

The 7 Best LED Face Masks to Help Improve the Appearance of Skin

Flip a switch to tackle everything from breakouts to wrinkles.



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SAVE ARTICLE



DR. DENNIS GROSS, SKIN GYM

It's easy to understand the appeal of a LED face mask. The light-emitting tools have built up a cult following among fans who swear by the devices for at-home pampering. But, given that most people are used to taking care of their skin with serums and creams, and LED face masks are often expensive, it's understandable to have questions about what these masks are and what they actually do.

At baseline, LED masks used light-emitting diode (LED) light to achieve certain results. "Different types of light—red vs. blue—are supposed to produce different results," says New York-based board-certified dermatologist Gary Goldenberg, M.D., founder of [Goldenberg Dermatology](#).

"Most masks used to treat aging skin give off red light, which is thought to have anti-inflammatory effects and encourage production of new collagen," says [Joshua Zeichner, M.D.](#), director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. "Blue light is thought to have antimicrobial effects and is often used with red light to treat acne."

LED masks are usually worn for a short period of time and can be used at home or in your doctor's office, says board-certified dermatologist Ife J. Rodney, M.D., founding director of [Eternal Dermatology Aesthetics](#) and professor of dermatology at Howard University and George Washington University. "Dermatologists—myself included—have used light therapy for years and it's now more common to buy one for home and use them for short periods," she says.

Meet the experts: [Joshua Zeichner, M.D.](#), director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City; [Gary Goldenberg, M.D.](#), board-certified dermatologist and founder of [Goldenberg Dermatology](#); and [Ife J. Rodney, M.D.](#), founding director of [Eternal Dermatology Aesthetics](#) and professor of dermatology at Howard University and George Washington University.

But Dr. Zeichner says these masks can have limitations. "A major limitation of LED mask is penetration of the light into the skin—in order to have an effect, the light must penetrate through the outer skin layer," he says. LED masks also tend to produce more subtle results, Dr. Rodney says. "LED masks cannot completely reverse severe cases of acne, hyperpigmentation, wrinkles, or other skin conditions," she says. However, with consistent use (10-20 minute sessions over several months), she says you should see results.

Dr. Goldenberg recommends looking at LED masks as an "adjuvant therapy," like something you do in addition to your skincare regimen to combat acne or wrinkles—not the sole treatment.

"LED masks can be considered by individuals who are looking to improve minor skin conditions like wrinkles and hyperpigmentation," Dr. Rodney says. "However, it is important to note that LED masks may not be effective for everyone, and individuals with skin sensitivities should avoid them."

1



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