



THE BUUDY CUSTOMER GUIDE

Your light routine starts here.

A clear first-week plan for using your Buudy LED Mask with confidence, simple skincare, and room to notice what works for you.



Less guesswork. A gentler start.

Read alongside your device manual | buudy.co.uk

Start with three steps

You do not need a complicated treatment calendar. Begin with the instructions that came with your device and a routine you can actually repeat.

01 CHECK

Read the manual

Confirm your model's session length, frequency, fit, charging instructions and eye protection. The manual takes priority over general advice in this guide.

02 PREPARE

Keep skin simple

Cleanse gently and dry your face. Skip unfamiliar products immediately before a session. If your skin is irritated, let it settle first.

03 NOTICE

Make one small observation

After a session, note comfort, skin feel and the mode you used. You are looking for a routine that feels sustainable, not instant transformation.

Already have a skin condition, take medication that may increase light sensitivity, or have a history of light-triggered symptoms? Check with a qualified healthcare professional before starting. Stop if you feel discomfort.

One starting mode is enough

The quiz suggests a place to begin. It does not diagnose your skin or guarantee a particular result. Use the modes named in your device manual.

BREAKOUTS OR OILINESS**Blue**

Use the quiz suggestion as a starting point. Keep the rest of your routine gentle.

FINE LINES OR FIRMNESS**Red**

Track comfort and consistency before making changes to your routine.

UNEVEN-LOOKING TONE**Green**

Keep daytime sun protection in your routine; it matters more than chasing modes.

DULL-LOOKING SKIN**Yellow**

Keep the rest of your routine familiar and note how your skin feels.

If your skin is reactive or redness-prone: Ask a qualified healthcare professional before starting LED use. The mask may offer other settings, including near-infrared, but there is no need to rotate through every colour in the first week.

A rhythm you can repeat

Use the quiz result for your starting mode. The session days below are examples only; adjust to the frequency in your own device instructions.

DAY 01

Get comfortable

Read the manual, fit the mask, and try one session only if it is suitable for you.

DAY 02

Give skin a rest

Cleanse, moisturise and notice how your skin feels.

DAY 03

Repeat simply

Use the same mode if day one felt comfortable. Avoid changing several things at once.

DAY 04

Keep the basics

A rest day is still part of a useful routine. Continue gentle skincare.

DAY 05

Review and decide

Look back at your notes. Keep a comfortable rhythm that follows the manual.

Keep skincare uncomplicated

The most helpful routine is one you can maintain without irritating your skin.

BEFORE

Clean and dry

Use a familiar gentle cleanser. Remove makeup and allow skin to dry. Avoid trying a new strong active immediately before a light session.

AFTER

Comfort first

If your skin feels comfortable, finish with a moisturiser you already tolerate. If it feels hot, sore or unusually irritated, stop using the device and seek advice.

DAYTIME

Protect your skin

Use shade and suitable clothing as well as sunscreen. NHS guidance recommends at least SPF 30 with UVA protection when sun protection is needed.

Keep regular treatment separate: LED routines do not replace prescribed treatments, acne care, or advice from your clinician. If you use prescription skincare, ask the prescriber how to fit light sessions around it.

Your answer is a starting point

Your result should tell you what to try first and why. It cannot tell you what your skin will look like in a fixed number of days.

IF YOU CHOSE MORE THAN ONE CONCERN

Pick a priority

Start with the concern that matters most today. You can revisit the other one after you know the first mode feels comfortable.

IF YOUR SKIN IS REACTIVE

Slow down

A rest day or a shorter, manual-approved session may be more useful than adding more modes. Stop if discomfort occurs.

IF YOUR SCHEDULE CHANGES

Keep an anchor

Choose a time that fits your week. Exact clock times are less useful than following the device instructions consistently.

A good first-week question: Which part of this routine felt easy enough to repeat next week? Use that answer before adding another step.

Small habits matter

Keep the device comfortable to use and easy to find. Refer to the supplied manual for model-specific cleaning and charging steps.

AFTER USE

Clean carefully

Switch the device off. Clean only as the manual directs, then let it dry before storing.

BETWEEN SESSIONS

Store it safely

Keep the mask and eye protection together in a dry, protected place.

IF SOMETHING FEELS WRONG

Pause, then check

Check fit, comfort, eye protection and the manual. Do not force another session if you have pain, a headache, or irritation. Contact support if the device itself is not working as expected.

Buudy support: support@buudy.co.uk

Companion app: app.buudy.com

Shop: www.buudy.co.uk

Your first-week notes

Use this page on paper or save a copy on your device. Recording comfort is more useful than judging day-to-day appearance.

DAY	MODE / REST	COMFORT	ONE OBSERVATION
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____

READ MORE

For general home LED safety and realistic expectations: American Academy of Dermatology, [Is red light therapy right for your skin?](https://www.aad.org/public/cosmetic/safety/red-light-therapy) (aad.org/public/cosmetic/safety/red-light-therapy). For UK sun protection: NHS, [Sunscreen and sun safety](https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/) (nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/).

This is cosmetic and wellbeing information, not a diagnosis or a replacement for your device manual or professional care. Product modes, session length and precautions should be confirmed against the instructions supplied with your mask.