

VOGUE



SHOPPING

Everything You Need to Know About the Sunlighten Red Light Therapy Panel

BY EMILY OROFINO

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If you consider yourself a true skin-care aficionado, chances are you already have a [red light therapy wand](#) or [LED mask](#) on heavy rotation in your routine. But these devices aren't really practical for treating much beyond your neck—which is where [Sunlighten Red Light Therapy Panel](#) comes in. As a fan of Sunlighten's personal sauna system, I was first in line to try the brand's newest device: a generously-sized, surprisingly attractive LED panel that boasts both red and near infrared lights. And while I was fully expecting the Sunlighten Red Light Therapy Panel to transform my bedroom into a spa and my dull complexion into a radiant one (check, check), it turned out to be capable of so much more.

Like a mask or wand, a [red light therapy](#) panel is a device made up of multiple light-emitting diodes that emit red light, generated at specific wavelengths to penetrate the skin at different depths, explains [Dr. Connie Yang](#), board-certified dermatologist at [PFRANKMD](#) by [Dr. Paul Jarrod Frank](#) in New York, NY. "The light is absorbed by mitochondria, the energy powerhouse of the body, and stimulates production of ATP, which is the energy source for crucial cellular processes," she says.

My Experience with the Sunlighten Red Light Therapy Panel

"Choosing a panel versus a mask depends on your individual needs and treatment goals," says [Dr. Yang](#), who points out that masks tend to be easier to use and more portable. Considering you need to be consistent with using a red light device to see benefits, ease of use is important.

How often should you use the Sunlighten Red Light Therapy Panel?

All of our experts agree that it's ideal to use red light therapy three to five times a week to get the best results. "For wound healing or muscle recovery, you may use it as frequently as daily," says [Dr. Yang](#). Once you start experiencing the benefits of this luxe device, you'll want to make it part of your everyday routine.

Meet the Experts

- [Dr. Connie Yang](#) is a board-certified dermatologist at [PFRANKMD](#) by [Dr. Paul Jarrod Frank](#) in New York, NY.