					BRAND	Amiro
			Reviewed by Alex Fergus		Name	Spectra 5-in-1 LED Light Therapy Facial Mask
			www.LightTherapyInsiders.com		Discount %	$70 off
			2025		Code	70ALEX
					link	https://aferg.co/amiro
				Points		Comments
Round 1 - Fit & Ease of Use (25 points)	Fit (15)	Stays in Place	Mask doesn't shift or require frequent adjustment.	2	0.5	Wobbles a lot, wouldn't want to do house work with it. Couldn't anyway as visially is quite limitng.
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	2	0.5	Scores low because the mask does not feel secure on the face, the ear harms are not niice, and the usb cord at the bottom is annoying
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	2	2	No ossies as the LEDs are well off the face
		Easy to Speak	No restriction around mouth/jaw.	2	2	Fine
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	2	2	No issues.
		Easy to put on/off	Simple, intuitive process.	2	1.5	yeah - slide on, but arms are to tight
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	2	0	no skin contact anywhere
		Good strap system	Adjustable, stable, not overly tight.	*1*	0	No straps, fixed arms but they don't feel secure or comfortable
		Total (/15)			**8.5**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	3	All straigth forward
		Cordless	Cord free design	*2*	0	
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	2	1	Can run without Blue, but not without NIR
		Clear & useful instructions	Think about first timers	*1*	0.5	its ok - but too basic
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	2	0.5	USB c chanrging, has 3 modes, but not travel friendly, no timer or brightness adjustment.
		Total (/10)			5	
		ROUND 1 TOTAL (/25)			13.5	
Round 2 - Therapeutic Power (25 points)	Wavelengths (10)	1x Red (630-660nm)	Gold standard for collagen & skin health.	*3*	3	634
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*		
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*	3	850
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*		
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	1	415
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*	0.5	592
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*	0.5	516
		Total			8	Glow mode - red + NIR. Firm - Amber, red, NIR. Purify - all including blue, green, amber, red, NIR
		Figure (excl blue)			**3.4**	
	Power/Dose (15)	5-9 J/cm2		*15*		Very tricky to measure power output with this mask, there are two types of LEDs - some large triple chip LEDs - which put out a lot of power - 15-25mw/cm2. - you can see these as the smaller white dots. Then there are small single chip LEDs arrange in 5 LED clusters - these were acutlaly quite weak - measuring 4 to 14mw/cm2.
		3-4 or 10-14 J/cm2		*12*	12	
		15-19 J/cm2		*9*		
		20-24 J/cm2		*6*		
		25-30 or 1-2.5 J/cm2		*3*		Also - two things to note - there were no NIR in the smaller leds, and as the leds are a good inch or so off the skin - the actual power put is going to be much less
		>30 or <1 J/cm2		*0*		
		Total			12	
		ROUND 2 TOTAL /25			**20**	
		Combined Total /50			**33.5**	
	test 1	16				
	test 2	6				
	test 3	12				
	Av mw/cm2	**11.33333333**				
	Session mins	5				
	J per session	**3.4**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**269**	
	LED Chip Count (10)	500+		*10*		173 LED bulbs - 48 of these are triple chip, the rest are single chip. So 269 chips
		400-499		*9*		
		300-399		*8*		
		200-299		*6*	6	
		100-199		*4*		
		50-99		*2*		
		0-49		*0*		
		Total /10			6	
	Zone Coverage (15)	Forehead	Covers nearly all of area = 1.5 Covers majority = 1 Covers some = 0.5 no cover = 0	*1.5*	0.5	not high enough, and you only get a few LEDs with NIR
		Temples		*1.5*	0.5	doesnt' come around enough, and eye inserts block a lot of light, plus lacking LEDS
		Crows feet		*1.5*	0	nothing
		Under eyes		*1.5*	0	eye inserts come down to cheek bone
		Nose bridge		*1.5*	0	nothing
		Nose		*1.5*	1	It is ok - but still lacking LEDs in the centre, and theres no NIR leds in this area
		Cheeks		*1.5*	1	good - but not an even spread of light wavelengths
		Lips		*1.5*	0.5	some leds close to lip area
		Chin		*1.5*	0	nothing
		Jawline		*1.5*	0.5	a few LEDs but not great
		Total /15			4	
		Round 3 Total /25			**10**	
		Combined Total /75			**43.5**	
		Price less discount + US Ship			**$199**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		Retails for $269 - code saves $70
		$100–$199		*18*	18	
		$200–$299		*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			18	
	Peace of Mind (5)	Warranty	2 points for 3 years, 1 point for 2 years	*2*	0	1 year warranty
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	2	90 returns!
		Company Age	2 years +	*1*	1	Founded in 2015.
		Total			3	
		Round 4 Total /25			**21**	
		TOTAL SCORE (/100)			**64.5**	