

SABBSKIN LED MASK

Yellow-Led Spectrum Stack™ Protocol Guide

4 Wavelength Modes | 3 Power Levels | Real-World Routines

What makes Sabbskin different: Our mask is designed for stacking — because real skin concerns aren't one-color problems. The core of our system is Yellow-led regulation + Red/NIR repair, with Blue used strategically (not mindlessly).

1) The Sabbskin “Spectrum Logic” (Simple + Scientific)

Yellow is the “Regulator”

Yellow (around ~590 nm) is used to calm pigment activity and help skin behave more evenly. Think: “tone control.”

It's the mode we prioritize when skin is reactive, inflamed, or pigmentation-prone.

Red + NIR are the “Repair Team”

Red supports visible repair (texture, glow, recovery).

NIR (near-infrared) supports deeper recovery (barrier support, resilience, post-stress skin).

Together they're your rebuild + bounce-back stack.

Blue is “Targeted Acne Control”

Blue is helpful for active acne because it can reduce acne-causing bacteria activity.

But it should be used intentionally (especially if you're pigmentation-prone), because overuse or irritation can backfire.

2) Power Modes: How to Choose (All 3 Modes Used)

Mode 1 — CALM (Low Power)

For: sensitive skin, beginners, pigmentation-prone, post-treatment, redness.

Best when: you want results without provoking irritation.

Mode 2 — BALANCE (Medium Power)

For: most people, most routines, maintenance and steady improvement.

Best when: you're consistent 3–5x/week.

Mode 3 — BOOST (High Power)

For: experienced users, stubborn concerns, non-sensitive skin.

Best when: used less frequently, with rest days.

Golden rule: More power isn't "better" if it triggers redness, heat, or irritation. Skin that's irritated often makes more pigment.

3) Universal Rules (So Results Don't Get Sabotaged)

- Use on clean, dry skin (no thick occlusive layers before LED).
 - After LED: apply your soothing/repair skincare (hydrator + barrier cream).
 - SPF is non-negotiable the next day, especially for pigmentation protocols.
 - If you feel heat, stinging, or redness lasting >30–60 minutes, reduce frequency or power mode.
 - Avoid Blue if your skin is currently irritated or if you're in a pigmentation flare.
 - If pregnant, on photosensitizing meds, or with epilepsy: consult a clinician first.
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4) The Sabbskin Spectrum Stack™ Sequences

These are the core stacks used in protocols below.

Stack A — “Tone + Repair” (Sabbskin Signature Stack)

Yellow → Red → NIR

Use for: pigmentation-prone, dullness, barrier stress, post-inflammatory marks.

Stack B — “Acne + Calm + Heal”

Blue → Yellow → Red/NIR

Use for: active acne plus redness/marks sensitivity.

Stack C — “Repair Only”

Red → NIR

Use for: anti-aging, recovery, texture, skin resilience.

5) PROTOCOLS BY GOAL

(Each protocol includes a beginner plan + experienced upgrade using all power modes.)

PROTOCOL 1: Pigmentation + Uneven Tone (Cheeks, Spots, “Patchy Glow”)

Why this works: Yellow helps regulate pigment activity; Red/NIR supports recovery so skin becomes less reactive over time.

Beginner (Weeks 1–2)

- Power: CALM (Low)
- Frequency: 3x/week
- Sequence: Yellow 6 min → Red 6 min → NIR 6 min

Standard (Weeks 3–8)

- Power: BALANCE (Medium)
- Frequency: 4x/week
- Sequence: Yellow 8 min → Red 8 min → NIR 8 min

Boost (Stubborn Spots / Advanced Users)

- Power: BOOST (High)
- Frequency: 2–3x/week (not daily)
- Sequence: Yellow 10 min → Red 10 min → NIR 10 min

Notes:

- If you're melasma-prone: keep it consistent, avoid overusing Blue, and prioritize CALM/BALANCE over BOOST.
- SPF daily or don't bother—pigment loves daylight.

PROTOCOL 2: Melasma-Prone Skin (Heat + Hormone + Stress Pigment)

Goal: Calm the “pigment flare” tendency and build long-term tolerance.

Gentle Reset (Best for flare season)

- Power: CALM (Low)

- Frequency: 4x/week
 - Sequence: Yellow 10 min → NIR 10 min
- (Skip Red if your skin feels “hot” or reactive. Add Red later.)

Long-Term Stabilizer

- Power: BALANCE (Medium)
- Frequency: 4–5x/week
- Sequence: Yellow 8 min → Red 8 min → NIR 8 min

Boost (Only if you tolerate well)

- Power: BOOST (High)
- Frequency: 2x/week
- Sequence: Yellow 10 min → Red 10 min → NIR 10 min

Blue guidance: If melasma-prone, Blue = only for actual acne, short sessions, low power.

PROTOCOL 3: Active Acne + Breakouts (With Minimal Marks After)

Goal: Address breakouts while reducing the chance of post-acne marks.

Beginner / Sensitive Acne

- Power: CALM (Low)

- Frequency: 3x/week
- Sequence: Blue 4 min → Yellow 6 min → Red 6 min

Standard Acne Protocol

- Power: BALANCE (Medium)
- Frequency: 4x/week
- Sequence: Blue 5 min → Yellow 8 min → Red 8 min

Boost (Stubborn Acne, Non-Sensitive)

- Power: BOOST (High)
- Frequency: 2–3x/week
- Sequence: Blue 6 min → Yellow 10 min → Red 10 min

Important:

- Overusing Blue can dry or irritate some skin types. If you notice irritation, reduce Blue frequency and lean more on Yellow + Red/NIR.

PROTOCOL 4: Post-Acne Marks (PIH) + Texture

Goal: Fade marks and smooth texture without irritating the skin.

Beginner

- Power: CALM
- Frequency: 3x/week
- Sequence: Yellow 8 min → Red 8 min → NIR 8 min

Standard

- Power: BALANCE
- Frequency: 4–5x/week
- Sequence: Yellow 10 min → Red 10 min → NIR 10 min

Boost

- Power: BOOST
- Frequency: 2x/week
- Sequence: Yellow 10 min → Red 12 min → NIR 12 min

PROTOCOL 5: Anti-Aging + Collagen + “Skin Bounce”

Goal: firmness, fine lines, glow, and resilience.

Beginner

- Power: CALM
- Frequency: 3x/week
- Sequence: Red 10 min → NIR 10 min

(Optional add Yellow 5 min if you're tone-uneven)

Standard

- Power: BALANCE
- Frequency: 4–5x/week
- Sequence: Red 12 min → NIR 12 min

(Optional: Yellow 6 min first)

Boost

- Power: BOOST
- Frequency: 2–3x/week
- Sequence: Yellow 8 min → Red 12 min → NIR 12 min

(Yellow here is the “tone-polish” step.)

PROTOCOL 6: Redness / Reactive Skin / Barrier Stress

Goal: calm first, then repair. No irritation.

Calm-First Plan

- Power: CALM
- Frequency: 4x/week
- Sequence: Yellow 10 min → NIR 10 min

(Add Red later if tolerated.)

Build-Tolerance Plan (After 2 weeks)

- Power: BALANCE
- Frequency: 4x/week
- Sequence: Yellow 8 min → Red 8 min → NIR 8 min

Avoid: Blue unless you truly have active acne and your skin is stable.

PROTOCOL 7: “Event Glow” (Fastest Visible Radiance Without Risk)

Do this 24–48 hours before an event.

- Power: BALANCE
- One session: Yellow 8 min → Red 10 min → NIR 10 min

Follow with: hydration + barrier cream.

Day of event: sunscreen + makeup sits smoother.

6) Weekly Schedules (Plug-and-Play)

Schedule A: Pigmentation-prone + Anti-aging combo

- Mon: Yellow → Red → NIR
- Wed: Yellow → Red → NIR
- Fri: Yellow → Red → NIR
- Sun: Red → NIR (optional)

Schedule B: Acne + marks-prone

- Mon: Blue → Yellow → Red
- Wed: Yellow → Red → NIR
- Fri: Blue → Yellow → Red
- Sun: Yellow → NIR

7) Quick FAQs

Q: Why not just use Red for everything?

Because Red is amazing for repair, but Yellow is the “missing step” for many people who struggle with tone issues: it helps calm the pigment overreaction and supports a more even response.

Q: How soon do I see results?

Glow can appear within 1–2 weeks. Pigmentation + marks typically need 8–12 weeks of consistency.

Q: Can I do all four colors every day?

You can, but you shouldn't. Skin responds best to smart stacking, not maximum everything.