					BRAND	Foreo
					Name	FAQ 202
			Reviewed by Alex Fergus		Discount %	
			www.LightTherapyInsiders.com		Code	ALEXFER30
			2025		link	https://aferg.co/Foreo
				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*	1	nose is quite compressed
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	2	no issues - it actually has little 'ventilation holes' - oh wait... i'm being sacracsitic here
		Easy to Speak	No restriction around mouth/jaw.	*2*	1	lower lip is quite restricted
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	0	literally blocks my nostrils - as if it was designed for this.
		Easy to put on/off	Simple, intuitive process.	*2*	2	sure - no isses
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	2	tbh - pretty good for this
		Good strap system	Adjustable, stable, not overly tight.	*1*	1	no issues with this.
		Total (/15)			**11**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	3	Sure - one button to turn it on, and click through different colors. And an app with a HEAP of functions
		Cordless	Cord free design	*2*	2	Yup - great
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	Yes - you can run it in just red or just blue mode
		Clear & useful instructions	Think about first timers	*1*	0	no printed instructions - app and online only
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	1	a point for the well designed, feeature packed app
		Total (/10)			8	
		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	628
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*		
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*		
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*		
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	1	462
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*		
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*	0.5	516
		Total			4.5	
		Figure (excl blue)			**0.192**	
	Power/Dose (15)	5-9 J/cm2		*15*		Terrible. This simply has some low powered leds in the eye 'frame' and that light projects down into the silicon 'mask' that is punched full of holes. It makes quite a neat visual effect - but this is not a good way to disperse light photons into the skin. Worst of all the LEDs to begin with are so weak even the whole mask was full of them it would still be underpowered.
		3-4 or 10-14 J/cm2		*12*		
		15-19 J/cm2		*9*		
		20-24 J/cm2		*6*		
		25-30 or 1-2.5 J/cm2		*3*		
		>30 or <1 J/cm2		*0*	0	
		Total			0	
		ROUND 2 TOTAL /25			**4.5**	
		Combined Total /50			**23.5**	
	test 1	0.18				
	test 2	0.22				
	test 3	0.24				
	Av mw/cm2	**0.2133333333**				
	Session mins	15				
	J per session	**0.192**				
Round 3 - Coverage Quality (25 points)	LED Chip Count (10)	**# Chips:**			**150**	
		500+		*10*		technically there are 50 triple chip leds - so 150LEds
		400-499		*9*		
		300-399		*8*		
		200-299		*6*		
		100-199		*4*	4	
		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	Honestly, I was tempted just to give this mask 0 for all areas given how it's such a joke. But I will be fair. there is decent coverage on the forehead and cheeks area, and thats really it.
		Temples		*1.5*	1	
		Crows feet		*1.5*	0	
		Under eyes		*1.5*	0	
		Nose bridge		*1.5*	0	
		Nose		*1.5*	0.5	
		Cheeks		*1.5*	1.5	
		Lips		*1.5*	1	
		Chin		*1.5*	1	
		Jawline		*1.5*	0	
		Total /15			6	
		Round 3 Total /25			**10**	
		Combined Total /75			**33.5**	
Round 4 - Price & Peace of Mind (25 points)		**Price less discount + US Ship**			**$799**	
	Shipped Price (20)	$0–$99		*20*		It retails for $799 with free shipping to the US. I may have a discoutn code - have a look in the notes, but please, I don't recommend buying this.
		$100–$199		*18*		
		$200–$299		*16*		
		$300–$399		*14*		
		$400–$499		*12*		
		$500–$599		*10*		
		$600–$699		*8*		
		$700–$799		*6*	6	
		$800–$899		*4*		
		$900–$999		*2*		
		$1000+		*0*		
		Total			6	
	Peace of Mind (5)	Warranty	2 points for 3 years, 1 point for 2 years	*2*	1	2 year warranty
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	0	14 days for UNopened products - no refull for products who have opened the box
		Company Age	2 years +	*1*	1	Very established company - founded in 2013
		Total			2	
		Round 4 Total /25			**8**	
		TOTAL SCORE (/100)			**41.5**	