

The treatment
Signature Photo-facial



Photo: Jakub Augustyn

PICTURE PERFECT It's possible LED lights can help reduce fine lines, acne, rosacea or hyper-pigmentation, but don't start wrapping your head in Christmas lights just yet. Continuum Studio in Andersonville is using a special machine that emits large doses of bright LED light to treat a variety of skin problems. The **Signature Photo-facial** (\$165, 75 minutes) includes a full-service facial, plus a 15-minute blast of red (for antiaging) light designed to stimulate cell activity and increase the production of collagen and elastin, thereby reducing fine lines.

We were skeptical that a light a little dimmer than a tanning lamp could turn back the aging clock, but we noticed slightly tighter skin and fewer lines after a single treatment. Owner Johnnie Grozenski recommends a series of six treatments (\$405) for best results.

Limited research exists on the antiaging effects of photo-therapy, but the use of blue LED light has been proven effective in treating acne, and Continuum has some impressive before-and-after shots to support this claim. "We're starting to see women in their early thirties who have developed acne for the first time," Grozenski says. "That's who we are looking to help with this." *Continuum Studio, 5671 N Clark St (773-728-7883).*

— Amy Carr