

Heavenly Escape

Mind ◊ Body ◊ Beauty



Max⁷

MAX7 Frequently Asked Questions

Is the treatment safe?

It is safe and effective for all skin types, ethnic and age groups with no reported side-effects to the treatments, which are gentle, completely painless, non-abrasive and non-invasive.

In 1991 the National Institute of Neurological disorders and Stroke declared phototherapy to be safe.

Phototherapy is considered to be safe enough to be used in the Milwaukee Children's Hospital Wisconsin to energize cells and prevent growth of chemotherapy mouth sores that keep the patients from eating. Doctors have successfully treated wounds, third degree burns and brain cancer with LED.

LED works with the skin not against the skin like thermal treatments (IPL & LASER). It is a non-thermal treatment, no infra-red or ultra-violet light is used.

Does the skin feel different?

The treatments and the results begin within the skin, right at the heart of the cell. After the first treatment the skin feels tighter and more alive. Due to the increased circulation, oxygenation and moisture, the client will notice a softening of lines and folds, an increase of the inner skin firmness, as a result a healthy glow and skin rejuvenation.

How many treatments are required?

Clinical studies have shown that 1-3 treatments per week for an average of 8-12 treatments for best results.

i.e. Acne 3 times a week for 12 treatments, photo-rejuvenation 2 times per week for 8-10 treatments.

Why do you need all these different colours or wavelengths?

Each wavelength is absorbed by the body in different way. Once absorbed you get a physiological and a chemical change right at the heart of the cell. Within the body we only have 200 different types of cells, therefore it's important to have the right wavelength for each specific physiological response.

The 7 wavelengths from the visible light spectrum are very much needed to ensure a healthy skin. The best example is when you take a multi-vitamin and not just vitamin C!

I read somewhere that you should not tan for 2 weeks before a treatment with the max7. Is this true and if so why? It does not make sense to me as we are only dealing with light bulbs without heat essentially, so I don't see why it would be a problem...

The only reason I speak about the tanning issue is simply to ensure the perfect results. For example if the sun tanning was exaggerated they may suffer from dehydration, flaking and desquamation. . .thus hinder the optimal results even if used in combination with a great signature treatment. Problems of sensitivity may arise especially if there are signs of a sun burn the skin will be a little more reactive. If that's the case I suggest some red 10 minutes and a little green 5 minutes. It would be specifically counter-productive if working on hyper pigmentation.

When using a monochromatic format, what is the maximum time you could spend under a particular wavelength? Or even with the polychromatic format, hypothetically speaking....could you spend a few hours under there, and if not, why not?

We don't recommend more the 40 minutes of one wavelength. Usually the dermatologists or plastic surgeons use that amount of time. 7-10 minutes of one wavelength if using more then one in the monochromatic mode is more then enough. Except if working on acne you may want 20-25 minutes of violet hyper pigmentation or sensitive skin 20+ of green.

You can not overdose on a wavelength or a treatment. If you do one after the other I don't recommend more then 2. It's just not necessary, sort of like going to the gym. You don't need to be there all day, after 60 minutes of cardio and maybe 30-45 minutes of weights you've done your thing.

Does it really work and do you see a difference after one treatment?

The treatments and results begin within the skin, right at the heart of the cell. After the first treatment the skin feels tighter, more alive. Due to increased circulation, increased oxygenation, increased moisture, you will notice a softening of the lines & folds, an increase of inner skin firmness as a result a healthy glow and total skin rejuvenation.

A series of 8 to 12 treatments is recommended depending on skin state. Clients can be treated up to three times a week since there are no thermal effects to the skin. Because the skin does continue to age, and evolve maintenance treatments will be required.