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The surprising science behind red-light therapy – and how it really works

People are buying helmets, face masks, vests and beds that emit long-wavelength light. Research the hype, there's some interesting biology.

By Linda Geddes

Linda Geddes is a freelance writer based in London, UK.

In 2015, dermatologist David Gray was on holiday with his family in the Bahamas, when his 19-year-old daughter developed a massive acne. The teenager was certified for Florida, and then in Chicago for surgery. As his son was being partially paralysed in a hospital bed, Gray began a crash course in Philippine medical tourism.

The colleague, a dermatologist at the Lyon Medical Hospital in Cebu City, Philippines, had been trained in the non-invasive technique with the Lumenis Deka Deka laser. Gray reasoned that these laser pulses would reduce his son's scars. Sure enough, after brown stripes, the original Gray is consider trying it on his son.

Gray's son underwent a course of treatment, and it was a success. Gray's son underwent a course of treatment, and it was a success. Gray's son underwent a course of treatment, and it was a success.