					BRAND	Hooga
					Name	Red Light Face Mask
			Reviewed by Alex Fergus		Discount %	10%
			www.LightTherapyInsiders.com		Code	ALEX
			2025		link	https://aferg.co/hooga-rlt
				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	good
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	2	was fine
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	1.5	a small amount of stickness when removed
		Easy to Speak	No restriction around mouth/jaw.	*2*	2	no issues
		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	fine
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	1.5	good - really just the chin and jaw area where there is no direct contact
		Good strap system	Adjustable, stable, not overly tight.	*1*	0.5	dual point strap - all adjustable, once setup easy to put on and off. though i have to mark it down for the build qualit of the strap, looks and feels very cheap - especially compared to others i have reviewed
		Total (/15)			**13.5**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	2.5	buttons are well labled and very tactile, screen is adequate displaying key info. Though I did have to refer to the manual to learn how to change the wavelength modes
		Cordless	Cord free design	*2*	0	cord is long enough
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	Can run in Red mode, or RED + NIR mode
		Clear & useful instructions	Think about first timers	*1*	0.5	leaflet explaining how to use, but nothing on wavelengths, or modes, or how RLT works
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	2	USB C, has timer adjustment, brightness adjustment, and built in noiger pulsing frequencies. travel friendly, also port for controlling the optional extra neck accesory
		Total (/10)			7	
		ROUND 1 TOTAL (/25)			20.5	
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*	1	660
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*	3	850
		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			7	
		Figure (excl blue)			**7.2**	
	Power/Dose (15)	5-9 J/cm2		*15*	15	calcaulted in the default brightness mode - whcih was low. In the highest power mode, the output is double this.
		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*		
		Total			15	
		ROUND 2 TOTAL /25			**22**	
		Combined Total /50			**42.5**	
	test 1	11				
	test 2	13				
	test 3	12				
	Av mw/cm2	**12**				
	Session mins	10				
	J per session	**7.2**				
Round 3 - Coverage Quality (25 points)	LED Chip Count (10)	**# Chips:**			**195**	
		500+		*10*		65 triple chip leds = 195
		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	Needs more LEDs and to go higher
		Temples		*1.5*	1	Needs more coverage and more LEDs
		Crows feet		*1.5*	1	pretty good - could do with better led placmenet
		Under eyes		*1.5*	1	again good - but not perfec
		Nose bridge		*1.5*	1	
		Nose		*1.5*	1	only two on the base of nose
		Cheeks		*1.5*	1.5	
		Lips		*1.5*	0	
		Chin		*1.5*	0.5	a couple of LEDs at the font
		Jawline		*1.5*	0	simply not long enough - and lacking LEDs
		Total /15			8	
		Round 3 Total /25			**12**	
		Combined Total /75			**54.5**	
		Price less discount + US Ship			**$152**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		$169 retail - code and shipping = $152
		$100–$199		*18*	18	
		$200–$299		*16*		
		$300–$399		*14*		
		$400–$499		*12*		
		$500–$599		*10*		
		$600–$699		*8*		
		$700–$799		*6*		
		$800–$899		*4*		
		$900–$999		*2*		
		$1000+		*0*		
		Total			18	
	Peace of Mind (5)	Warranty	2 points for 3 years, 1 point for 2 years	*2*	0	1 year warranty
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	2	60 day return policy
		Company Age	2 years +	*1*	1	been in the RLT space for many years
		Total			3	
		Round 4 Total /25			**21**	
		TOTAL SCORE (/100)			**75.5**	