

What is LED Light Therapy?

How LED Light Therapy Works

Just as plants absorb and convert sunlight into cellular building blocks, skin absorbs therapeutic light and uses it as a source of energy to stimulate cellular regeneration to produce collagen and elastin, kill acne causing bacteria, reduce inflammation and speed healing.

The Science behind LED Light Therapy

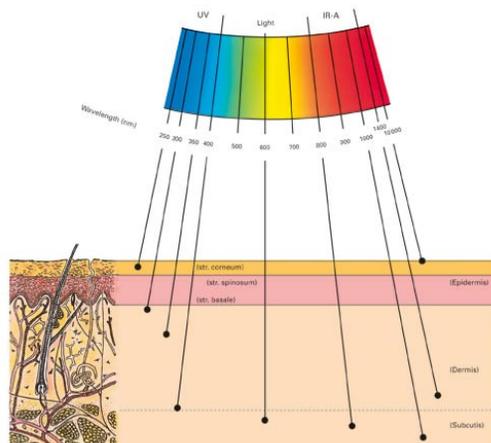
Light is a form of energy called photons. Cells absorb photons and transform their energy into adenosine triphosphate (ATP), the form of energy that cells use to carry out normal functions.

This ATP is then used to:

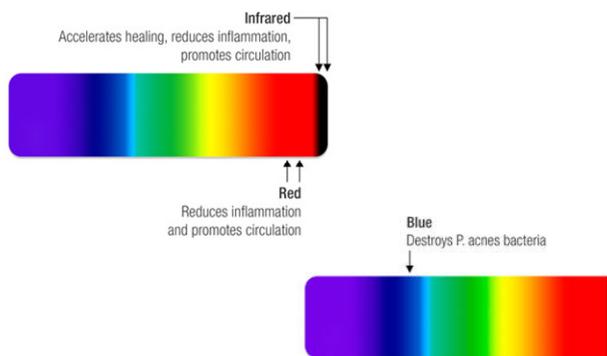
- *Power metabolic processes
- *Synthesize DNA, RNA, proteins, enzymes, and other products needed to repair or regenerate cells
- *Restore homeostasis

History of LED Light Therapy

The study and use of light therapy is more than 100 years old and has been validated by thousands of results and studies. Previously, the technology of LED Light Therapy was primarily used by physicians, NASA & the NAVY SEALS for muscle regeneration and healing of wounds. Today, this technology has finally moved into the aesthetic field with amazing results.



Colors absorb at different depths into the skin.



HARBOR
BAY
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The Spa at Harbor Bay
200 Packet Landing Road
Alameda, CA 94502

LED
Light Therapy
Facials

Phone: 510-521-5509
www.harborbayclub.com

LED Light Therapy Facials

Anti-Aging & Acne Treatments



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For appointments
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Or call:
(510) 521-5509

What are the benefits of LED Light Therapy?

1. Decreases the appearance of fine lines and wrinkles
2. Decreases the appearance of sun-induced hyper-pigmentation (age spots)
3. Increases blood circulation through the formation of new capillaries
4. Increases collagen & elastin production for plumper, more youthful looking skin
5. Increases oxygen and restoration of skin's natural cellular activity
6. Increased lymphatic system drainage which detoxifies the skin for a healthy look and feel
7. Increases moisture retention
8. Reduces inflammation and redness in skin conditions such as acne and rosacea
9. Reduces sebum by normalizing the skin thereby helping control acne breakouts
10. Minimizes pore size
11. Improves tone and texture
12. Better product absorption
13. Accelerated healing
14. Protection from environmental damage
15. Produces a radiant glow



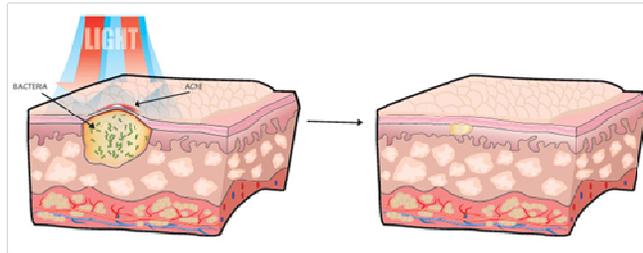
Pre-Treatment

4 Weeks Daily + 4 Weeks
Maintenance (2x/week)

* Contraindications for light therapy include pregnancy and epilepsy, photo-allergy, and medications that cause light sensitivity (such as Tetracycline). Also, if you are currently taking steroids or cortisone injections, you should not receive light therapy.

LED for Acne

Blue LED Light Therapy is a powerful, effective, and natural solution to help achieve clear and healthy skin. It can be done on all skin types and tones. Blue LED Light heals existing blemishes, calms redness & inflammation, minimizes future breakouts by destroying acne-causing bacteria (without side effects or irritation), increases blood circulation and recaptures your radiant glow.



Home Use

To get the most out of our LED Light Treatments using a home device from NuFACE or LightStim will be very beneficial.

The effect of LED Light Therapy is immediate and cumulative. To maintain these results we suggest using an LED Light at home in addition to regular LED Facials.

We have NuFACE LED Lights attachments for the Trinity Microcurrent unit. If you want to achieve the best anti-aging effect, home use of Microcurrent and Red/Amber LED Light is recommended.

If you prefer LED home use only, we have 3 different lights from LightStim:

- 1- Red/Amber: for Wrinkles
- 2- Blue: for Acne
- 3- Red: for Pain

Ask your esthetician or a Spa Shoppe staff member to help you choose the best light for you.

LED Facials

LED Anti-Aging Light Therapy Facial

LED Light Therapy is anti-inflammatory, stimulates collagen & elastin production to eliminate fine lines and wrinkles, firms & tones, & restores youthful radiance. Helps to minimize pore size, increase moisture retention & helps prevent environmental damage.

75 minutes	\$89	\$99.75
Series of 4 (75 min)	\$320	\$366
LED Add-On (15 min) (can be added to any facial)	\$21	\$26

LED Acne Light therapy Add-On

Add Blue LED Light therapy to any Acne Facial. Heals existing blemishes, calms redness & inflammation, minimizes future breakouts & recaptures your radiant glow.

Add-On (15 min) (can be added onto any facial)	\$21	\$26
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Double Duty Anti-Aging Facial Microcurrent & LED Light Therapy

Microcurrent works with your muscle memory to lift & tone your face and reduce fine lines & wrinkles. LED Light Therapy is anti-inflammatory, stimulates collagen & elastin production to eliminate fine lines and wrinkles, firms & tones, & restores youthful radiance. Helps to minimize pore size, increase moisture retention & helps prevent environmental damage.

90 minutes	\$114	\$121
Series of 4 (90 min)	\$410	\$435

** Prices subject to change