Healite II LED Therapy Melbourne - Me Clinic

Canonical: https://www.meclinic.com.au/skin/skin-rejuvenation-and-treatments/healite-ii-led/

Details:

The Lutronic Healite II is a light-emitting diode (LED) phototherapy system. It delivers light at precise wavelengths, without heat and without breaking the skin .

The principle is photomodulation: light of particular wavelengths is absorbed by cells and influences their activity — supporting repair, reducing inflammation and improving blood flow to the treated area. It is described as low-level light therapy (LLLT).

This is a gentle, comfortable treatment. That is both its appeal and its limit: it does not resurface, remove or restructure anything.

The wavelengths

Blue, 415–470 nm — absorbed by porphyrins produced by acne bacteria. Used for active acne.

Near infrared, 830 nm — penetrates deeper. Used for wound healing, reducing inflammation and swelling, and supporting recovery.

Because it uses no heat, the risk of burning or thermal damage is very low compared with laser and IPL.

What the evidence actually supports, in order

LED is one of the treatments most often oversold, so it is worth setting out plainly where the case is strong and where it thins.

Strongest: recovery support. Reducing swelling, redness, bruising and discomfort after laser, needling, deep peels and surgery, and supporting wound healing. This is the use with the best evidence behind it and the one where people notice the difference themselves, because they have something to compare it against.

Moderate: active acne. Blue light is absorbed by compounds produced by acne bacteria, and reducing the bacterial and inflammatory component is a real contribution. It is a component of an acne plan rather than a plan.

Weakest: rejuvenation on its own. The claims made for LED as a standalone anti-ageing treatment run well ahead of what it reliably delivers. It will not do what needling or laser does, and a long course of LED sold for that purpose is the clearest example of this device being oversold.

If you are being offered LED, the useful question is which of those three rows you are buying.

How it differs from every other treatment here

Almost everything else on this site works by creating a controlled injury and relying on the healing response that follows. Peels, needling, laser and IPL all do this to some degree.

Healite does not injure the skin. It aims to influence cell behaviour directly, which is why it can be used on skin that has just been treated by something else — and why it is the one treatment that pairs with

the others rather than competing with them.

The practical consequence: LED is not an alternative to laser, needling or peels. It is what you add to them.

What it is used for

As a stand-alone treatment

Active acne — reducing the bacterial component and the inflammation with it

Inflamed or reactive skin

General skin rejuvenation , as part of a wider plan

Alongside other treatments — where it is most useful

Healite II is most often used as an adjunct: before and after laser or IPL, after skin needling , after deeper peels , and before and after cosmetic or plastic surgery. In that role it is used to:

Support wound and cellular healing after laser or surgery

Reduce swelling and redness

Increase blood flow to the healing area

Reduce bruising

Shorten recovery time

Reduce discomfort

Support better scar formation, including reducing the risk of hypertrophic scarring

Shortening recovery after an aggressive resurfacing treatment is a genuinely useful thing, and it is where most people get the value from this device.

Pain and circulation

Also used for pain relief, temporary relief of minor muscle and joint pain, muscle spasm, and to improve local blood circulation.

Results vary between individuals for all of these.

Home LED masks, honestly

They are widely sold, and the question comes up constantly, so it deserves a straight answer rather than a dismissal.

A home LED device is not useless. It is weaker , and the weakness is mostly about how much light energy actually reaches the skin per session. The variables that matter:

Power density. A clinical panel delivers substantially more light energy per square centimetre than a flexible mask. Less energy per minute means either a much longer session or a smaller effect — usually the latter, because nobody sits for an hour.

Distance and coverage. A rigid panel positioned at a set distance delivers an even, predictable dose across the whole area. A mask that sits on the face covers the surface but rarely delivers evenly, and the areas that matter most are often the ones it fits worst.

Wavelength precision. Clinical devices specify their wavelengths and hold them. Many consumer products describe a colour rather than a wavelength, which is not the same claim.

Eye protection. Proper eyewear is worn in clinic for a reason. Many home masks include eye openings, which is convenient rather than protective.

No assessment. Photosensitivity, photosensitising medication, a seizure history triggered by light, an unassessed lesion in the area — none of those are on the packaging.

The honest summary: a home device used consistently is a reasonable maintenance adjunct for someone with mild ongoing acne or reactive skin. It is not a substitute for the clinical protocol when what you need is recovery support after laser, needling or surgery — which is precisely when the dose matters most. If you own one, say so; it changes nothing except what we recommend you spend money on.

Is it right for you?

If you are having laser, needling, a deep peel or surgery , this is the clearest case for it — and the case where the benefit is easiest to notice.

If you have active acne , it is a reasonable component of a plan, but it is a component rather than the plan.

If you want resurfacing, pigment removal or lifting , this is not the treatment, and a course of LED alone will not get you there.

If you cannot commit to the schedule — twice weekly for four weeks — the cumulative effect will not build, and occasional sessions are of limited value.

Who it suits particularly

Anyone booked for ablative resurfacing or surgery. The group with most to gain, because the recovery is the hard part and this measurably eases it. Worth arranging before the main procedure rather than deciding afterwards.

Darker skin types. No heat, no ablation, no melanin-targeting — so none of the pigment risk that governs laser choices. One of the few treatments here where skin type barely changes the plan.

Reactive, rosacea-prone and easily irritated skin. Among the very few in-clinic options that do not provoke the thing they are treating.

Pregnancy. No heat, nothing absorbed, nothing injected — but discuss it with your practitioner rather than assuming.

People who bruise easily, or who are on blood thinners. The bruise-reduction use is genuinely valuable here. Do not stop blood-thinning medication on your own — tell us you take it, and this is one of the things that helps.

Anyone wanting a visible change from LED alone. The group this suits least. Say what you are hoping for and you will be told plainly whether this is the right treatment.

The protocol

Typically twice a week over four weeks — both for post-surgical recovery and as a combination treatment alongside peels, laser or needling.

Each session lasts 13 to 22 minutes , with the panel positioned over the area being treated — face, abdomen or elsewhere. There is no anaesthetic, no needle and no downtime.

Because the effect is cumulative and each session is gentle, the schedule matters more than the individual session . A course attended properly outperforms a stronger-sounding plan attended sporadically.

How it fits into a wider plan

Sequencing is the part worth asking about, because LED is usually booked around something else.

When	What it is doing
Before a procedure	Preparing the area, and in acne, reducing inflammation before anything else is done to the skin
Immediately after laser, IPL, needling or a deep peel	The point of greatest benefit — swelling, redness and discomfort are at their peak and this is when the recovery effect is largest
Through the recovery window	On the twice-weekly schedule, which is where the cumulative effect comes from — not a single session afterwards
Around surgery	Before and after, where scar formation and bruising are the concerns
As maintenance for acne	Alongside topicals and other treatment, not instead of them

Two questions worth asking before you book: how is LED scheduled relative to my main treatment , and is it included in that treatment’s price or charged separately? The second one catches people out more than any other detail on this page.

What it feels like

Painless. The skin feels slightly warm; most people find the session relaxing. Eye protection is worn. You can return to normal activity and wear make-up immediately.

What sits outside this treatment

We do not sell LED as a substitute for resurfacing, needling or laser.

We do not treat over an unassessed lesion.

We do not treat anyone with photosensitivity or on photosensitising medication without that being worked through first.

We do not claim it lifts, tightens or removes anything.

We do not sell a course of LED alone to someone whose stated goal needs a different treatment.

What results are realistic

Healite II is a supportive treatment. Used alongside other procedures, it can measurably speed recovery and reduce swelling and redness. Used alone for acne, it can reduce inflammation and active lesions — as part of a plan, not instead of one.

It will not resurface skin, remove pigmentation, lift laxity, treat scarring or produce the kind of change a laser or needling course produces. Anyone offering LED alone as a substitute for those is overselling it. Results build over a course rather than appearing after one session, and individual results vary.

What you should leave with

A schedule for the full course, not a single booking

A clear statement of whether LED is included in the price of the treatment it supports, or charged separately

What it is expected to do for you specifically — usually recovery, not appearance

Confirmation of anything you disclosed about photosensitivity or medication

Who it does not suit

Photosensitivity, or a condition made worse by light exposure — such as lupus or porphyria

Current photosensitising medication — tell your practitioner everything you take

A history of seizures triggered by light

Active skin infection in the area

Pregnancy — discuss with your practitioner

Any suspicious lesion in the area should be assessed before treatment.

Aftercare

There is no downtime and no aftercare restriction beyond the usual sun protection. Mild warmth or redness settles quickly.

Contact us if you develop a rash or unusual sensitivity after a session, if a headache or eye strain persists, or if the area being treated becomes painful rather than comfortable — none of which is expected with LED.

Risks

Temporary redness or warmth

Mild headache or eye strain, uncommon, and reduced by proper eye protection

Eye injury if protective eyewear is not worn

Photosensitivity reaction in susceptible people or on certain medications

Temporary dryness

Incomplete or no visible response

Risks with LED are low compared with most other skin treatments. See risks of cosmetic treatments .

Cost

As at September 2024 and including GST, a skin assessment is $50. Dermal skin treatments start from $130. LED is often included in a package with the treatment it supports — ask how it is priced in your plan. Not covered by Medicare.

Because the protocol is eight sessions over four weeks, ask for the cost of the course rather than a per-session figure, and whether it is bundled with your main treatment. We are not a no-gap provider.

Booking

Me Clinic, 4 Burke Road, Malvern East VIC 3145. Phone 1300 852 050 or (03) 9569 3511, or use the online consultation form .

Related: acne , laser treatments , all skin treatments .

Common questions about Healite II LED therapy

What is Healite II?

An LED phototherapy system delivering light at precise wavelengths, without heat and without breaking the skin. Light is absorbed by cells and influences their activity — described as low-level light therapy.

What wavelengths does it use?

Blue at 415–470 nm, absorbed by porphyrins produced by acne bacteria; and near infrared at 830 nm, which penetrates deeper and is used for wound healing, inflammation and recovery.

What is it best at?

Recovery support — reducing swelling, redness, bruising and discomfort after laser, needling, deep peels and surgery. That is the use with the best evidence and the one where people notice the difference, because they have something to compare it against.

Does it help acne?

Moderately. Blue light reduces the bacterial and inflammatory component, which is a real contribution — but it is a component of an acne plan rather than a plan.

Will it rejuvenate my skin on its own?

This is where the claims run furthest ahead of what it delivers. It will not do what needling or laser does, and a long course of LED sold for that purpose is the clearest example of this device being oversold.

How is it different from the other treatments here?

Almost everything else works by creating a controlled injury and relying on the healing response. Healite does not injure the skin — which is why it can be used on skin just treated by something else, and why it pairs with other treatments rather than competing with them.

Is it an alternative to laser or needling?

No. It is what you add to them.

Are home LED masks the same thing?

No, but they are not useless — they are weaker. The difference is mostly how much light energy actually reaches the skin per session.

What exactly makes a home device weaker?

Lower power density, so less energy per minute; uneven coverage and distance, where a rigid panel delivers a predictable dose; wavelengths often described as a colour rather than specified; eye openings rather than eye protection; and no assessment of photosensitivity, medication or lesions.

So is a home mask worth buying?

Used consistently it is a reasonable maintenance adjunct for mild ongoing acne or reactive skin. It is not a substitute for the clinical protocol when what you need is recovery support after laser, needling or surgery — which is exactly when the dose matters most.

Should I mention that I own one?

Yes. It changes nothing except what we recommend you spend money on.

What is the protocol?

Typically twice a week over four weeks, with each session lasting 13 to 22 minutes. No anaesthetic, no needle and no downtime.

Does the schedule matter?

More than the individual session. The effect is cumulative, and a course attended properly outperforms a stronger-sounding plan attended sporadically.

When should it be scheduled around my main treatment?

Before the procedure to prepare the area; immediately after laser, IPL, needling or a deep peel, when the benefit is greatest; through the recovery window on the twice-weekly schedule; and before and after surgery where scarring and bruising are concerns.

What should I ask before booking?

How LED is scheduled relative to your main treatment, and whether it is included in that treatment's price or charged separately. The second question catches people out more than any other detail here.

Should I arrange it before or after my surgery?

Before. It is worth arranging as part of the plan rather than deciding once you are already recovering.

What does it feel like?

Painless. The skin feels slightly warm and most people find the session relaxing. Eye protection is worn, and you can return to normal activity and wear make-up immediately.

Does my skin type matter?

Barely. There is no heat, no ablation and no melanin-targeting, so none of the pigment risk that governs laser choices. One of the few treatments here where skin type does not change the plan.

Is it suitable for rosacea or reactive skin?

It is among the very few in-clinic options that do not provoke the thing they are treating.

Can I have it while pregnant?

Discuss it with your practitioner rather than assuming. There is no heat and nothing absorbed or injected.

Does it help with bruising?

Reducing bruising is one of its established uses, and it is genuinely valuable for people who bruise easily. If you take blood-thinning medication, tell us — and do not stop it on your own.

Who should not have it?

Anyone with photosensitivity or a condition worsened by light such as lupus or porphyria, anyone on photosensitising medication, anyone with a history of light-triggered seizures, anyone with active skin infection in the area, and in pregnancy without discussing it first.

Why is eyewear worn?

To prevent eye injury and reduce headache and eye strain. It is not optional.

When should I contact us?

If you develop a rash or unusual sensitivity after a session, if a headache or eye strain persists, or if the treated area becomes painful rather than comfortable — none of which is expected with LED.

What are the risks?

Temporary redness or warmth; uncommon mild headache or eye strain, reduced by proper eyewear; eye injury without eyewear; a photosensitivity reaction in susceptible people or on certain medications; temporary dryness; and incomplete or no visible response. Risks are low compared with most other skin treatments.

What does it cost?

A skin assessment is $50 and dermal skin treatments start from $130, as at September 2024 including GST. LED is often included in a package with the treatment it supports — ask how it is priced in your plan, and for the cost of the eight-session course rather than a per-session figure. Not covered by Medicare.

Individual results may vary. Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.