There is no down time with LED light therapy so you can continue with daily activities.

• Avoid wearing make up for 24 hours.

• Use a product such as moisturiser or sunscreen with a good SPF.

• Avoid heat treatments for the next 24 hours. (sunbeds, saunas, steam rooms).

• Following a good skincare routine for your skin type will give better long lasting results as the days follow after your treatment.

• For optimal results, it is recommended to have monthly treatments and follow a good skincare routine.