

CPD LED Light Mask Therapy Course Specification

Course Overview

LED Light Mask Therapy is a non-invasive, advanced skincare treatment that uses specific wavelengths of light to help improve overall skin health and target a variety of common skin concerns. This comprehensive course provides learners with the theoretical knowledge and practical skills required to safely and professionally perform LED Light Mask Therapy while maintaining high standards of client care, hygiene and professionalism.

Suitable for complete beginners as well as experienced beauty professionals wishing to expand their treatment portfolio, this course combines theory with practical training to prepare learners to confidently perform professional LED Light Mask Therapy treatments.

Course Content

During this course, learners will cover:

- Introduction to LED Light Mask Therapy
- History and Development of LED Light Mask Therapy
- Benefits of LED Light Therapy
- Anatomy and Physiology of the Skin
- Understanding Skin Types and Skin Analysis
- Health, Safety and Hygiene
- Infection Prevention and Control
- Consultation Procedures
- Patch Testing Requirements (where applicable)
- Contraindications and Contra-actions
- Relevant Legislation and Industry Standards
- How LED Light Therapy Works
- Understanding Different LED Light Wavelengths and their Benefits



- Preparing the Treatment Area
- Professional LED Light Mask Treatment Procedure
- Product Knowledge
- Combining LED Therapy with Facial Treatments
- Professional Client Care
- Aftercare Advice and Treatment Planning

Course Structure

This course consists of a balanced combination of theory and practical training.

- **Theory:** 50%
- **Practical:** 50%

Learners will first develop the underpinning knowledge required to perform LED Light Mask Therapy treatments safely before progressing to practical application.

The practical element includes:

- Tutor-led demonstrations
- Supervised hands-on practice
- Individual tutor feedback and guidance
- Professional treatment techniques and client care
- Safe operation of LED Light Therapy equipment

Entry Requirements

This course is suitable for complete beginners and no previous beauty qualifications are required.

It is ideal for:

- Individuals starting a career in the beauty industry.
- Beauty therapists wishing to expand their treatment portfolio.
- Therapists looking to refresh or update their existing skills.
- Salon owners and mobile beauty professionals.

Learning Outcomes

By the end of this course, learners will be able to:

- Explain the principles and benefits of LED Light Mask Therapy.
- Understand the anatomy and physiology of the skin relevant to LED treatments.
- Conduct professional client consultations and determine suitability for treatment.
- Identify contraindications, contra-actions and appropriate treatment modifications.
- Apply effective health, safety, hygiene and infection prevention procedures throughout the treatment.
- Understand the different LED light wavelengths and their effects on the skin.
- Perform safe and effective LED Light Mask Therapy treatments.
- Provide clients with appropriate aftercare advice and ongoing treatment recommendations.
- Work professionally while complying with current legislation, industry standards and best practice.