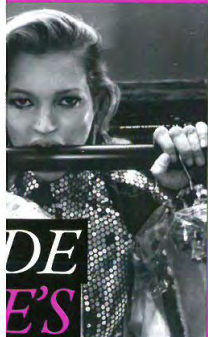


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## LEADING LIGHTS

The trend first emerged at Skin Laundry, a cool LA salon offering speedy sessions of light and laser. They're set to open in the UK this autumn, but until then, here's our pick of the best...

● The Light Salon in Harvey Nichols, Knightsbridge, is a walk-in light bar that offers LED treatments from the comfort of an armchair. To tackle lines and plump up skin, pick the LED Rejuvenation Facial, £35 (11 minutes) – it boosts collagen, elastin and hyaluronic acid using yellow and near-infrared light (similar to red but with a longer wavelength to penetrate deeper). *Grazia* tip: put your hands on your shoulders so your mitts get the benefits too.

● Dr Frances Prenna-Jones' discreet Mayfair clinic is one of London's best-kept secrets for expensive-looking skin, but her new Selfridges pop-up is set to let the cat out of the bag... Choose from a menu of 15-minute laser and light treatments, including The Glow Booster, Under The Weather and The Morning After, £50 (redeemable against products). All use a winning combo of YAG laser and IPL to minimise pores, even out skin tone and kick-start collagen and elastin production.

● For a speedy skin pit-stop, drop in to Sarah Chapman's flagship

Chelsea boutique for a session in the Dermalux Skin-Glow LED Light Pod, £40 for 20 minutes (or find a clinic near you at [dermaluxled.com](http://dermaluxled.com)). It delivers red, blue and near-infrared light all at once for a collagen-boosting, blemish-fighting, anti-inflammatory triple-whammy.

## LEARN YOUR LIGHTS

*Don't know your LEDs from your IPL? Swot up with our guide and get the right ray for your skin...*

**LASER:** lasers emit an intense beam of light in a single wavelength to tackle everything from hyper-pigmentation to acne scarring and wrinkles. At low levels (as in the new 'light bar' treatments), laser boosts collagen to plump up skin and vaporises dirt and bacteria from pores.

**IPL:** unlike laser, IPL (intense pulsed light) uses a mix of different wavelengths. It boosts collagen production, but its main benefit is in targeting redness and brown spots.

**LED:** more diffuse than laser and IPL, LED (light-emitting diode) therapy uses different light colours to deliver a variety of complexion benefits...

**Red light** amps up healing and boosts collagen production so it's great for keeping skin plump and firm and staving off wrinkles. It's anti-inflammatory, so good for rosacea too.

**Blue light** destroys the bacteria that causes acne, so it's ideal if you're breakout-prone. Bear in mind that it works best on inflamed spots – it won't do much for blackheads or whiteheads.

**Yellow light** is often used to prep skin for other types of light. It creates movement in the outer layers of skin cells, so any other light you follow up with can penetrate better. Also great for bringing a glow to weary skin.

● Elemis BIOTEC facials, nationwide from £60, combine massage with LED therapy. There's a facial for every possible issue, including the Line Eraser, Sensitive Skin Soother and Anti-Pigment Brightener.

## HOME LIGHTING

Prefer to DIY? Invest in a home LED device...

1. TRIA Acne-Clearing Blue Light, £229, is gentle enough to use daily and only takes about five minutes a session.
2. Lumie Clear, £149, combines blue light to kill acne bacteria with red light to help skin heal. Has an adjustable stand so you can treat bacne too.
3. Quasar MD Plus, £489.99, uses professional-power red light to rebuild collagen and elastin. Pricey, but then so is a lifetime of Botox! ■

