

# New Skin LED Rejuvenation Therapy at Cosmetic Clinic in Wollongong Reveals Affordable Light Treatment and Facial Benefits

This New Skin Rejuvenation Therapy is Taking the World by Storm

If you ask registered nurse Shelley Stevens what the most exciting recent development in non-surgical treatments is, she won't hesitate for a second. LED Light Therapy is the skin rejuvenation treatment that everyone's talking about – and it works. It sounds almost too good to be true, but Shelley is no follower of fads. "It's supported by sound scientific evidence," she says.

Shedding Light on LED TherapyLED Light Therapy was developed as a medical intervention to promote skin healing and to reduce scarring. It stimulates the production of the two things that make young skin look so fresh and radiant: collagen and elastin. Collagen keeps the skin looking firm and smooth, and elastin keeps it supple, literally allowing the skin to "bounce back."

With research showing that certain LED light waves do work to boost collagen and elastin production, using it as a rejuvenating skin treatment was the next logical step. And for those of us who wouldn't even consider going under the knife for purely cosmetic reasons, it seems almost too good to be true.

Not the Same as Laser Therapy or PeelsAs a fully qualified cosmetic nurse who comes from a medical background, Shelley is enthusiastic about the results her patients are getting with LED light. "It's amazing what it can do," she says, "and there are no side-effects to worry about."

Laser therapy or peels are non-surgical skin rejuvenation treatments too, but there is some recovery time after treatment, and you must be careful about things like getting too much sun. Your skin needs time to heal after these treatments, and you can expect redness.

But LED Light therapy doesn't harm any tissues or pigments. It just stimulates the production of proteins which allow your skin to rejuvenate naturally from the inside out. All we need is the right light wavelength to reenergise tired skin cells.

The Results That Have Celebrities Queueing up for MoreStars like Jessica Alba and Kate Hudson have been vocal in their endorsement of LED Light Therapy. But unlike most trappings of the celebrity lifestyle, LED Light Therapy is so affordable that any John or Jane Doe can enjoy its benefits.

While more collagen and elastin sound super, what most of us want to know is how we will look after a course of treatments.

"It's not the kind of dramatic change that is going to make people come up to you and ask what you had done to yourself," says Shelley, "but you are going to get compliments."

"There's a definite reduction in lines and wrinkles, and your skin looks brighter. It will also reduce any pigmentation blemishes and tighten up pores, leaving your skin looking smoother."

Getting RealWith so many good things being said about LED Light Therapy, we wondered where the hitch lies. "There isn't one," says Shelley, "but you need to be realistic about what it can do for you. Your skin rejuvenates itself naturally, so the results aren't instant. I usually recommend a course of treatments to kickstart the process."

The bottom line seems to be that LED Light Therapy is good news for those of us who want to regain some of our youthful glow. Shelley recommends a professional consultation and choosing a clinic with state-of-the-art equipment.

"There are devices that people can use at home, but although they're expensive, they aren't nearly as effective as professional equipment. So, if you want the real thing, you need to go to a properly equipped clinic with fully trained personnel."

If you'd like to find out more about LED Light Therapy in the Illawarra or Sydney area, you can reach Shelley and her experienced team by calling +61 2 4200 9468 or visit the Non-surgical, Medical Grade Aesthetic Treatments for the Face and Body | Platinum Face and Body Clinic website to book a consultation online.

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