					Temu	
			Reviewed by Alex Fergus		7 in 1	
			www.LightTherapyInsiders.com		/	
			2025		/	
					/	
				Points		Comments
Round 1 - Fit & Ease of Use (25 points)	Fit (15)	Stays in Place	Mask doesn't shift or require frequent adjustment.	*2*	1	Was ok - but only one strap - had to keep to tight to stay in place
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	0	It's a hard plastic design - no room for movement. Nose area is far to small, was very uncomfortable to wear.
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	1	Very poor ventilation.
		Easy to Speak	No restriction around mouth/jaw.	*2*	0	No, very tiny gap for mouth, pressure on lips
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	0	Nose was completly block
		Easy to put on/off	Simple, intuitive process.	*2*	1	Yeah but strap and mask are very tight. not pleasant
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	1	Ok around cheeks, but not forehead
		Good strap system	Adjustable, stable, not overly tight.	*1*	0	Poor design
		Total (/15)			**4**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	2	Works ok, but button is overly sensitive
		Cordless	Cord free design	*2*	2	
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	
		Clear & useful instructions	Think about first timers	*1*	1	
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	0.5	Usb C charging, but not ideal for travel, no timer adjustment
		Total (/10)			7.5	
		ROUND 1 TOTAL (/25)			11.5	
Round 2 - Therapeutic Power (25 points)	Wavelengths (10)	1x Red (630-660nm)	Gold standard for collagen & skin health.	*3*	3	636nm
		2nd Red (630-660nm)	Slight variation for extra potential benefits	*1*		
		Near IR (800-850nm)	Deeper penetration, synergistic with red.	*3*		No NIR
		Deep NIR (>900nm)	Less studied, less dermal absorption.	*1*		
		Blue (400-470nm)	Acne control, no rejuvenation benefits.	*1*	1	460nm
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*		Marketed as having Red, Blue, Green, Yellow, Purple, Turquoise & White - but actually only 3 wavelnegths. The manual states there is 590nm yellow - but it's not detected
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*		Has green but it's outside the clinical window - as it is 510nm Green.
		Total			4	
		Figure (excl blue)			**0.615**	
	Power/Dose (15)	5-9 J/cm2		*15*		Far to low of an energy output to have a therapetuci effect.
		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*	0	
		Total			0	
		ROUND 2 TOTAL /25			**4**	
		Combined Total /50			**15.5**	
	test 1	0.8				
	test 2	0.5				
	test 3	0.75				
	Av mw/cm2	**0.6833333333**				
	Session mins	15				
	J per session	**0.615**				
		# Chips:			**276**	
Round 3 - Coverage Quality (25 points)	LED Chip Count (10)	500+		*10*		92 LEDs - triple chip so 276 chips. But effectively there are only 92 red chips in this mask
		400-499		*9*		
		300-399		*8*		
		200-299		*6*	6	
		100-199		*4*		
		50-99		*2*		
		0-49		*0*		
		Total /10			6	
	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	though the mask goes quite high on the forehead, the leds don't go all the way up
		Temples		*1.5*	0	no coverage
		Crows feet		*1.5*	0	none
		Under eyes		*1.5*	0.5	leds are quite low down
		Nose bridge		*1.5*	0.5	some leds - but probably too high
		Nose		*1.5*	1	4 leds around the side of the nose
		Cheeks		*1.5*	1.5	
		Lips		*1.5*	0	
		Chin		*1.5*	1	
		Jawline		*1.5*	0	mask coverage is lacking down here
		Total /15			5	
		Round 3 Total /25			**11**	
		Combined Total /75			**26.5**	
		Price less discount + US Ship			**$35**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*	20	
		$100–$199		*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			20	
	Peace of Mind (5)	Warranty	2 points for 3 years, 1 point for 2 years	*2*	0	
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	2	free returns for 90 days
		Company Age	2 years +	*1*	0.5	temu is legit, are the companies making the mask though?
		Total			2.5	
		Round 4 Total /25			**22.5**	
		TOTAL SCORE (/100)			**49**	