					BRAND	Block Blue Light
			Reviewed by Alex Fergus		Name	Red Light Therapy Mask
			www.LightTherapyInsiders.com		Discount %	15% off
			2025		Code	through link
					link	https://aferg.co/BlockBlueLight
				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*	2	Felt fine
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	2	Ddin't notice any issue - though i was running it with the default mode (low power). In higher power modes it does cause some stickiness. but i score on the default mode
		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	No issues
		Easy to put on/off	Simple, intuitive process.	*2*	2	No issues - I ended up taking the top strap off
		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	Good - dual strap points on the side. Using the top strap system was annoying. I ended up taking it off. Does take a bit to get everything setup. Also - i fear that the stitchting on the velcro was sub par
		Total (/15)			**13.5**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	3	Straight forward - one button for brightness, one button for mode selection and power on/off. Nice easy to read screen. Maybe names for each mode would be better than just showing the wavelengths?
		Cordless	Cord free design	*2*	0	
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	You can run it without NIR and Blue
		Clear & useful instructions	Think about first timers	*1*	1	Mask is great - covers a lot about RLT.
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	1.5	USB C, Flexible. Intensity adjustmentt. No timer adjustment though.
		Total (/10)			7.5	
		ROUND 1 TOTAL (/25)			21	
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	815 & 830
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*		
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*		
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*	0.5	595
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*		
		Total			6.5	
		Figure (excl blue)			**1.96**	
	Power/Dose (15)	5-9 J/cm2		*15*		Low mode - default - 3mw/cm2 = 2J/cm2 Mid Mode - 11mw/cm2 = 6.5 J/cm2 High mode = 27mw/cm2 = 16 J/cm2
		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*	3	
		>30 or <1 J/cm2		*0*		
		Total			3	
		ROUND 2 TOTAL /25			**9.5**	
		Combined Total /50			**30.5**	
	test 1	3.1				
	test 2	3.3				
	test 3	3.4				
	Av mw/cm2	**3.266666667**				
	Session mins	10				
	J per session	**1.96**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**488**	
	LED Chip Count (10)	500+		*10*		122 LEDs - quad chip LEDs so there are 488 Chips Each LED has 1x 595nm chip 1x 630nm chip 1x 815nm chip 1x 830nm chip Which is really good - lots of chips, lots of spread with the wavelngths HOWEVER - there is a problem. For some reason - the NIR chips power i extremely throttled when its runing with Red. To get adequate NIR power - you need to run NIR on its on. Let me show you
		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*	0.5	needs to be wider, and also it's missing LEDs right in the centre of the temple zone
		Crows feet		*1.5*	1.5	good
		Under eyes		*1.5*	1.5	
		Nose bridge		*1.5*	1.5	3 LEDs here
		Nose		*1.5*	1	only two on the base of nose
		Cheeks		*1.5*	1.5	great
		Lips		*1.5*	0	nothing
		Chin		*1.5*	0.5	4 LEDs - but they;re very high up - more under lip than chin
		Jawline		*1.5*	0.5	NMask needs to go lower, and LEDs are lacking in this area.
		Total /15			9.5	
		Round 3 Total /25			**18.5**	
		Combined Total /75			**49**	
		Price less discount + US Ship			**$304**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		Retail is $349 - With discount and shipping its $304 usd Only $4 away from dropping into the $200-300 catergory!
		$100–$199		*18*		
		$200–$299		*16*		
		$300–$399		*14*	14	
		$400–$499		*12*		
		$500–$599		*10*		
		$600–$699		*8*		
		$700–$799		*6*		
		$800–$899		*4*		
		$900–$999		*2*		
		$1000+		*0*		
		Total			14	
	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*	1	30 day returns
		Company Age	2 years +	*1*	1	8 years
		Total			3	
		Round 4 Total /25			**17**	
		TOTAL SCORE (/100)			**66**	