



Enhance!

By B-je Tan

Let there be light...!

If we read the story of creation in the book of Genesis, God's first statement was: *Let there be light..* Then the heavenly bodies were created and all forms of life thereafter.

Light stimulates the flow of energy waves that travel rapidly through the protein fabric of any living organism promoting growth and regeneration. However, light in its natural form can also destroy and mutilate the same life forms which take energy from it.

What I want to discuss in this article are the effects of light in the visible spectrum. We can see and identify these colors through the different colors that they emit and the depth of penetration and absorption by the skin. Light flows in different wavelengths, usually measured in nanometers (nm). These visible lights are blue, green, yellow and red ranging from 470-640 nm, Research has shown that like vitamins, colors have varying impacts on different cells. These particular LED's or light emitting diodes present in a Solitone Machine face panel are pure, polarized, narrow band frequencies that are safer than natural sunlight because they don't emit harmful UV rays.

It is truly a blessing to be in this line of work when technology used by NASA is used in the field of skin treatment. In the early days when astronauts who manned space flights get injured in space, the wounds did not recover until they returned to earth. No one knew why. Later on, when astronauts began growing plants in space, they discovered that wounds or injuries on the skin would heal when exposed to the same red light that was used to grow plants.

What does light therapy do to the skin? Light therapy increases vascularity (circulation). It stimulates the formation of new capillaries, replacing the damaged ones. New capillaries make healing process faster by carrying more nutrients and oxygen needed for healing. They carry more waste products that will promote better excretions from the body systems. This is perfect for people with rosacea, acne with inflammation, redness and broken capillaries.

Light stimulates the production of collagen. Collagen, the most common protein found in the body, is the essential protein used to repair and replace damaged tissue. It holds the tissue together to be able to hold moisture on the skin for better elasticity. Increased collagen means less scar tissue formation on the damaged site. This is a great for people who want anti-aging treatment and who have concerns about enlarged and pitted pores.

Light stimulates the release of adenosine triphosphate (ATP) which is the major carrier of energy to all cells. Increases in ATP allows cells to receive nourishments faster and excrete waste products faster by increasing the energy level in the cell. This ensures nutrients are utilized by the cells because all food turns into ATP before they are used by the cells.

Light increases lymphatic system activity. Research has shown that light therapy doubles the lymph vessel diameter and the flow of the lymph system. It can also increase the diameter of the veins as well as the arteries which means that *edema* (liquid and protein) or water retention can be evacuated at a much faster rate to relieve swelling.

Light therapy increases RNA and DNA synthesis which helps damaged cells to be replaced more promptly.

The red light of the Solitone machine which penetrates deep down to the connective tissues without heat and damage give signal to the fibroblasts to form collagen fibers. Collagen retains moisture on the skin. (fr.Silhout-Tone Manual)

I have a special client, in her thirties, who suffered from major acne breakouts. She refused to take antibiotics and acne medication, Accutane, prescribed by her family doctor. She opted to stick it out with the acne treatment program I planned for her. Because of that, I bought the Solitone machine and started her with the Light Therapy program. She had 3 treatments before Christmas and when I returned from my Manila trip on Jan 21st, I was almost in tears of joy when I saw her skin clearer and the dark blemishes lighter. She came for two more and I believe this would be a monthly thing for her after experiencing the results. She is a walking proof of

the effectiveness of the light therapy. I commended her for her patience in doing her part of treatment at home. I always tell my clients that *"it takes two to tango"*. The success of the treatment is shared with the client's dedication in doing the homecare program.

It has been a very remarkable experience working with the Solitone light energy machine so far. If you adhere to the practice: *"To see is to believe"*, I have no doubt that one treatment will convince you about the rejuvenating effects of light. You probably would ask for more. I have seen the results and I can't help but get pretty excited for people who come for treatments including myself, my husband and my friends!

I am very happy for the people who have tried it including my sister from Long Beach who came for the treatment. She received the "Special Occasion Treatment" which included 3 treatments within 7-10 days. This will be good for brides-to-be and people who want the rejuvenation boost before a special event or party. I had ladies who got this package before their trips to Manila. What a treat!

Skin rejuvenation is truly achievable but this endeavor is a concerted effort between yourself living a healthy lifestyle and your esthetician, beauty therapist or skin specialist.

To welcome and celebrate the Chinese New Year on February 18, the whole month of February will be a total blowout! Check the coupon out! Kung Hei Fat Choy !!

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