			Reviewed by Alex Fergus		BRAND	Maysama
					Name	Prana
			www.LightTherapyInsiders.com		Discount %	10%
			2025		Code	ALEX
					link	https://aferg.co/maysama
				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	
		Comfortable to wear	No pinching, nose bridge compression, or orbital discomfort.	*2*	1	pressure on the lips, and it does squaish the ears a little
		Free from sweat	Good ventilation; doesn't trap heat or moisture.	*2*	1	Its ok - but it was sticky taking off, and if you talk or mouth breath while using it you do get a lot of moisture build up - no vent in the lip area
		Easy to Speak	No restriction around mouth/jaw.	*2*	1	i can - but lips are pressed agaisnt mask
		Easy to Breathe	Nostrils not blocked; doesn't cause a claustrophobic feel.	*2*	2	nose is free and clear
		Easy to put on/off	Simple, intuitive process.	*2*	2	no issues
		Even Skin Contact	Mask sits flush and maintains consistent facial contact (especially around the nose and cheeks).	*2*	1.5	actually really good - hugs the face in all the key areas
		Good strap system	Adjustable, stable, not overly tight.	*1*	2	
		Total (/15)			**12.5**	
	Operation (10)	Simple operation	Simple buttons, logical itnerface (no need for manual), responsive buttoms	*3*	2.5	Yeah it all makes sense - except for the pulsing function - i did need to refer to the manual for that. the is a small screen which displays everything, though the resolution is quite low
		Cordless	Cord free design	*2*	0	not cordless,
		Ability to disable wavelengths	1 point to turn off NIR. One poiint to turn off Blue	*2*	2	yes - foru modes - Red, RED+NIR, NIR and Red plus Blue
		Clear & useful instructions	Think about first timers	*1*	1	good manual and first time users guide
		Other	Easy charging.(USB-C) Travel friendly (foldable? case?) Timer Adjustment Other things?	*2*	2	incluces pulsed light - 100hz USB C, fliexble for travel, 3 timer modes + includes pulsed like option
		Total (/10)			7.5	
		ROUND 1 TOTAL (/25)			20	
Round 2 - Therapeutic Power (25 points)	Wavelengths (10)	1x Red (630-660nm)	Gold standard for collagen & skin health.	*3*	3	630nm
		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*	1	450nm
		Amber (585-600nm)	Anti-inflammatory, skin tone/texture.	*0.5*		
		Green (520-540nm)	Low evidence; tolerable in moderation.	*0.5*		
		Total			8	
		Figure (excl blue)			**9.72**	
	Power/Dose (15)	5-9 J/cm2		*15*		most powerful LEDs iv'e tested yet - some measuring 76mw/cm2 over the led (usually around 10-15) But - default time is 1min - that leads to a 3.4J dose - whcih is actually good. The manual recommends a 6 min session - whcih would mean a 19.5 J/ dose A 3 min sesison would be much better though - in the perfect zone these are high energy LEDs - i think it's uncessary for a mask howwver
		3-4 or 10-14 J/cm2		*12*	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			12	
		ROUND 2 TOTAL /25			**20**	
		Combined Total /50			**40**	
	test 1	51				
	test 2	63				
	test 3	48				
	Av mw/cm2	**54**				
	Session mins	3				
	J per session	**9.72**				
Round 3 - Coverage Quality (25 points)		**# Chips:**			**276**	
	LED Chip Count (10)	500+		*10*		138 dual chip LEDs
		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*	1	its good - could be better though
		Temples		*1.5*	1	good - needs more concerntraion of LEDs
		Crows feet		*1.5*	1.5	Leds in the right spot
		Under eyes		*1.5*	1	LEDs could be slightly higher
		Nose bridge		*1.5*	0.5	missing leds here - though there is one above the nose so some light leakage will help
		Nose		*1.5*	1	8 leds on the nose - but not full coverage
		Cheeks		*1.5*	1.5	not an issue
		Lips		*1.5*	1.5	full mouth covering - i could be pikcing and say there needs to be a higher concerntration of LEDs, but given hardly any masks have lip coverage i'll go easy on them
		Chin		*1.5*	1	mask needs to be lower for perfect coverage, but you do get a lot of LEDs down there
		Jawline		*1.5*	0.5	needs to go lower
		Total /15			10.5	
		Round 3 Total /25			**16.5**	

		Combined Total /75			**56.5**	
		Price less discount + US Ship			**$340**	
Round 4 - Price & Peace of Mind (25 points)	Shipped Price (20)	$0–$99		*20*		retail is $375 - with code - shipping its $340
		$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 years
		Returns Policy	free & 60 day 2 points. 30 days and or fee 1 point	*2*	0	Only a 14 day return peroid
		Company Age	2 years +	*1*	1	5 years old
		Total			2	
		Round 4 Total /25			**16**	
		TOTAL SCORE (/100)			**72.5**	