

Mayo Clinic Minute: Dermatologist explains light therapy for skin

Video	Audio
	"Every color of the rainbow has a different wavelength of light. And we have found, through research in dermatology, that certain visible light colors, when they are concentrated and intensified, can have some benefit to the skin."
	Dr. Dawn Davis says blue light therapy, which looks like this, works to help treat acne by causing an oxidative reaction on the skin.
Dawn Davis, M.D. Dermatology Mayo Clinic	"And red light can have some similar anti-oxidative or oxidative properties on the skin, which can be used sometimes to treat acne and also photoaging."
	But what about light therapy outside of a dermatologist office, like red light masks and wands sold over the counter? Dr. Davis says, before you spend your money on these products, which may not be effective or safe, talk to your dermatologist.
	"So if you have interest in using an over-the-counter red or pink light, or a prescription blue light from a dermatologist's office, please talk to your local dermatologist about its potential uses for you and your skin and your health."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.