					BRAND	Therabody
			Reviewed by Alex Fergus		Name	Theraface
			www.LightTherapyInsiders.com		Discount %	
			2025		Code	
					link	https://aferg.co/thera
				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	satys in place
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	1	Its comfortable - but it is heavy and bulky. I did feel a minor headache after my testing session (which was multiple back to back sessions)
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	2	No issues here as it's not directly on the skin
		Easy to Speak	No restriction around mouth/jaw.	*2*	2	no restriction at all
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	2	no issues - even with my large nose
		Easy to put on/off	Simple, intuitive process.	*2*	2	can't complain
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	0.5	only close contact around eyes
		Good strap system	Adjustable, stable, not overly tight.	*1*	1	works well
		Total (/15)			**12.5**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	2	frustrating first time around, and still a bit annoying with ongoing use. but this is mainly around the vibration function that is included. I feel bad being negative given it is a nice design
		Cordless	Cord free design	*2*	2	all built in.
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	yes! can run in Red mode, or NIR+ red or Blue mode
		Clear & useful instructions	Think about first timers	*1*	0.5	Good instructions for operation, but there is no info around red light therapy and how it works - for first timers etc
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	1	Easy USB charging. Various timer settings, but no good for ttravel given the hard plastic design and size. BUT it also has built in vibration modes that some people will like
		Total (/10)			7.5	
		ROUND 1 TOTAL (/25)			20	
Round 2 - Therapeutic Power (25 points)	Wavelengths (10)	1x Red (630-660nm)	Gold standard for collagen & skin health.	*3*	3	630
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*		
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*	3	830
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*		
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	1	413
		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)			**7.08**	
	Power/Dose (15)	5-9 J/cm2		*15*	15	Standard mode runs for 9mins - 3 mins in red only, 3 in nir+red and then 3 in blue. So effectively its a 6 min anti-aging red session. And the fluence dose is perfect at 7J/cm2. If you don't want blue you just stop when it turns on. Though - I do need to point out there was a lot of variability in the power figures - i had some leds measuring 8mw/cm2, others in the teen's and some as high as 33. Meaning you may not get the perfect blend of light across yoru face.
		3-4 or 10-14 J/cm2		*12*		
		15-19 J/cm2		*9*		
		20-24 J/cm2		*6*		
		25-30 or 1-2 J/cm2		*3*		
		>30 or <1 J/cm2		*0*		
		Total			15	
		ROUND 2 TOTAL /25			**22**	
		Combined Total /50			**42**	
	test 1	8				
	test 2	18				
	test 3	33				
	Av mw/cm2	**19.66666667**				
	Session mins	6				
	J per session	**7.08**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**648**	
	LED Chip Count (10)	500+		*10*	10	
		400-499		*9*		
		300-399		*8*		
		200-299		*6*		
		100-199		*4*		
		50-99		*2*		
		0-49		*0*		
		Total /10			10	
	Zone Coverage (15)	Forehead	Covers nearly all of area = 1.5 Covers majority = 1 Covers some = 0.5 no cover = 0	*1.5*	1.5	great. -nice high coverage
		Temples		*1.5*	1.5	coveres right to the hair line
		Crows feet		*1.5*	1.5	If you take the eye inserts out you get even better coverage
		Under eyes		*1.5*	1	3 leds - but slightly low for perfection
		Nose bridge		*1.5*	0.5	leds are too high up for a good score here
		Nose		*1.5*	0.5	probably the weak point for coverage in this mask
		Cheeks		*1.5*	1.5	
		Lips		*1.5*	1.5	
		Chin		*1.5*	1	could do with more leds in the centre
		Jawline		*1.5*	0.5	needs to be another cm deeper - but still getting some coverage here
		Total /15			11	
		Round 3 Total /25			**21**	
		Combined Total /75			**63**	
		Price less discount + US Ship			**$650**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		
		$100–$199		*18*		
		$200–$299		*16*		
		$300–$399		*14*		
		$400–$499		*12*		
		$500–$599		*10*		
		$600–$699		*8*	8	
		$700–$799		*6*		
		$800–$899		*4*		
		$900–$999		*2*		
		$1000+		*0*		
		Total			8	
	Peace of Mind (5)	Warranty	2 points for 3 years, 1 point for 2 years	*2*	0	2 years int he UK though.
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	1	30 day, full refund returns, they even pay return postage
		Company Age	2 years +	*1*	1	Company is a huge wellness company
		Total			2	
		Round 4 Total /25			**10**	
		TOTAL SCORE (/100)			**73**	