

Why

## Why Choose an Associated Skin Care Professionals Practitioner?

Your skin care treatments should be provided by a properly trained and licensed professional. Don't hesitate to ask your skin care therapist about his or her background, training, and experience—especially as it relates to the treatment you are considering.

As a member of ASCP, your skin care professional's state licensing credentials and/or core training have been validated. ASCP members know that each client's skin is as unique as the individual beneath it, and that skin type can change depending on lifestyle, medications, allergies, or diet.

ASCP members agree to follow a code of ethics, which ensures that you're treated responsibly and with the utmost respect. ASCP also provides comprehensive resources that allow members to keep up with the ever-changing trends and treatments the way only a true professional can, making certain you'll receive the most up-to-date skin care therapies available. For more information about ASCP, visit [www.ascpskincare.com](http://www.ascpskincare.com).



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### Beauty That Is More Than Skin Deep

Kalón By Kiesha provides an integrated approach to skincare by interconnecting the whole body and mind together. Our goal is to provide you with an experience that is more than skin deep...securing the spirit to nourish (the skin/body), empower (the soul), and educate (the mind) to sustain a healthier life. Come see for yourself why Beauty is More Than Skin Deep.

Kiesha Butler, MBA  
Licensed Esthetician

1653 Merriman Road, Suite 106  
Akron, Ohio 44313

Phone: 330-957-4798

E-mail: [kalonbykiesha@gmail.com](mailto:kalonbykiesha@gmail.com)

[www.kalonbykiesha.com](http://www.kalonbykiesha.com)

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# LED Therapy

## What is LED Therapy?

This skin care treatment uses light-emitting diodes (LEDs) of various colors, normally red, blue, and infrared. It should not be confused with laser therapy. LEDs produce a low-powered glowing light, which is positioned to shine onto the face or other area being treated. No heat is produced by the LEDs, although the device used by your skin care professional may include other sources of warmth to provide additional benefits.

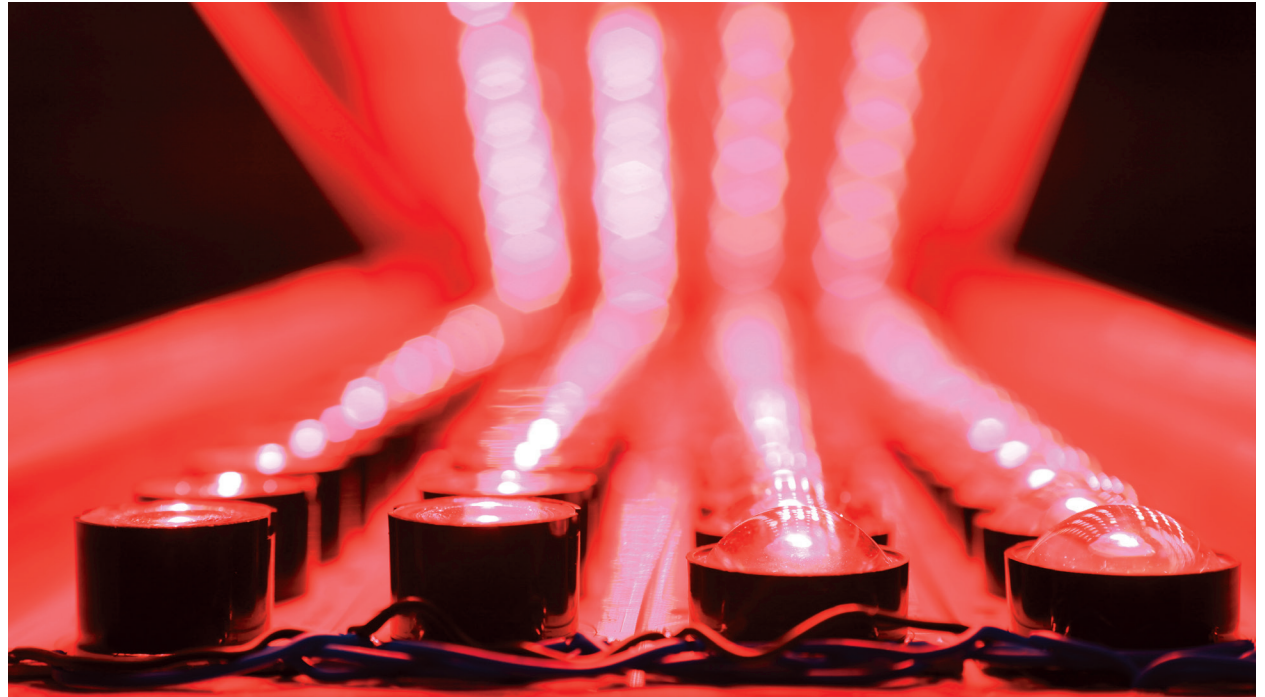
The skin benefits of different colors of LED light have been identified through a broad array of studies. The most often cited study is the Whelan study, published in 2001 by NASA's Marshall

Space Flight Center, which found that LED light helped speed up wound healing.

Red light is most often used for general skin improvement and to reduce the visible signs of aging. Blue light has been shown to destroy acne bacteria.



Infrared light may have beneficial effects on the skin's natural supply of collagen and elastin, which are responsible for maintaining skin firmness and resilience. A series of regular treatments will provide the best results.



## Who Can Benefit from LED Therapy?

LED therapy will benefit most people, although there are some medical conditions or other situations in which it is not advisable. Your skin care professional will review these prior to your treatment to determine if LED therapy is right for you.

## How Should I Prepare for Treatment?

No special preparation is necessary. Simply arrive to your appointment on time, relax, and enjoy the treatment. If you normally wear makeup, you can choose to come to the appointment with a clean face or let your skin care professional remove it for you prior to the treatment. Glasses will need to be removed, but contact lenses can be left in.

## What Can I Expect During the Treatment?

Your skin care professional will cleanse your skin and may also apply a serum or other facial products to enhance the benefits of your session, depending on your goals and the range of treatments offered.

The LED device will be positioned on your skin or up to a few inches away. Your eyes will be covered so that the light does not bother you. Relax and rest while the glow of the LEDs bathes your skin.

Typically, no sensation is felt. Some people feel a slight tingling, or see flashes in their vision temporarily as a result of having a light source close to their face. Keeping your eyes closed and covered during the treatment will help avoid this.