

7-color LED light therapy chart

Wavelength range, target concern, biological mechanism and session duration for every color on a 7-color LED device. Print it, laminate it, keep it in the treatment room.

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Every color, wavelength and session length

Wavelengths are the ranges most 7-color devices emit. Session lengths are typical in-practice durations, not manufacturer limits.

COLOR	WAVELENGTH (NM)	PRIMARY SKIN CONCERN	MECHANISM	SESSION DURATION
● Red	630-660	Aging skin, collagen loss	Fibroblast activation and collagen synthesis in the dermis	15-20 min
● Blue	415-450	Acne, bacterial congestion	Porphyrin activation destroys Cutibacterium acnes in the epidermis	10-15 min
● Green	520-530	Pigmentation, redness	Melanin modulation and vascular tone control	15-20 min
● Yellow	580-590	Sensitivity, rosacea	Lymphatic activation and calmed inflammation	15-20 min
● Purple	Red + blue combined	Acne with early aging	Dual action: bacterial destruction plus collagen stimulation	15-20 min
● Cyan	490-520	Inflammation, reactive skin	Anti-inflammatory, soothing response	15-20 min
● White	Full spectrum	Tissue repair, wound healing	Broad cellular activation across multiple depths	20-30 min

Before you start a protocol

Work down both columns at the consultation. Any box left unticked is a reason to pause, not a detail to catch up on later.

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| ☐ Medication list checked. Tetracyclines, retinoids, St John's Wort and some NSAIDs raise phototoxicity risk. | ☐ Skin barrier intact. Delay treatment during active infection or severe dermatitis. |
| ☐ Thyroid status asked. Screen clients on thyroid medication before the first session. | ☐ Pregnancy discussed. Recommend professional assessment before first-trimester treatment. |
| ☐ Photosensitive epilepsy ruled out. Ask directly if the device pulses. | ☐ Lesions cleared. Refer suspicious lesions to dermatology before treating the area. |
| | ☐ Consent and eye protection recorded. Log both against the session. |

Set the course, not just the session. Acne responds to blue 2 to 3 times weekly. Aging concerns want red 3 to 4 times weekly. Move to maintenance once the initial phase is done.

Pick the color, then record the session

Start from what the client presents with. Then log the color, duration and skin response so the next practitioner picks up exactly where you left off.

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Start from the concern, not the color

Frequencies below are the starting points for an initial treatment phase. Reassess after four sessions.

CLIENT PRESENTS WITH	COLOR	SESSION	STARTING FREQUENCY
Acne or congestion	● Blue	10-15 min	2 to 3 times weekly
Fine lines, lost firmness, dullness	● Red	15-20 min	3 to 4 times weekly
Dark spots or uneven tone	● Green	15-20 min	2 to 3 times weekly
Rosacea or reactive skin	● Yellow	15-20 min	Post-treatment or maintenance
Acne with early aging	● Purple	15-20 min	2 to 3 times weekly
Post-procedure inflammation	● Cyan or yellow	15-20 min	As needed after treatment
Tissue repair or wound healing	● White	20-30 min	Per recovery plan

Session log

One row per session. Recording the skin response is what turns a course of treatments into evidence you can show the client.

DATE	CLIENT	COLOR USED	DURATION	SKIN RESPONSE NOTED	PRACTITIONER

This chart is a clinical reference, not a treatment protocol. Confirm wavelengths and power output against your own device documentation, and follow the cleared indications for that device.