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AWAKEN

— RED LIGHT —

WELLNESS. ILLUMINATED.

CLIENT RESEARCH GUIDE

Skin Glow & Anti-aging

RED LIGHT THERAPY / PHOTOBIOMODULATION

Selected published research, clinical findings & practical insights



SKIN
GLOW



SMOOTHER
TEXTURE



COLLAGEN
SUPPORT



FIRMER
SKIN



AWAKEN RED LIGHT | CLIENT RESEARCH GUIDE

Red light therapy for skin glow & anti-aging

Encouraging science for smoother, more radiant-looking skin

Human studies have documented improvements in fine lines, skin texture, elasticity and collagen-related measures with red and near-infrared light. This noninvasive approach, known as photobiomodulation (PBM), offers a promising addition to a thoughtful skin-care routine. [1-4, 11]

AREA OF INTEREST	POSITIVE RESEARCH HIGHLIGHTS
 Skin glow & tone	Studies report better complexion, more even-looking tone and improved overall skin quality. [2, 8, 9]
 Fine lines & wrinkles	Clinical trials found improvements in wrinkle depth, length, volume or surface measurements. [1, 3-6]
 Firmness & elasticity	Research reports improved elasticity and firmer-feeling skin with selected light protocols. [1, 10, 11]
 Collagen-related changes	Skin samples and ultrasound assessments show encouraging collagen and tissue-density findings. [1, 2, 10]
 Smoother texture	Participants and skin-imaging tests have recorded softer-feeling, smoother-looking skin. [2, 3, 8, 11]

A little light. A considered skin ritual.

Explore 12 selected research publications with positive skin-rejuvenation findings, followed by an introduction to Awaken's five-wavelength bed. Each study includes a plain-language takeaway and a link to the original research.

Here, anti-aging refers to the appearance of skin. Findings describe the devices and protocols studied; individual results vary.

The science of smoother-looking skin

01 Fewer wrinkles, with improved skin elasticity

Lee et al. | Journal of Photochemistry and Photobiology B, 2007
76 participants; randomized, sham-controlled facial study; 633 and/or 830 nm

A four-week course of twice-weekly treatment was followed by measurable improvements in wrinkles and elasticity from baseline in the active groups. Skin samples also showed increased collagen and elastic fibers. The study combined blinded assessments, surface measurements and microscopic examination.

Positive finding: Visible improvements were supported by measurements of skin texture, elasticity and tissue structure.

[Read the research](#) ↗

02 A smoother complexion and greater collagen density

Wunsch & Matuschka | Photomedicine and Laser Surgery, 2014
136 volunteers enrolled; controlled study; large-area and full-body light devices

After 30 sessions, treated groups showed better skin roughness, wrinkle ratings and ultrasound-measured collagen density than untreated controls. Participants also reported improved complexion and skin feel. The study used polychromatic lamps with red-only or broader visible/near-infrared output; controls were not randomly assigned.

Positive finding: large-area light treatment produced encouraging cosmetic and collagen-density results in a controlled human study.

[Read the research](#) ↗

03 660 nm red light: smoother lines and texture

Barolet et al. | Journal of Investigative Dermatology, 2009
Single-blinded, split-face clinical study with companion laboratory research

After 12 pulsed-red-light treatments, more than 90% of participants showed reduced wrinkle depth and surface roughness on instrument measurements. A blinded clinical assessment found improved wrinkle-severity scores in 87%. These percentages describe participants with improvement, not the size of wrinkle reduction.

Positive finding: A 660 nm protocol produced improvements in both measured skin texture and clinical wrinkle ratings.

[Read the research](#) ↗

A closer look at fine lines

04

Crow's feet: a measurable reduction in wrinkle volume

Mota et al. | Photobiomodulation, Photomedicine, and Laser Surgery, 2023

137 women recruited; randomized split-face comparison; 660 nm red vs. 590 nm amber

After 10 sessions over four weeks, wrinkle volume around the eyes decreased by 31.6% from baseline on the red-light-treated side. Amber light was also beneficial. This was an active-light comparison, so the percentage describes change from each side's starting measurement, not an advantage over placebo.

Positive finding: Red light produced a clear improvement in an instrument-based measure of crow's-feet wrinkles.

[Read the research](#) ↗

05

660 nm light: improved fine-wrinkle measurements

Nam et al. | Dermatologic Surgery, 2017

52 women; randomized, double-blinded comparison of red and white LED devices

After 12 weeks, skin-replica measurements showed improved eye-area wrinkles from baseline with both red and white light. Participants using 660 nm red light also reported favorable overall improvement. The positive findings highlighted here concern surface measurements and participant feedback.

Positive finding: A consistent red-light routine was associated with smoother-looking fine wrinkles on objective surface testing.

[Read the research](#) ↗

06

A newer trial: finer lines and greater satisfaction

Bragato et al. | Lasers in Medical Science, 2025

95 women; randomized, sham-controlled trial; 660 nm facial mask

Four weeks of treatment improved computer-measured frown-line and right eye-area wrinkle lengths compared with sham treatment. Participants also rated their facial appearance more favorably on the FACE-Q questionnaire. These were the trial's positive image-analysis and satisfaction outcomes.

Positive finding: Selected wrinkle measurements and satisfaction improved in a recent placebo-controlled study.

[Read the research](#) ↗

A brighter-looking complexion

07

Eye-area improvements participants noticed

Russell, Kellett & Reilly | Journal of Cosmetic and Laser Therapy, 2005

31 participants; clinical series; 633 and 830 nm combination treatment

Following nine treatments, skin-surface measurements improved at the 12-week follow-up. The authors reported that 52% of participants had a 25%-50% improvement in photoaging scores, while 81% reported improvement in eye-area wrinkles. This was a clinical series without a placebo comparison.

Positive finding: Measured changes in the skin surface were accompanied by positive participant perceptions.

[Read the research](#) ↗

08

Improved skin tone and a smoother feel

Baez & Reilly | Journal of Cosmetic Dermatology, 2007

13 participants enrolled; small clinical series; 633 and 830 nm

After a five-week course of nine treatments, follow-up assessments found improvements in visible signs of photoaging. At 12 weeks, the authors reported that 91% of subjects noticed improved skin tone and 82% noticed smoother skin. These were participant-reported outcomes in a small study.

Positive finding: Better-looking tone and smoother-feeling skin were prominent benefits reported by participants.

[Read the research](#) ↗

09

A more even-looking complexion over time

Couturaud et al. | Skin Research and Technology, 2023

20 adults; uncontrolled, industry-associated study; 630 ± 10 nm mask

Over three months, researchers recorded improvements in crow's-feet depth, skin roughness, firmness and dermal density. Skin-tone evenness and elasticity also improved at later assessments. All volunteers reported better overall skin quality. The study compared participants with their own starting measurements.

Positive finding: A red-light routine showed encouraging changes across several features of a smoother, more even-looking complexion.

[Read the research](#) ↗

Softer. Smoother. More supple.

10 Softer, smoother and firmer-feeling skin

Goldberg et al. | *Journal of Drugs in Dermatology*, 2006
36 participants; clinical series with biopsies in five; 633 and 830 nm

Nine treatments over five weeks produced significant improvements in wrinkle measurements. Most participants reported better softness, smoothness and firmness. In the small biopsy subgroup, electron microscopy showed thicker collagen fibers after treatment.

Positive finding: The study connected improved skin feel and wrinkle appearance with encouraging microscopic collagen findings.

[Read the research](#) ↗

11 Better elasticity in a split-face comparison

Ng, Wanitphakdeedecha & Yan | *Journal of Cosmetic Dermatology*, 2020
24 participants; split-face pilot study; 637 and 854 nm home-use device

The treated side of the face had better measured elasticity than the untreated side at weeks six and eight. Imaging also showed improved texture on the treated side at eight weeks, and participants reported greater overall improvement over the course.

Positive finding: A red-plus-near-infrared routine improved elasticity and skin texture in this small controlled comparison.

[Read the research](#) ↗

12 Positive rejuvenation findings in men's skin

Mineroff et al. | *Archives of Dermatological Research*, 2023
Six-week clinical study in men; 633, 830 and 1072 nm facial mask

Men reported improvements in fine lines, texture and youthful appearance after six weeks. Digital photographic analysis also found favorable changes in wrinkles, brown spots and pores. This study used a three-wavelength facial mask, including 1072 nm, and its results belong to that combination.

Positive finding: Encouraging skin-rejuvenation results have also been documented in a male study population.

[Read the research](#) ↗

What a more radiant look can mean

In this guide, glow describes the overall impression of smoother, more even-looking skin. The studies make that idea more concrete by measuring individual features.

THE COSMETIC GOAL

WHAT RESEARCH MEASURED

A smoother surface

Less surface roughness and improved texture on skin imaging or replicas. [2, 3, 11]

Finer-looking lines

Changes in measured wrinkle depth, length or volume around the eyes and other facial areas. [1, 4-6]

More supple skin

Improved elasticity measurements, or participant-reported softness and firmness. [1, 10, 11]

More even-looking tone

Improved complexion ratings or measured uniformity of skin tone. [8, 9]

Support beneath the surface

Collagen-fiber findings in small skin samples and higher ultrasound-measured tissue density. [1, 2, 10]

A routine that unfolds over time

Positive findings generally followed a series of sessions. Different studies assessed different outcomes and schedules:

4-week courses

Selected wrinkle measurements improved following red-light facial treatment courses. [4, 6]

6-8 weeks

Studies reported improvements in male facial appearance or measured elasticity. [11, 12]

12 weeks

Trials recorded positive fine-wrinkle or broader skin-quality findings. [5, 9]

A useful way to follow your own progress: Compare photographs taken with the same lighting, angle and expression. Study timeframes are examples; your session plan and response will be individual.

Five wavelengths. One skin-care ritual.

Awaken's bed combines red and near-infrared LEDs in a surrounding full-body chamber. The format brings light to multiple areas during one relaxed visit.

RED LIGHT

633 nm | 660 nm

NEAR-INFRARED LIGHT

810 nm | 850 nm | 940 nm

43,200

LED LIGHT SOURCES

360°

CHAMBER COVERAGE

32 + 1

COOLING FANS

Red wavelengths with a research connection

The bed includes 633 nm and 660 nm, both used in the positive facial-rejuvenation research featured in this guide. [1, 3-6]

A comfortable, guided experience

Integrated cooling, a dedicated body fan and Bluetooth audio support a relaxed visit. Tablet controls allow staff to manage the session, and a built-in emergency stop provides an immediate stop control.

Connecting the technology to the studies: Shared wavelengths provide a useful link to the research. Most studies here treated the face with a mask or local device; the large-area study used different lamps. Results also depend on dose, settings and exposure, so these papers do not validate Awaken's exact bed or presets.

Manufacturer-reported details: 129 mW/cm² irradiance at zero distance and 6,000 W rated machine power. These equipment ratings describe the device, not a guaranteed cosmetic result.

[Manufacturer specifications](#) ↗

The people behind the positive findings

These examples highlight participants in published studies already cited in this guide. They are research snapshots, not Awaken testimonials or promised individual results.

76 participants in a controlled facial study

633 NM / 830 NM

Wrinkle and elasticity measurements improved in the active groups. Small skin samples also showed increases in collagen and elastic fibers, connecting visible change with tissue findings. [1]

[Read the clinical study](#) ↗

I36 volunteers in a large-area light study

LARGE-AREA & FULL-BODY LIGHT

Treated groups had better wrinkle, roughness and collagen-density results than untreated controls. The study used polychromatic lamps, including full-body units, with nonrandomized control recruitment. [2]

[Read the clinical study](#) ↗

I37 women recruited for an eye-area trial

660 NM RED VS. 590 NM AMBER

After four weeks, the red-treated side showed a 31.6% reduction in measured wrinkle volume from baseline. This positive change was measured around the eyes and belongs to the trial's specific protocol. [4]

[Read the clinical study](#) ↗

The shared theme: A smoother surface, finer-looking lines and more supple skin are meaningful cosmetic goals. These positive findings offer encouraging reasons to explore light as part of a consistent skin-care routine.

Make time for your skin

Explore the positive findings

Skin texture, elasticity & collagen

Studies 1-3

A closer look at fine lines

Studies 4-6

Complexion, tone & visible quality

Studies 7-9

Firmness, suppleness & men's skin

Studies 10-12

About this research selection

This client guide highlights positive findings from 12 human research publications. It is a selected collection, not a comprehensive review or pooled analysis.

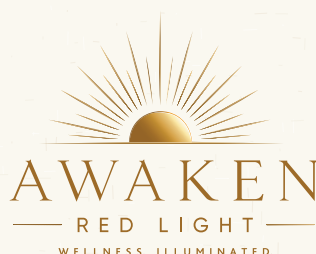
Summaries focus on the outcomes that improved; not every measured outcome improved in every study.

Study designs include controlled trials and small clinical series. Some papers report industry relationships. Click each research link for the original source, methods and disclosures.

Your skin, your priorities

- ★ **Share your goals.** Tell us whether your priority is fine lines, a smoother feel, improved tone or a more refreshed appearance.
- ★ **Get to know the experience.** Our team will explain the bed, session controls and what to expect during your visit.
- ★ **Make space for consistency.** Choose a routine you can maintain, and follow the session plan and device instructions provided by the team.
- ★ **Notice the details.** Keep consistent photographs and note changes in how your skin looks and feels over time.

Individual results vary. Research timeframes and percentages describe study results, rather than a guaranteed result from your visits.



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A little light.
A moment for you.

*Make wellness a ritual.
Make time for yourself.*



RESTORE



RECHARGE



RENEW

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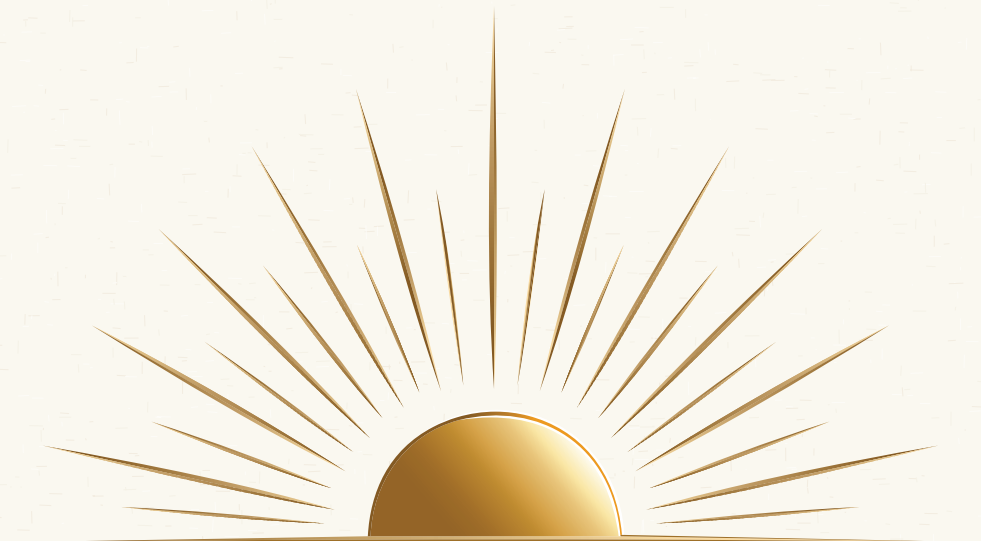
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SCAN TO EXPLORE

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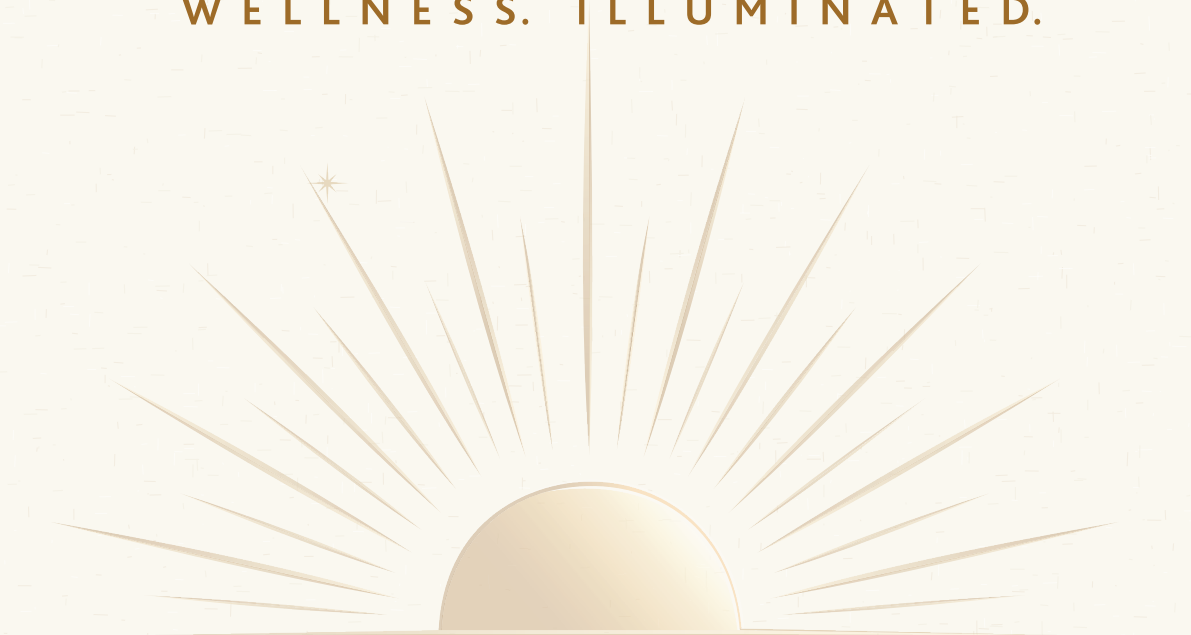
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