					BRAND	Lumara
					Name	Viso
			Reviewed by Alex Fergus		Discount %	50 off
			www.LightTherapyInsiders.com		Code	ALEX50
			2025		link	https://aferg.co/lumara
				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	No issues
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	1.5	Felt fine, a little bit of lower lip obstruction. I do have to mark it down slightly as it was very bright around the eyes - made using my phone or reading more difficult than other masks I have tested - note remember i test without using the eye cup inserts
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	1	I did sweat a little with this - i think it will be a lot more problematic when in high powerderd model
		Easy to Speak	No restriction around mouth/jaw.	*2*	1.5	Its fine - but it does catch on my lower lip which feels wierd.
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	2	Was fine
		Easy to put on/off	Simple, intuitive process.	*2*	1.5	Its ok - but if you're using the top strap it's a bit cumbersome
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	1.5	good around cheeks and eyes and nose, even forehead is good. not great on the jawline
		Good strap system	Adjustable, stable, not overly tight.	*1*	0.5	Using the top strap system was annoying. I ended up taking it off. Does take a bit to get everything setup
		Total (/15)			**11.5**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	3	works well, all self explanatory. Able to turn on and run with 1 press
		Cordless	Cord free design	*2*	0	
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	Red only
		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*	2	USB charging, foldable, timer AND intensity adjustments.
		Total (/10)			7.5	
		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	660nm
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*	0	
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*	0	
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*	0	
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	0	
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*	0	
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*	0	
		Total			3	
		Figure (excl blue)			**12.2**	
	Power/Dose (15)	5-9 J/cm2		*15*		The Viso has 3 intensity settings. For the scoring I always use the defualt settings - which in this case were 'low' intensity for 10 mins. That meant and average irradiance of 20mw/cm2 and 12J/cm2 - which is actually a great dose. In the highest intensity setting, the irrradiance went up to above 30mw/cm2 and the dose was 19J/cmw based on a 10min run time. Which is getting on the higher side. But it's great that you can adjust both the time and the intenisty.
		3-4 or 10-14 J/cm2		*12*	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			12	
		ROUND 2 TOTAL /25			**15**	
		Combined Total /50			**34**	
36	test 1	25				
31.5	test 2	19				
26	test 3	17				
	Av mw/cm2	**20.33333333**				
	Session mins	10				
	J per session	**12.2**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**472**	
	LED Chip Count (10)	500+		*10*		472 - single LED chips.
		400-499		*9*	9	
		300-399		*8*		
		200-299		*6*		
		100-199		*4*		
		50-99		*2*		
		0-49		*0*		
		Total /10			9	
	Zone Coverage (15)	Forehead	Covers nearly all of area = 1.5 Covers majority = 1 Covers some = 0.5 no cover = 0	*1.5*	1	Pretty good, good be a bit higher
		Temples		*1.5*	1.5	wraps around well
		Crows feet		*1.5*	1.5	leds right on this area
		Under eyes		*1.5*	1.5	Leds and mask go right up to under the eye
		Nose bridge		*1.5*	1.5	multiple LEDs in this area
		Nose		*1.5*	1	8 LEDs either side of the nose, missing in the centre though
		Cheeks		*1.5*	1.5	great
		Lips		*1.5*	0	nothing
		Chin		*1.5*	1	Lots of LEDs in the top of the chin.
		Jawline		*1.5*	0.5	Sum LEDs down here but mask needs to go further down for a good score
		Total /15			11	
		Round 3 Total /25			**20**	
		Combined Total /75			**54**	
		Price less discount + US Ship			**$550**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		$599 retail with free US shipping. My discount code saves $50 - so $550
		$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*	0	1 year
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	1	30 days
		Company Age	2 years +	*1*	2	Founded in 2016
		Total			3	
		Round 4 Total /25			**13**	
		TOTAL SCORE (/100)			**67**	