hydrogel mask, removes toxins and impurities leaving the skin clean and nourished. The impurities and toxins are removed by the body's own immune system

Nourishing- The galvanic current is forcing away all the water and natural ingredients of the mask into the skin. This increased absorption ensures that all the ingredients pass through the skins barrier and penetrate deeper causing the effective results such as reduced wrinkles and plumping and nourishment of the skin.

In summary galvanic treatments benefits are:

- Skin nourishment
- Skin cleansing
- Facial muscle toning decreases wrinkles
- Helps restore sun damaged skin

<https://www.youtube.com/watch?v=2FtF6PvgJgI>

<https://www.youtube.com/watch?v=u4pwHM8kJSw>