

WHITE LIGHT THERAPY CENTRE OPENS AT THE GALLERIES

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If you haven't already heard of white light therapy, you will soon. It is big in America and Japan, its becoming a must-do for celebrities, and now a White Light Therapy Skin Centre has opened here in the Galleries in Bristol.

Using light for health and beauty treatments is still very new. Most people have heard how laser can be used in eye and other medical treatments. White light uses intense pulsed light from a different area of the spectrum and it is now being successfully used for a whole host of benefits and treatments.

Its most popular use is for permanent hair reduction. The difference this can make to people's lives is amazing. For men and women, not having to shave on a regular basis has been described as one of the most uplifting treatments available. For women, it is especially popular on upper lips and under arms but legs and pretty well all areas are easily treated by light therapy.

Intense pulsed light can also be used for a range of other treatments including fine lines and wrinkles, thread veins, age spots and skin revitalization – the light used stimulates that vital collagen.

The White Light Therapy Skin Centre also offers a range of other specialist light treatments; it stocks a number of exclusive skin care products such as the Skin Ceuticals range and it is also a centre for specialist lights to treat SAD (seasonal affective disorder or winter blues).

The centre is staffed by fully qualified and experienced professionals and is open six days a week. Treatments can be easily fitted into a lunchtime break, so either pop in to find out more or call the White Light Therapy Skin Centre on 01256 637800.