					Kala	
			Reviewed by Alex Fergus		Red Light Mask	
			www.LightTherapyInsiders.com		15% off	
			2025		through link	
					https://aferg.co/Kala	
				Points		Comments
Round 1 - Fit & Ease of Use (25 points)	Fit (15)	Stays in Place	Mask doesn't shift or require frequent adjustment.	*2*	2	
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	2	felt fine
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	2	No issues even on 20min mode.
		Easy to Speak	No restriction around mouth/jaw.	*2*	2	
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	2	
		Easy to put on/off	Simple, intuitive process.	*2*	1	Ok but nose and face get a little squished! 1 point
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	1	good around cheeks, nose and eye, not so much around forehead and jaw
		Good strap system	Adjustable, stable, not overly tight.	*1*	1	Good, adjustable, comfortable. Just a bit annoying setting it up first time
		Total (/15)			**13**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	2	Good, but did require a bit of time and thought to figure it all out
		Cordless	Cord free design	*2*	0	Has cord to controller. Though fits in pockey
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	1	Cannot run Red independeantly
		Clear & useful instructions	Think about first timers	*1*	1	Covers all the essentials
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	2	folds up small, usb c charging, 2 timer options but no custome timer.
		Total (/10)			6	
		ROUND 1 TOTAL (/25)			19	
Round 2 - Therapeutic Power (25 points)	Wavelengths (10)	1x Red (630-660nm)	Gold standard for collagen & skin health.	*3*	3	630nm
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*		
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*	3	830nm
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*		
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	1	460nm
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*		
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*		
		Total			7	
		Figure (excl blue)			**15.6**	
	Power/Dose (15)	5-9 J/cm2		*15*		26mw/cm2 irradiance, which is solid. Though the 10min session time mean the total energy delivered is ever so slightly on the higher side.
		3-4 or 10-14 J/cm2		*12*		
		15-19 J/cm2		*9*	9	
		20-24 J/cm2		*6*		
		25-30 or 1-2 J/cm2		*3*		
		>30 or <1 J/cm2		*0*		
		Total			9	
		ROUND 2 TOTAL /25			**16**	
		Combined Total /50			**35**	
	test 1	27				
	test 2	26				
	test 3	25				
	Av mw/cm2	**26**				
	Session mins	10				
	J per session	**15.6**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**198**	
	LED Chip Count (10)	500+		*10*		
		400-499		*9*		
		300-399		*8*		
		200-299		*6*		
		100-199		*4*	4	66 triple chip LEDs - so 198 chips. But effectively only 132 chips in the red and NIR
		50-99		*2*		
		0-49		*0*		
		Total /10			4	
	Zone Coverage (15)	Forehead	Covers nearly all of area = 1.5 Covers majority = 1 Covers some = 0.5 no cover = 0	*1.5*	1	Ok coverage - but not to the hair line
		Temples		*1.5*	1	mask covers area well - but not full of LEDs
		Crows feet		*1.5*	0.5	upper edge area has one led - not ideal though
		Under eyes		*1.5*	0	
		Nose bridge		*1.5*	1.5	2 leds in this area
		Nose		*1.5*	1	only two on the base of nose
		Cheeks		*1.5*	1.5	good coverage and LED density here
		Lips		*1.5*	0	none
		Chin		*1.5*	0.5	only 2 leds covering the top under lip area
		Jawline		*1.5*	0	LEDs don't go low enough
		Total /15			7	
		Round 3 Total /25			**11**	
		Combined Total /75			**46**	
		Price less discount + US Ship			**$289**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		
		$100–$199		*18*		
		$200–$299		*16*	16	
		$300–$399		*14*		
		$400–$499		*12*		
		$500–$599		*10*		
		$600–$699		*8*		
		$700–$799		*6*		
		$800–$899		*4*		
		$900–$999		*2*		
		$1000+		*0*		
		Total			16	
	Peace of Mind (5)	Warranty	2 points for 3 years, 1 point for 2 years	*2*	0	Only 1 year warranty
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	0	No returns peroid for their masks
		Company Age	2 years +	*1*	1	Been in RLT space many years
		Total			1	
		Round 4 Total /25			**17**	
		TOTAL SCORE (/100)			**63**	