

FAQS

FREQUENTLY ASKED QUESTIONS

What causes skin aging?

The connective tissue of our skin consists, in part, of the protein fibres collagen and elastin. Collagen supports our skin, and elastin gives it its elasticity. Special cells, called fibroblasts, continuously produce these proteins to keep our skin firm and supple. This is a rejuvenation process that the body regulates automatically until we reach our mid-20s. As we grow older the cell activity decreases, causing the skin to lose its elasticity and become 'looser', resulting in lines and wrinkles.

What exactly does Red Light Therapy do?

The Red Light Therapy concept is designed to visibly improve the skin through the use of pure light. 'Collagen light' falls within the colour spectrum of visible light and is yellow, orange and/or red. It consists of the wavelengths just below those of infrared light, running from around 600 to 760 nm. This specially tailored light penetrates the skin to a depth of 10 millimetres, causing the fibroblasts to grow and divide. The production of collagen and elastin are stimulated, which ultimately leads to improved, suppler skin.

Is the Red Light Therapy concept backed by scientific evidence?

In recent years many studies have been conducted into the effect of specially tailored light on the skin and its impact. A number of scientific studies that substantiate the effects of specially tailored light are listed below.

What is collagen?

Collagen is one of the most important proteins in our body. It is found in the second layer of the skin, called the dermis or true skin. This layer gives the skin strength and consists of a dense structure of connective tissue. Collagen can be seen as the protein that forms the basic structure of our skin.

What is elastin?

Elastin is a protein that gives the skin its elasticity. It forms a network of fibres, and like collagen is found in the second layer of the skin, called the dermis or true skin. Just 5 to 10% of all skin fibres are elastin, but these are of essential importance in giving the skin its suppleness.

What are fibroblasts?

The primary purpose of fibroblasts is the creation of collagen fibres, the non-stretchable fibres that give our tissues their firmness. They also synthesize other elements of the basic substance, or extracellular matrix, in the connective tissue. So connective tissue primarily consists of fibroblasts and is found, among other places, beneath the outer skin. Fibroblasts also play a role in wound healing. They can transform into myofibroblasts, which close the wound. They are responsible for scar tissue, which consists mainly of collagen fibres.

How long does an entire course of treatment last?

The best possible results are achieved through a complete course of treatment, consisting of a cumulative series of sessions. We recommend 2-3 sessions a week over a period of 10-12 weeks, with a recovery period of 48 hours between sessions. Upon completion of the treatment, a maintenance session once every two weeks, or more often, will enable you to maintain the results. How can I maintain the results? The skin improvement process continues for 10 to 12 weeks following the recommended course of treatment. A maintenance session once every two weeks, or more often, will enable you to maintain the results.

Is Red Light Therapy suitable for all types of skin?

A Red Light Therapy treatment is painless and suitable for every skin type. The treatment is unsuitable for anyone with low blood pressure, women who are pregnant, persons with epilepsy and anyone who is hypersensitive to bright light. Be aware that certain medicines, such as antibiotics or St Johns wort, can cause hypersensitivity to bright light.

Do I need to protect my eyes?

Yes, this is very important. The supplied protective glasses must be worn during every session to protect the eyes against the high intensity of the light.

Is there a limit to the number of Red Light Therapy sessions?

As far as is known, from a scientific perspective, there is no need to limit the number of treatments with specially tailored light. However, based on careful study and practical tests, Hapro International has prepared a recommended session plan for you. [Click here to view the session plan.](#)

Is there anything special I should do before starting a Red Light Therapy session?

To obtain the best possible result we recommend cleaning the skin first, so nothing will inhibit the light from penetrating your skin. Some cosmetics can also contain ingredients which may cause allergic reactions. Therefore also select the correct session time on the system.

Does the use of cosmetics intensify the Red Light Therapy effect?

There are special skin care products available that bolster the beneficial effects of light on the skin. An important ingredient of these products is hyaluron. Hyaluron is a substance that occurs naturally in the body and which, like collagen and elastin, is found in the connective tissue of the skin. It has the ability to hold large quantities of moisture, giving the skin a fresh, smooth appearance. Using a skin care product containing hyaluron in combination with the light treatment will help your body maintain the smoothness, suppleness and moisture of the skin. We recommend Art of Sun skin care products.

Is Red Light Therapy truly safe?

Yes, Red Light Therapy treatments are completely painless and suitable for every skin type. Through careful study and practical tests we have determined the correct dose of specially tailored light, which forms the basis for our recommended session plan that you can use to obtain the optimum result. All the appliances meet the most stringent safety regulations and have the CE quality mark. Moreover, the appliances are carefully developed in accordance with the latest standards.

Professor Stan Pavel, Associate Professor for Dermatology, former Head of the Phototherapeutic Department and leading researcher of the Dermatology Department of the Leiden University Medical Centre in the Netherlands, confirms the skin-rejuvenating effect of Red Light Therapy treatments.