



SEEING RED
TOUTED
FOR ITS
MULTITIERED
COMPLEXION
BENEFITS, L.E.D.
LIGHT THERAPY
IS TRENDING
BELOW THE
NECK. MODEL
CHARLENE
HOGGER IN
A TABLEAUX
VIVANTS
BODYSUIT.

Ask any aesthetician what their clients are buzzing about, and the answer may come in three letters: L.E.D. Small, low-intensity, and energy-efficient, light-emitting diodes are trending at cosmetic-dermatology practices and spas. The noninvasive technology is said to kill acne-causing bacteria, kick-start collagen and elastin production, and speed the healing process after resurfacing procedures, spurring the at-home-device market as well. Now comes the Next Big Thing in L.E.D.: the first F.D.A.-cleared over-the-counter gadget for so-called full-body rejuvenation.

LightStim's new Professional LED Bed resembles a massage table crossed with a Lite-Brite game. Outfitted with 30 temperature-controlled L.E.D. panels that raise body heat in order to initiate a photochemical reaction with the skin, seven consoles were available in the U.S. in January; by June, 75 will be installed across the country.

The futuristic piece of furniture is said to help reduce inflammation, lower blood pressure, improve circulation, and even increase stamina, with applications that could range from sore-muscle and -joint relief to better sex. "I've seen a huge benefit," says Jason Martin, M.D., a plastic surgeon in Aspen who has worked with LightStim for six years on its clinical research. Other doctors are more circumspect. People who suffer from chronic pain "will do anything to get out of it," says Jennifer Solomon, M.D., a physiatrist who specializes in sports medicine at the Hospital for Special Surgery in New York. While promising, these kinds of studies just aren't there yet, she adds; the benefits people experience may simply be due to the placebo effect.

But intrigue led me to Dangene: The Institute of Skinovation in Manhattan, where I felt both relaxed and oddly euphoric as I absorbed the warmth emanating from the bed's 18,240 L.E.D.s beneath me—almost four times the power of more primitive designs. My body ached less, I could breathe easier, and when I went to yoga the next morning a pulled thigh muscle merely twinged with a numb pain. It was subtle, but the difference was there, placebo effect or not. □ BEAUTY>172

The Body Electric

L.E.D. light's wound-healing, acne-eradicating, and age-delaying promise is evolving beyond high-end facial menus. By Marisa Meltzer.