Why Your Red Light Therapy Isn't Working (And What Your Skin May Need Instead) Transcript

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If you want to use light as a medicine, you've got to get the right dose into the deeper tissues where regeneration takes place. I've used red light for years and I have been sorely disappointed.

Here we are buying stuff we thought it was about nanometers. It's not just about nano meters. It's about the energy production in joules too. What if we could re-engineer this hospital cold laser machine into like a little portable device at the same power with the size treatment lens?

That would change the beauty industry forever and that's what we did. In the Lima laser skin, 45 genes were expressed in the dermis. It uses cold near-infrared laser light.

to switch that cell back into a youthful state. It goes right through all the layers of the skin, into the smas, all way down where the ligaments are, and it renews everything in its path.

Hello everyone and welcome back to the Dr. Jess Unfiltered podcast. I have someone very special today on the podcast, it's a little bit different. Today I am joined by the owner and founder of Lima Lasers.

Your name is Lucy and we're going to talk about your story Lucy, what led you to create the company and the technology research behind the Lima Laser.

I have it right here. I own one and I'm sort of obsessed. So I had to have you on to talk about the science and tell the world how different this is from other lasers.

so I want to just be honest with everyone and let everyone know the episode is sponsored by Lima. i have been using the laser myself and i'll share my experience along the way because like i said i'm obsessed so Lucy first and foremost i'd love to start with you thank you so much for being here Oh no, thank you so much for having me.

It's such fun to be here today. And yeah, excited that you love the Lima Laser. I absolutely obsessed. We all love Lima laser. it's really something so different than what is out on the industry, actually.

So tell me about your background, Lucy. What led you to get into the laser business, in fact? Yeah, I mean, it was just a complete accident. I never set out to launch my own company, which is so much of the case with so many different founders that I see.

It was never kind of in their lifelong ambition. And it's just something that happened really organically out of what was a very stressful time in my life.

After I had my daughter in 2012, I was very, very ill after I went very quickly into septicemia. So I'd had preeclampsia, the birth all went wrong. I've had an epidural, a spinal, they didn't work.

This catalogue, And I think my body just shut down. And actually through mastitis, which is something that so many women have, I actually ended up with septicemia.

I don't actually remember the six weeks that I was in intensive care so much. But I do remember just leaving the hospital and thinking, I can't stand up.

All my body is shaking. I cant pick my baby up and yet I'm being told that I am well because I have got no septicemia. And it was only when I was in Geneva, it's a clinic in geneva afterwards where they were looking at my blood trying to get me back on track.

that I bumped into and got speaking to one of the world's leading longevity professors, a guy called Professor Paul

Clayton, and he was a guide that absolutely changed my life.

He introduced me to like this hidden category of supplement ingredients, like I guess like the equivalent of like a pharmaceutical drug but for supplements.

And he engineered this formulation that really looked at the relationship between sleep and stress. If you can't sleep you're stressed, if you stress you cant sleep.

And that's what I launched Lima with, it was a formulation changed my life. Literally, three weeks after taking this formulation, after just struggling to be, I just felt myself again.

And that was really the impetus for starting Lima. I wanted to empower people to change with really innovative technologies. Actually, it wasn't until a couple of years later that Professor Clayton was in Germany.

He was looking at a man's knees that had been using cold laser technology to rebuild cartilage inside one of his knees. And there was this whole team of doctors, and they were all at one end of the room, looking at the X-ray of cartilage increase over this 12-week period.

And he was at other end the the other room and he fascinated by the photograph of skin on the knee that had been treated. So the guy that was treated, he wasn't like his early 60s.

He was looking the photographs of a skin that have been And it looked about 20 years younger than the skin on his other knee. And that's when he looked up at the ceiling and he realized the majority of the at-home device industry was really LED.

It's the bulb that is in the sealing. it's not got the same biological penetration as cold laser. And likewise, the other lasers on the market for at home, so non-fracture and fracture lasers, they are damaging lasers.

So they're not using cold laser regenerative technology. And if you look at the limitations of cold lasers that are on market at at-home, they're either very low powered or that you know you only get the treatment where the diode is so like so much of the skin is not treated and so what if we could re-engineer this a hundred thousand dollar cold hospital cold laser machine into like a little portable device at the same power with the And that would change the beauty industry forever and that's what we did and how we ended up accidentally launching the Lumalazer.

That's amazing. So this man started out in the beginning of your journey, this professor, I think he was, and really changed your life with herbs and vitamins and then it recovered you after this horrible traumatic postpartum period you had.

And then he seems to have gotten you into just kind of the next step in a meeting with the potential of lasers. I love that because it sounds like he really changed your whole perspective on health.

He did. He once said something. I mean, obviously, I'm not a doctor. And he once something that really resonated with me about degenerative disease. By the time you've got a pain or by the you notice the symptom, it's the equivalent of a fire engine arriving at a house that's already a quarter burnt down.

Yes, they might have saved the house, but there's a lot of you know, kind of degeneration that's taken place, a lot of damage that has taken places. And what if you could just regenerate and slow down this kind of damage that's happening in the body, whether that is through inflammation, chronic stress, disease, and actually live a healthier life for longer.

That is fundamentally what cold laser does. It doesn't damage in order to stimulate regeneration. It does it in a very, very different way to the rest of the beauty market in that it doesn' damage anything inorder to, um, stimulate lots and lots of collagen, which ultimately is what makes the skin look younger.

A thousand percent and that kind of brings me to my next point because I'll be honest with you here. I had a

microneedling facial that I canceled today.

I had to move the appointment today. It was a conflict of time for me. But, no, not blaming you, but I do have the Lima laser and I want to talk about how, in my training even, I've been taught that, hey, if you really want your skin to change and you want a marked difference, you have to get the fibroblast to start stimulating collagen and they only do that through trauma.

Yes. So that's not the only way. Right. When you damage your skin or when you damaged any part of your body, your your has no way of kind of going, well, let's make a really beautiful scar.

All you do is you produce a lot of collagen, but in a very disordered way. So, you know, if you fall over and you hurt yourself, the body prioritizes the speed of healing over the quality of the collagen fibers that you're producing.

Ooh. It's like tricking the buddy into just producing lots of collagen, but it's not the same collagen that your younger self produced naturally. What the Lima Laser does, it does something entirely different.

it uses cold, near-infrared laser light, you know, one or two or even a few hundred beams. So in this Lima laser, the red light is just actually the light that tells you the device is switched on.

It's not the laser. The laser is a near-infrared laser which actually is invisible to the human eye, so you can't see it. And what it does is, in this laser, there's 75… Well, the laser you're using at the moment, that's got 75,000 laser beams.

This one has got 25,00 laser beam. So the Lima laser's has 25 thousand laser. And because there are so many laser beings, it treats the entire surface area.

You get no holes in the treatment area, and what is does it, is it uses cold near infrared laser light to switch that cell back into a youthful state.

So yes, one of the byproducts is you create loads of collagen, but the other by-product is the cell just acts like it did when you were a lot younger.

So you get more energy in the cell, there's better circulation, better protection. So the entire cell functions like it did when you were younger. Yes, you create lots more collagen, but you also get a whole host of other benefits as well.

And because the light penetrates so deeply, it will it goes right through all the layers of the skin, into the smas, all way down where the ligaments are, and it renews everything in its path.

And that's why you get this kind of buoyant youthfulness when you use the Lima laser, because your skin is only as good as the muscle that it sits above.

So if your muscle is sagging, then however good your skincare is, it's still going to sag on top of it. So that's why this technology is just in another league to kind of traditional beauty tech that is quite primitive in that it damages skin in order to stimulate collagen production, which is one byproduct of looking good.

wearing makeup will make you look better, but it's not really gonna change the health of your skin that sits beneath, and that's what the Lima Laser does.

Yeah, you know, the whole industry sometimes can be compared to putting lipstick on a pig, really, if you think about the damage we're causing to the skin.

I mean, I had goosebumps all over my body when you were talking about that. Like, literally, that makes so much sense. When you fall and you break a bone or you damage things, scar tissue is tougher, it is not as mobile, It comes in thicker.

It doesn't move like it should when there's damage, physical damage. And so it makes so much sense, logical sense what you're saying that when you are damaging the skin, it isn't repairing the way healthy skin when we were younger is.

And I guess it is like why so many plastic surgeons, you know, I see so may reels on Insurino when you're scrolling in the evening. And like that's why plastic surgeon's are speaking about when they open up a neck for a deep plane face and neck lift and they see like a really rigid SMAS or they a see a very rigid dermis and actually, it's a lot trickier to do a good job if you haven't got pliable applicable smells or applicable dermis.

You know, you want it all to be supple. That makes sense. And you know, what she's talking about, guys, the SMAS muscle is right here on the cheekbone, and that's when they do deep plane facelifts, they actually lift that muscle and pull.

They actually dissect the ligaments too. So you can imagine there is going to be scar tissue there that may look better, but how are the planes of the dermis laying under the skin if there's been damage?

So I love this new approach that shows that you could teach the body through the genetic level. that it can do better actually. And so I also want to touch on red light really quick.

I would be remiss leaving that out because to be honest with you Lucy, I've used redlight for years and I have been sorely disappointed with the results.

and i was a brand partner for red lights brands in the past and used them diligently just like I am the Lima laser and it was minimum, minimal results what I saw with red-light therapy And I really want to explain the difference because I would think when people see something like a laser, they don't understand the gravity of the different between that and red light.

You know, I'm not here to bash any other technology. Everything's got its place. And, you know. Red light or near infrared LED is great if you want a glow or it will get, it would make you feel good.

It will stimulate the mitochondria on the very surface of your skin, get more oxygen into your body and you'll feel good. But it hasn't got the same biological penetration as cold laser because It's a scattered light, it's the light that runs in all different directions, which is why it is amazing to light up a room, but not so good if you want it to penetrate really deeply.

For a light source to have biological penetration, deep biological penetration, it's got to be monochromatic, which means it is one colour, coherent, in a straight line, and polarised, means runs in tram lines.

That is exclusive to laser light, not LED. To help illustrate this fact scientifically in a very credible way. Because there's a lot, you know, there are so many questions that come out, how do you that this is different to LED?

What's the difference? We set out to do a world first clinical. So we looked at gene expression in the dermis, which is the base layer of the skin, using the Lima laser in human skin.

And then we got Imperial College in London, which is, I don't know whether you've heard of it over there, but it's like a Harvard. It's a very, very good university to build an identical Lima laser and at the same power, at the same wavelength, which means the color, so it's 808 nanometers, and just changed the light source, just change it from a laser to an LED.

And in the Lima laser skin, 45 genes were expressed in dermis. The CERT1 gene, the longevity gene was expressed six times. In the LED skin in the dermis, only one gene was expressed, and it wasn't the CERT1 gene.

So it kind of shows that LED superficially could probably match laser, cut cold laser. There's no difference. But if you want that light to penetrate down into the Dermis and the deeper tissue, where regeneration takes place, because that's where the fibroblasts are, that is where skin's architecture is remodelled, then this is the difference

between the Lima laser and red light or near-infrared light.

it's a completely different technology once you go beneath the skin surface. And that's the difference between red light, or near infrared light and cold laser.

I say that is the different between the red and the cold lasers, but you also have to think of what is different with other cold and the Lima laser. And the difference between that, because it's also important to say, is that we have got a patent on using a high powered diffused laser technology that has uniform treatment or uniform efficacy across the entire treatment lens.

So like, you know, our devices, we've got two devices. The Lima laser has got an eight centimeter treatment It's like, here's one we made earlier. And then the Lima Laser Pro, which is a lot bigger and a little stronger, has got a 30-centimeter treatment lens.

So you can, for the first time, treat every section of your skin at the same time using a cold laser technology, because you can get like cold-laser masks, and you get cold lasered devices, but they don't have our patented technology.

So you only get the treatment where the laser diode is, or it's mixed with LED. It's not a pure cold lazer like the Lima laser is. I guess the only part that is a challenge, is all this too good to be true, you've got to kind of remember that we were re-engineering a very expensive, cold, laser, floor-standing hospital machine at the same power and at same size treatment lens And the best we could do was to re-engineer it at $2,500.

But fundamentally, we just didn't cut any corners. The light will last you 10 years. It's a very high-powered laser. Its got patented, diffused technology.

You know, it's completely safe. So there was no corner that we cut in the creation of this. And I guess that's why it kind of creates so many questions because we're marketing it as a beauty device for skin, for wrinkles, and what have you.

But, you know, it doesn't really sit at the same price point as the rest of the beauty industry. So that just takes a bit of explanation. It takes education.

It's good to educate people because there is a big difference. I'm quite impressed that you got a hospital quality laser, cold laser in this, these sizes.

You know, I am actually quite impress with that technology. Yeah, I mean, we obviously, and Professor Clayton didn't do it either, because he's not a laser professor.

But what he did do was he got together this incredible team of geneticists, of surgeons, laser engineers, dermatologists, all coming together with all this experience to re-engineer this world first device.

I mean, the amount of awards that it's won is just incredible. But no, I was not involved in the creation of the Lima laser, not being a scientist. Yeah, no.

Some incredible, incredible brains were. I mean I've learned a lot along the way. Oh yeah you're a pro scientist now about Lima for sure but you know I can think about my red light mask that I own and when I think of the mask it has like the red diodes and they're very separated on the masks and so people need to understand that that changes the light not only penetrates but where it hits on the skin.

And the Lima laser, I'm going to use the big one as an example just because you can see better. But it has, it covers everything here, right? I would love for you to kind of explain the diffuse technology a little bit more too.

Yeah, so LED is by default of its light structure. It's a diffused light. That's why it lights up. You know, you can put an LED light on and the whole room lights.

But just to kind of give you an illustration, You get that dramatic, beautiful plume of light that comes from an led mask. All that light, all that red light you see is light that is not being absorbed into your skin.

It's bouncing off the surface and going back into the room. The light from the Lima laser is totally absorbed in to the skin, so if you shine a laser light into you skin you won't see it light up the room.

It'll just go straight through. And that's the difference. We've tried to harness kind of the power of a laser diode so everybody can see what a lazer beam is and make it act in the same kind dispersed way as LED does.

So LED is great to cover a large area of your skin. But it doesn't penetrate very deeply. Laser penetrates very deep, but it does not scatter. So with our patented technology, we have tried to make the laser light scatter across a large area.

and penetrate very deeply. So I think that's the clever part about what the Lima laser has done. Whereas other cold laser just still penetrates deeply, it doesn't have the scattering effect that the Lima laser does, so you just get huge holes in the treatment area.

If you've got a laser mask that's got 300 laser diodes in, you know, a a, laser diode is thinner than a piece of hair, So you can think 300, Laser diods will probably fit into that area there, so you're not getting a big area when you, you know, getting very, very small treatment area if you put it in a mask, which is why you can't put this technology in the mask.

Which is the why the cold laser masks have got a tiny bit of cold in it and the rest of it is just LED. It's interesting what marketing can do, huh? Very interesting, people can say.

I mean, if we could put this in a mask, believe me, we would have put it in the mask. But it's just not a technology that you can't. You can use it very easily.

you you treat your face and your neck and chest or anywhere on your body very easy because you just hold it over each section of skin for you know, a minute or so.

So it doesn't take very long to do the whole of your face. And that's why we made the larger area, just to be able to treat larger areas on your facenek and body quicker.

Absolutely. Yeah, I use it almost every day. I love it. so I did want to say, you touched on this in the study, the pilot study that you guys held with Lima.

how it actually turned on, epigenetically turned, on certain genes that the LED did not. And I think you said 45, right? And, I just want to explain to the people listening out there what that means, because you may be surprised to hear that light can influence genetic changes.

It's absolutely true. This is why circadian rhythm is so important. I love that you guys did this study, is the first beginning stages of promotion and longevity and growth of collagen or elastin, right?

So you have to have genetic changes for these things to form and the dermis to be remodeled, Yeah, I guess kind of, you know, what is epigenetics? So many people are saying, it's like such a, well, people who are speaking about epagenetics and fundamentally, You know you can't change.

You're born with the same genes that you're dying with in the main. But what happens as you age is your body's ability to read your genetic master board declines.

And, you know, some genes that should be down-regulated, that are associated with bad things, start to be up-regulated, so they're working against you.

And then some jeans that you want to up regulated that were associated usefulness or, longevity and all the good

things start be to down regulated. and that's working against you.

And it's a bit like a piano going slowly out of tune. You know, like in your 20s and your 30s, you don't really notice the ageing process so much. It's like, a couple of notes on a keyboard being out-of-tune.

you can still play the piece and it'll sound good. But then get to your 40s and your 50s. And so many of these genes are not working how they should. It's like playing a piano piece and half of the notes are out of tune.

The piece sounds bad. That's why wrinkles set in and the aging process sets in. your cell is not empowered to work like it did when you were a lot younger and that's why you need to use the Lima laser every day for the first 12 weeks because it's not damaging you in any way All you're doing is you are very, very slowly switching those genes back to how they were working when you were younger.

So, slowly, over a 12 week period, the genes are just reset to work in the way that they should be doing. And that's why you need to use it every day because you're not creating any damage.

It's just having this epigenetic effect where the cell will eventually just work like it did when you were a lot younger. Yeah, I mean, all from your desk.

It's amazing. If nobody was looking at us now, you could just, use it whilst you're at your desks, working or in a taxi, just like, in the taxi I just glide the laser over You know what, wherever I feel as though it needs it for that day or, you know, around my eyes or you can just kind of, it's just so easy to use.

You can't feel it. It's not like, It's like, it doesn't, is completely sensationless. Sometimes I'll get like I feel like a little blood flow in an area.

So I can get, like it's a really healthy, nice feeling kind of like. Like I've got bloodflow there or something. Yeah. I always think it feels a bit like acupuncture with no needles.

That's the way that I could describe it. You get that, its like warm. sensation. Flush. Yeah. It's great. I'll tell you what I've been noticing with it because I have been using it now.

I had mine for probably two and a half months and I will notice actually because it does good things take time. You can't rush this, right? It reminds me of conventional medicine.

Pharmaceuticals or sometimes standard conventional beauty treatments, they really work immediately. But because they jerk the body out of place to make it do what it wants, sometimes there are side effects.

And there aren't any side-effects with this because it works so slowly with your own body telling the Body, hey, there's something wrong that you can correct.

What I have noticed with the Lima laser is, and I'll just call myself out here, it's been nine years ago now that one of my friends who is a dermatologist convinced me to get filler underneath my eyes.

And that, as you know now, we all know what filler, most of us hopefully know, what fillers can do. And if you don't, you guys should do some research because filler which was promoted as hyaluronic acid, natural, right?

It is anything but. In fact, I thought I was doing something natural when my friend convinced me and it really harms me because the filler never goes away.

After 20 years you can get scans and still layered in between the fascial tissues in the skin. That's what it did under my eyes. and you know what happened over years it turned blue called the Tyndale effect so it looked like i constantly had to have concealer under my eyes because it had this blue hue to it and not only that it started to layer under the fascial tissues and then you have kind of like unevenness there and it starts to look like scar tissue What did you do?

It was awful. I mean it had been eight, nine years and you can go watch my interview on Gary Bracca's podcast. You can see it under the highlights. you could see the scar tissue and the filler under my eyes.

And so I had to do something about it. So I went and pretty much paid for an expensive laser under anesthesia to clean it out. But what happens, Lucy, is whenever you did that, you deflate the filler, and then you have that laser, the skin doesn't properly lay.

It looks a little puffy, like something was there, cause it was. And so the Lima laser is just beginning to work, because it's still early days, but I can start to tell that it is tightening up that area under my eyes, which I was really insecure about because I made a mistake almost a decade ago.

Oh, do you know, so many people, I've heard of people with darker skin tones as well, who've got microneedling and who have ended up with scarring. I guess, like, you, know these treatments are really good.

Yeah. Until they're not. And, we've all used them. You find me a woman in the land that has not had these treatments, because, you know, we want ourselves to…

We just want to, if there's anything going, it's automatic. You just wanna look into it. But no, this Lima laser is like… It's just… I just feel as though it is healthy.

It is. You can just feel there's nothing that it takes away and it gives everything. I just felt as though I'm giving something back to… I love it and it flashes whenever you're supposed to move to the next section.

I loved it. And I'll tell you, I want to go back to that 808 nanometers you mentioned briefly, because it's a big difference than what I've seen with other LEDs or lasers, like you said, and I wanna know the scientific benefits.

Why did you guys pick 80 8? We picked 808 because it is the most regenerative part of the light spectrum. 80 8 is most evidence for regeneration. But you know, the amount of misuse that I see with like, I mean, like LED devices that have got blue light at 416 nanometers and like 416 nanometers will actually age your skin.

It's part of the blue light, you know, like you shouldn't sit in front of a computer screen or whatever, it's parts of this spectrum that will age you skin and that's the level of standard that we have on the market today.

And yeah, 808 is, the most regenerative part of the spectrum. But it's really important to also remember that unless you can deliver 12 joules of it into your skin, It won't work.

So that's why you need a very high powered cold laser for it to have an effect. You know, if you've got a cold lazer that it's like 200 milliwatts or even, you know there's some laser ones on the market that are like three milliwatts.

It's just not going to do anything. It is like taking a sixteenth of an Advil and wondering why it didn't get rid of your headache. If you want to use light as a medicine, you've got to get the right dose into not just your skin, but the deeper tissues where regeneration takes place.

And that's why so many people use the Lima laser for their jaw and their neck, because these are areas that just droop as part of the aging process. And they're very, very hard to kind of make younger again.

outside of surgery. And that's where, you know, the Lima laser will just give you that youthful, buoyant jaw and neck. Snatch neck, what we all want. Yeah, snatch neck.

That's what you say in America. It's so hard though because this does start to get jowls here at the bottom and with red light what I noticed was like you said you get this like dewy appearance maybe some glow maybe you know but if I want to actually tighten the skin and get to the deeper layers you have to go into deeper dermis and so the lesson here for everyone listening is it's not just about nanometers.

Here we are buying stuff. We thought it was about nanometers. It's about the energy production in joules too. Yeah.

And I think that's kind of, you know, lots of people go, oh, it's near infrared laser light, which sounds really good, or it is light at 808 nanometres.

Well, that sounds good as well. But actually what a lot of people don't realize is yes, you need the nanometers, but you also need it to be 12 joules.

So like, how are you going to get that 12 jewels into the deep tissue, at every point of the treatment lens? And that's why we patented this technology.

We've got like 50 patents on it now. It's a really, really exciting technology to to be part of. And it is FDA approved, correct? Well, FDA cleared is the corrective.

Cleared, thank you. Yeah, it's FDA-cleared. Okay. Actually, what's really interesting is it a very high-powered laser, so it like 500 milliwatt laser or a 1,500 milli-wat laser for the pro.

And the Lima laser is still a class one laser. So we've turned a very high powered laser at the top of the device into a Class One laser, which means it's totally, totally safe.

You don't even have to wear safety goggles. you are protected entirely from the laser and that's I mean- Unheard of. I keep on saying, I'm not the engineer, but hats off to the engineering team and the scientific team for doing that, because it was really not easy.

Can you put it on your eyes and it's okay? You can treat the area around your eye without using goggles, so you can get into the grooves, like this area under your you can do on top of your brow there, and you just don't need safety goggles.

The skin on your eyelid is the thinnest skin in your body, so we don' recommend ever going over the lid with any laser. You can treat around your eyes, it's brilliant for crow's feet, and you know like smile lines and all of that.

I actually feel like crow's feet bother most women more than forehead wrinkles and then the sagging in general. Yeah I think the necks is an issue and and also you now people are getting Botox in their 20s and I know you can get Botoxide so by the time you really need it which is in your 40s You've got kind of Botox resistance by then.

You only get like 15 years of botox actually working before the body becomes resistant. Most women don't know this, that botax stops working or you can kind-of build up a resistance to it.

There's a large percentage of people who would get a level of Um, about 15 years after they first use it, I would use when, you know, save it for when you need it.

Do you what I mean? Like let the skin be in your twenties. You're not going to really get those wrinkles. It's got lots of collagen left in it It begs the question for me, if your body is making a tolerance or resistance to something that you've done after a decade, it has to be not so good for you.

The body has done with it. So, and we know that Botox, you know, we've all been tempted. We all know about it, We know Botax does damage the dermis. It does.

There are not a lot of things that work like Botox and the things do take time because you have to change the genetic code. And so it's about a different perspective, a difference set of goggles that you're looking through, I would say.

Yeah. So OK, so I I just want to give my experience really quick, Lucy, with with a laser as well for everyone listening, because I've had a lots of experience with this stuff, you know, and I have put into something the effort the the research the science in something like this does matter and You get what you pay for with something Like this in my opinion and so if you guys are really wanting to avoid Botox You don't want to feel or experience like what I had which was actually traumatic and terrible It was awful.

I still am suffering from it and Then, you know, I started to look at other ways to fix my skin because I didn't believe in what happened in the conventional skin care system anymore, really because of what had happened to me.

So this is how I found Lima. And I actually found it because Dave Asprey was talking about it. And Dave is a friend of mine, and I speak at his Beyond Biohacking conference.

He's a character man. And he doesn't care what anyone thinks, And I love him for it. So entertaining as well. Right, he's great, He is hilarious. I saw him talking about it, I thought, you know, if Dave puts his name on something, i'm going to check it out.

and i am into skincare right now. so I went and did my own research on this and saw the difference between what you guys did. It's helpful for me because I'm a doctor.

When you use it, it's different. You can read it on paper, but then you have to do it yourself. And what I've experienced is that I can even tell the difference in the day after I use the laser on my skin.

Yeah, It's got kind of a plumpness. It does. That's the only way I could describe it. Like you wake up and you just feel your skin is plunked. And I just used it on this podcast with you and it's like it It's not that my skin gets itchy, but there's definitely blood flow and return of blood Flow to the face, which you guys know if you want to wash away toxins or reactive oxygen species You have to have perfusion and bloodflow And so I can feel it every time I use it and i'm at the mark where i'M starting to see the changes now um, and I have To say that I would much rather do something like this every single day for you know five seven minutes a day Then then inject my face have blood rolling down my and deal with layers of filler that never dissolve so Thank you for creating such a nice product Well no, I mean I guess we all discover things in our own way and when I first was testing this technology I did it on my knees so my neck was not the problem at that point but my 80-year-old, you know, and I was like in my early 40s.

I inherited them from my mum. And the skin on the knee was just diabolical. Literally, I will send you the before and afters that I did on my knees. Actually, yeah, took a before shot and was thinking, is it working?

Isn't it? It's amazing how you associate pain was, you know, is it working or not? You think, well, if it's painful, it must be working. And I was thinking, oh, God, I don't really think it has made any difference.

Then I looked at the result. I took another picture 30 days later and I said, Oh, my God. This is like insane. You know I've just been an advocate for it ever since.

It can really help wound healing and scar tissue too then actually. Remodel scar issue over time. Yeah, that would make sense completely. So another use for it here too if you guys have scar, tissue, lymphedema, you know, any sort of trauma or healing to do, it's very helpful as well.

So, I do want to respect your time, Lucy. I know you're a very busy businesswoman, which is a good thing to have. So I really want leave the listeners with, if they want more information, they love your science of what you are doing.

They want watch what come out with next. Where can they get more of you? Yeah, so you can look at our Instagram, which is at lemalife, or you could contact our concierge.

They'd love to hear from you, Which is lema.life. So www.lema.live, L-Y-M-A dot L I F E. Um, So yeah, reach out to us, ask us any question you want. We'd Love, love, Love to have from You.

And yeah. Is there anything we'd like to leave our listeners with? I set Lima up with the ethos of empowering people to change. So it's a time in my life when I felt so helpless and I was so fortunate enough to meet a guy that completely changed my live, Professor Paul Clayton.

And it was like, you know, just never lose hope. I hope that through the innovations that we've managed to bring out at Lima, that we empower that change to our community of people that are touched by our innovations, that buy

our devices, buy out supplements, by out skin care.

And yeah, I guess I'm not proof of anything, but you genuinely are never too old and it's never to late. So that's kind of what I like to share because so many people just think, well, I'm over the age of 40. I can't really do anything.

My life is going to go X, Y, and Z. And it's just not the case. The life out there for living. There's so much interesting technologies from different sectors that you can bring to the beauty industry that will just move it along.

I second that. It's never too late, guys. You can always have a glow up and surprise yourself. I know I look better than I did seven years ago. So thank you so much, Lucy, for your precious time and educating all of us on this laser.

Thank you for having me. It's awesome, you guys, really. If you're looking for something for skin care, something different, if you've investigated anything, everything, make sure you check out the Lima Laser.

Make sure to check their Instagram and ask them questions. I encourage you to like I did. Lucy, thank you so much for being here again. Thank you so, so much.

Thank You. Really look forward to seeing you when you're in London. Yes, same. We'll catch up. Goodbye, everyone. Bye bye.