					BRAND	HigherDose
			Reviewed by Alex Fergus		Name	Red Light Face Mask
			www.LightTherapyInsiders.com		Discount %	15%
			2025		Code	ALEX
					link	https://aferg.co/higherdose
				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	snug fit
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	2	no issues
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	1.5	a small amount of sticknesses when removed
		Easy to Speak	No restriction around mouth/jaw.	*2*	2	no problems
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	2	no problems
		Easy to put on/off	Simple, intuitive process.	*2*	2	straigtht forward - thoigh i don't bother with the top strap
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	1.5	pretty good - just a bit lose around the cheeks
		Good strap system	Adjustable, stable, not overly tight.	*1*	1	works well, again though - i didn't use the top strap
		Total (/15)			**14**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	3	can't get much easier. 1 button, 10mins ro 20mins
		Cordless	Cord free design	*2*	0	corded
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	1	no blue, but no way to disable NIR
		Clear & useful instructions	Think about first timers	*1*	2	yeah good manauls and info sheets
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	1.5	usb c charging, good for travel. though missing modes and brigthness adjustments.
		Total (/10)			7.5	
		ROUND 1 TOTAL (/25)			21.5	
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*		
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*		
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*		
		Total			6	
		Figure (excl blue)			**15.6**	
	Power/Dose (15)	5-9 J/cm2		*15*		10min or 20min timer. LED power was very consistent across all testing
		3-4 or 10-14 J/cm2		*12*		
		15-19 J/cm2		*9*	9	
		20-24 J/cm2		*6*		
		25-30 or 1-2.5 J/cm2		*3*		
		>30 or <1 J/cm2		*0*		
		Total			9	
		ROUND 2 TOTAL /25			**15**	
		Combined Total /50			**36.5**	
	test 1	21				
	test 2	29				
	test 3	28				
	Av mw/cm2	**26**				
	Session mins	10				
	J per session	**15.6**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**132**	
	LED Chip Count (10)	500+		*10*		66 dual chip LEDs
		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	Could go higher
		Temples		*1.5*	0.5	needs to be wider and have LEDs go to edge
		Crows feet		*1.5*	1.5	pretty good
		Under eyes		*1.5*	0.5	leds are far too low
		Nose bridge		*1.5*	1.5	great
		Nose		*1.5*	0.5	only 2 LEDs, poor coverage
		Cheeks		*1.5*	1.5	
		Lips		*1.5*	0	nothing on the chin
		Chin		*1.5*	0.5	lackking LEDs and coverage
		Jawline		*1.5*	0.5	Too small, but some coverage
		Total /15			8	
		Round 3 Total /25			**12**	
		Combined Total /75			**48.5**	
		Price less discount + US Ship			**$350**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		$350
		$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*	0	1 year warrant
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	2	120 days - they even include a prepaid return
		Company Age	2 years +	*1*	1	
		Total			3	
		Round 4 Total /25			**17**	
		TOTAL SCORE (/100)			**65.5**	