					BRAND	Current Body
			Reviewed by Alex Fergus		Name	Light Therapy Face Mask: Series 3
			www.LightTherapyInsiders.com		Discount %	10% off
			2025		Code	ALEXFERGUS
					link	https://aferg.co/currentbody-mask
				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	very secure - with the built in 'chin strap'
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	1.5	surprisingly comfortable. A little bit of presure on the my nose - as the nose fitting is set by the chin position
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	1	Its ok - was a teeny bit of stickiness taking it off.
		Easy to Speak	No restriction around mouth/jaw.	*2*	1.5	Again surprisngly good - given it has a chin strap - but talking was easy
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	1	As mentioned above - some pressure on the top and side of of the nose
		Easy to put on/off	Simple, intuitive process.	*2*	2	works well
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	2	Its great. Molded to the face - providing very close contact in all areas
		Good strap system	Adjustable, stable, not overly tight.	*1*	1	Yes great
		Total (/15)			**12**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	2.5	touch screen controller
		Cordless	Cord free design	*2*	0	Controller is on a cord
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	can do it all
		Clear & useful instructions	Think about first timers	*1*	1	amazing
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	2	USB, foldable for travel. app - dosing
		Total (/10)			7.5	
		ROUND 1 TOTAL (/25)			19.5	
Round 2 - Therapeutic Power (25 points)	Wavelengths (10)	1x Red (630-660nm)	Gold standard for collagen & skin health.	*3*	3	
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*		
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*	3	
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*	1	
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	1	
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*	0.5	
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*	0.5	
		Total			9	
		Figure (excl blue)			**5.44**	
	Power/Dose (15)	5-9 J/cm2		*15*	15	
		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			**24**	
		Combined Total /50			**43.5**	
	test 1	9.8				
	test 2	8.6				
	test 3	8.8				
	Av mw/cm2	**9.066666667**				
	Session mins	10				
	J per session	**5.44**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**750**	
	LED Chip Count (10)	500+		*10*	10	
		400-499		*9*		
		300-399		*8*		125 leds x 6 chips
		200-299		*6*		
		100-199		*4*		each chip has 1 of each wavelength
		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*	0.5	LEDs needed to go higher up
		Temples		*1.5*	1.5	
		Crows feet		*1.5*	1	Eye holes are quite small and close together, so there is an LED close to the crows feet spot
		Under eyes		*1.5*	1	Similar to crows feet comment
		Nose bridge		*1.5*	1.5	2 LEDs in this zone
		Nose		*1.5*	1	3 LEDs on the top of the nose, nothing on the side
		Cheeks		*1.5*	1.5	great
		Lips		*1.5*	0	Nothinf
		Chin		*1.5*	1	2 leds on the front, 2 LEDs underneath. Better than most masks - but still not complete coverage
		Jawline		*1.5*	1.5	Good - multiple LEDs under the jaw and around the side.
		Total /15			10.5	
		Round 3 Total /25			**20.5**	
		Combined Total /75			**64**	
		Price less discount + US Ship			**$515**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		Retail price is $570 - my code saves 10% - sso $510 - with free shipping
		$100–$199		*18*		
		$200–$299		*16*		
		$300–$399		*14*		
		$400–$499		*12*		
		$500–$599		*10*	10	
		$600–$699		*8*		
		$700–$799		*6*		
		$800–$899		*4*		
		$900–$999		*2*		
		$1000+		*0*		
		Total			10	
	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	30 days - but not if you have opened it
		Company Age	2 years +	*1*	1	Has been around many years
		Total			2	
		Round 4 Total /25			**12**	
		TOTAL SCORE (/100)			**76**	