CLEOPATRA EDITION

The Buudy *Light Ritual*

Your complete companion to the LED Mask & LED Torch.



A little light. A routine that is yours.

Get to know your devices, watch the walkthrough, and build a confident at-home ritual.

YOUR GUIDE AT A GLANCE

Welcome to your glow ritual.

For the first unboxing, the first comfortable session and every routine that follows.



Meet the Cleopatra Edition

The rose-gold mask you see on the Buudy store is the Cleopatra Edition. Its face-and-neck shape and touch controls make it a distinctive part of your skincare routine.

Your mask provides broad coverage; the Buudy LED Torch gives you a smaller, focused light source. This book helps you understand both, without making your routine complicated.

FIND WHAT YOU NEED

03 Your mask & the essentials
04 Watch the unboxing video
05 Your mask, step by step
06 Understand the light modes
07 Face & neck coverage
08 Benefits & realistic progress
09 Meet your LED Torch
10 Torch application areas
11 Use & charge your torch
12 Build a repeatable routine
13 Skincare before & after
14 Clean, store & troubleshoot
15 Comfort & common questions
16 Videos, support & next steps

Keep this guide beside your supplied manual. The manual for your exact device takes priority for settings, timing, eye protection and cleaning.

BUUDY LED MASK / CLEOPATRA EDITION

Designed around your face.

Face and neck coverage, a cordless format and a choice of light settings in one device.



Your mask at a glance

192
LEDs across the mask

7 + NIR
Visible colours + near-infrared

4 levels
Selectable intensity settings

Cordless
Rechargeable, with touch controls

Lay out the essentials

Mask kit: LED face mask, charging cable and charger, two eye supports, user manual and treatment guide. Keep the eye supports with the mask so they are ready every time.

Your Buudy extras: Premium Travel Box for protected storage and the Buudy LED Torch. Check your order confirmation and the contents of your own parcel if anything appears missing.

Before your first session

Read your model’s instructions, confirm the right eye protection and inspect the device and cable for damage.

THE WEBSITE WALKTHROUGH

See it before you start.

The same Buudy unboxing & review video featured on your product page. Tap the image or button to watch.



Watch the complete unboxing & review >

01 Unpack & identify

See the mask, storage box, charging connection and supplied accessories.

02 Watch the controls

Follow the demonstration of the power switch, touch controls and changing light settings.

Pause and replay: keep your mask beside you and locate each control while the device is switched off. Use the manual if the unit supplied to you differs from the demonstration.

Open the video on the product page

SIX STEPS TO A CONFIDENT START

Your first mask session.

Choose one setting, keep skincare simple and make comfort your first checkpoint.

01 Charge & inspect

Charge using the supplied equipment as directed. Check the cable, shell and eye supports. Disconnect charging equipment before wearing unless your manual explicitly allows otherwise.

02 Cleanse & dry

Remove makeup and cleanse gently. Dry your skin and hands. Keep strong or unfamiliar skincare products out of your first-session routine.

03 Fit the mask

Fit the supplied eye supports as instructed. Position the mask comfortably over your face and neck. Adjust only the parts designed to move; never force the shell.

04 Choose your setting

Use the power switch and touch controls shown in the walkthrough. Select the mode and an intensity allowed by your manual; higher brightness is not automatically better.

05 Follow the timer

Use the session duration and frequency in your device instructions. Stay awake and stop if the light or fit becomes uncomfortable. Do not extend a session to chase faster results.

06 Switch off & finish

Turn the mask off before removing it. If skin feels comfortable, finish with your usual gentle moisturiser. Clean and store the device as directed.

One setting is enough to begin

You do not need to cycle through every colour in one sitting. A clear, comfortable routine is easier to repeat.

FIND YOUR PREFERRED LIGHT

Understand your light choices.

The mask offers seven visible colours plus near-infrared. Start with the mode recommended for your goal in the supplied treatment guide.

Red	**Fine-line & texture routines** Red light is studied for supporting collagen and improving the appearance of fine lines. Results depend on the device and routine.
Blue	**Blemish-focused routines** Blue light is used in some acne treatments. Deep, painful or scarring acne needs professional care, not extra sessions.
Near-infrared	**A separate light setting** Your mask includes 830 nm near-infrared. It is largely invisible to the eye; do not look into the LEDs to check whether it is on.
Green	**An even-looking complexion** Buudy's tone-focused mode. Use as directed in your treatment guide, and keep sun protection central to your routine.
Yellow	**A radiance-focused ritual** Buudy's option for a dull-looking complexion. Follow your treatment guide when choosing this setting.
Cyan	**A calm-looking complexion** An option in Buudy's soothing skincare routine. Persistent redness or rosacea needs individual advice.
Purple	**Another way to personalise** An additional visible mode to explore as directed. Choose one goal and follow the matching routine in your treatment guide.
White	**Explore your refresh setting** Another selectable light mode. Check the treatment guide for when to choose it and how it fits with your other settings.

The descriptions above help you navigate Buudy's modes. Evidence differs between light types, and individual results vary. General background: Cleveland Clinic [2].

FACE + NECK, TOGETHER

Know where your mask fits.

The Cleopatra Edition shape extends below the face, bringing the jawline and neck into the same fitted routine.



Forehead & cheeks

Broad facial coverage for an even, repeatable skincare ritual.

Lower face & jawline

Keep the lower section aligned and comfortable; do not pull it tightly against the chin.

Neck

Let the neck section sit in its intended position. Avoid pressure, twisting or bending the shell.

Make the fit work for you

Put the mask on while seated in a stable, comfortable position. Arrange hair away from the contact areas and keep the fit consistent from one session to the next. Light treatment should not require tight pressure against your face.

The face mask is designed for its intended face-and-neck position. Do not repurpose it on knees, arms or other body areas. Use the torch only on areas allowed by its own instructions.

Protect your eyes

Use the required eye protection. The eye openings are not treatment targets; never stare into the LEDs.

SMALL CHANGES, SEEN OVER TIME

What a good routine can offer.

Think of LED as one part of looking after your skin, alongside gentle skincare and sun protection.



Appearance-focused care

Research on red-light devices suggests possible improvements in fine lines, skin texture and the appearance of some discolouration.
Home-device results vary and may be subtle. These general findings do not guarantee the same result from every mask. [1]

Practical benefits you can use

COVERAGE

A single fitted device brings face and neck into one session.

CONVENIENCE

Cordless operation makes it easier to choose a comfortable place to sit.

CONSISTENCY

The same setup and a simple record help you repeat the routine without guesswork.

Compare fairly

Take a baseline photo, then compare at spaced intervals in the same light, at the same angle and without filters. Note comfort, the setting used and consistency. Day-to-day appearance changes with lighting, sleep and skincare, so avoid judging a result after one session.

THE BUUDY LED TORCH

A focused companion.

A compact light source for smaller areas, with red and near-infrared wavelengths in a handheld format.



Small in the hand

Model H100-3H

630 nm + 660 nm
Red-light wavelengths

850 nm
Near-infrared wavelength

12 cm / 74 g
Compact aluminium body

Why add a torch to your kit?

Precision: choose a small, permitted skin area instead of treating the full face. **Portability:** the storage case, lanyard and tripod help make setup manageable. **Flexibility:** it offers a separate body-care option where the mask does not fit.

Red-light devices are studied for fine-line and skin-texture improvements [1]. The torch brings light to a smaller area for a focused skincare or body-wellness ritual. Results vary. For persistent pain, an injury or an active skin condition, seek professional advice before starting.

Explore your torch’s product details

TARGET A SMALL AREA AT A TIME

Where the torch can fit.

Buudy's storefront illustrates local use on several body areas. Your supplied manual must allow the area you choose.





Cheeks & facial skin

Only where the manual permits. Keep the beam away from eyes, eyelids and the eye socket.

Neck & shoulders

Choose a comfortable position that lets you control the beam and distance.

Arms, elbows & hands

A manageable way to focus on a small patch of intact, exposed skin.

Back, knees & feet

Use a stable setup for reachable areas. Do not contort your body or balance the torch precariously.

Use on intact external skin only

Do not aim into eyes or body openings, or use over a suspicious lesion, open wound or area needing medical assessment.

SET UP, POSITION, SWITCH OFF

Use your torch thoughtfully.

The torch has its own instructions. Do not transfer the mask’s timing, distance or intensity rules to it.

01 ## Check the kit

Locate the torch, two supplied rechargeable batteries, USB charging dock, tripod, lanyard, case and manual. Only install the battery type and number specified for the torch.

02 ## Prepare the area

Use clean, dry, intact skin. Sit comfortably. Position the lanyard or tripod as instructed and keep the light directed away from anyone’s eyes.

03 ## Set the distance

Follow your torch manual for skin distance and whether contact is allowed. Do not press the light against the skin simply because an illustration looks close.

04 ## Use the stated timing

Select one small area. Use the manual’s session length, interval and frequency. Stay present; stop for discomfort, excessive warmth or skin changes.

Charge with care

Use the supplied dock and the power supply specified in the manual. Match the marked battery polarity. Keep battery contacts dry and protected from keys or other metal objects. Do not use a damaged, swollen, leaking or unusually hot battery.

The torch’s water-resistance rating is not permission to immerse it or charge it near water. Switch off after use, let it cool if needed, and store the device and protected batteries as instructed.

TORCH FINISHED? SWITCH OFF / CLEAN / STORE

MAKE CONSISTENCY FEEL SIMPLE

A rhythm you can repeat.

Build around the frequency in your manual. The outline below is a planning method, not a treatment-dose schedule.

START

Learn the setup

Read the manual and watch the walkthrough. Choose one device and one priority. Make sure fit, controls and eye protection are clear.

REPEAT

Keep the variables steady

On your next permitted session day, use the same approved setting. Avoid changing products, intensity and frequency all at once.

REST

Let ordinary skincare do its job

Use non-session days for gentle cleansing, moisturising and daytime protection. Missing a session is not a reason to double the next one.

REVIEW

Keep what feels sustainable

Compare your comfort notes and photos over time. If the routine is inconvenient, simplify the setup before adding another device.

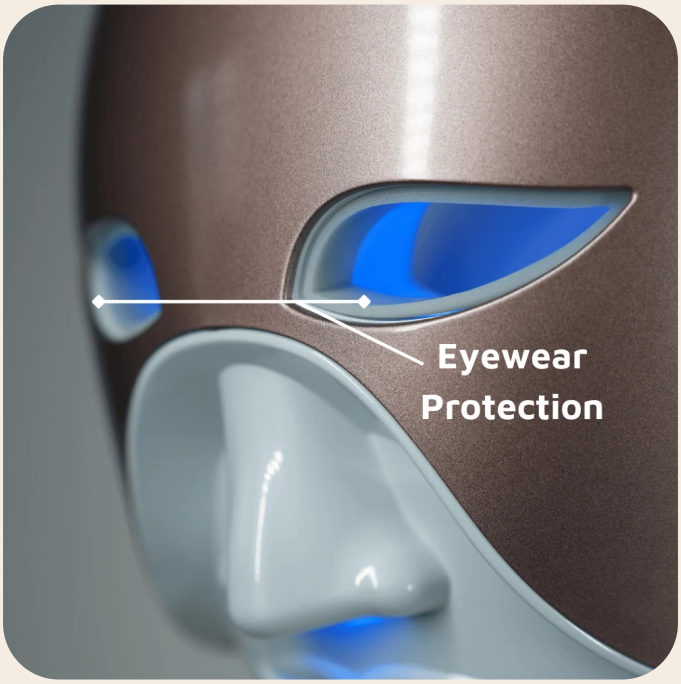
Using the mask and torch together

Treat them as separate devices with separate instructions. Do not automatically add torch time to skin just exposed under the mask. If you want to treat the same area with both, ask Buudy or a qualified clinician to confirm a suitable combined routine first.

BEFORE, AFTER & EVERYDAY

Keep your skincare gentle.

A familiar routine makes it easier to notice how your skin responds to light sessions.



Before a session

Remove makeup and cleanse gently. Start with clean, dry skin unless your manual specifically directs otherwise. Do not use an unfamiliar acid, peel or strong active immediately beforehand.

After a session

When skin is comfortable, use a moisturiser you already tolerate. Keep your routine uncomplicated while you learn how your skin responds.

Daytime protection still matters

Use shade and suitable clothing as well as sunscreen. NHS guidance recommends SPF 30 or higher with at least four-star UVA protection, or the UVA-circle mark. Apply and reapply as directed; a light routine does not replace sun protection. [3]

Retinoids, prescriptions & procedures

Ask the prescriber or treating clinician how to combine a light device with prescription skincare, photosensitising medicines or recent peels, laser treatments and other procedures. Do not stop prescribed treatment or create your own waiting period based on a general ebook.

A FEW HABITS PROTECT YOUR KIT

Clean. Dry. Store.

Use the cleaning method in each device’s manual. The mask and torch may need different care.



After each use

Switch off and disconnect charging equipment before cleaning. Use only the cloth, cleaner and method allowed by the manufacturer. Avoid abrasive cleaners, spraying into openings or immersing electronics.

Before putting it away

Let everything dry. Keep accessories together, protect the lenses and avoid forcing cables into tight bends.

The mask will not turn on

Check the master power switch and charge status. Consult the charging instructions before trying again.

The torch will not turn on

Check the specified battery, charge and polarity. Do not bypass safety parts or experiment with a different battery.

A light looks different

Near-infrared may not be visible. Check the indicated mode; never look into the emitter to test it.

Something is damaged or hot

Stop using it and contact support. Do not open sealed electronics or continue charging a faulty device.

BE CONFIDENT ABOUT YOUR NEXT STEP

Comfort comes first.

A session should fit into your routine without pain, eye strain or pressure to keep going.

Check suitability before starting

Speak to a qualified healthcare professional first if you are pregnant, have epilepsy or light-triggered symptoms, have a condition that increases light sensitivity, or use medication that may cause photosensitivity. Ask for advice about active skin disease, a suspicious lesion or a recent procedure.

If you have darker skin and concerns about pigmentation, discuss visible-light exposure with a dermatologist. Use the eye protection specified for each device. If there is pain, persistent irritation, headache, eye discomfort or a visual change, stop use and seek appropriate advice. [1]

Can I treat every concern at once?

Start with one priority and one manual-approved routine. Extra colours or longer exposure do not automatically improve the outcome.

Can I use the mask while sleeping?

Stay awake and aware during use so you can respond to discomfort. Follow the supplied timing instructions.

What if I miss a day?

Resume the next session allowed by your manual. Do not double the time or add extra exposure to catch up.

Why does my mask say Cleopatra?

Cleopatra Edition is the mask edition shown and supplied by Buudy. Keep your order details and contact Buudy if your unit differs from the advertised kit.

YOUR NEXT SESSION STARTS HERE

Watch. Learn. Make it yours.

Save these links so the right demonstration and support are always close at hand.

Buudy unboxing & review

The complete setup walkthrough from the website: unpacking, charging, touch controls and mask fitting.

Play the full video >

Explore the light modes

See the store's mode-showcase video, or return to the product page for the walkthrough and customer reviews.

Watch the light-mode showcase >

Open Buudy's product page >

Need help with your kit?

support@buudy.co.uk

www.buudy.co.uk

Include your order reference, device name and a clear description of the issue. For a suspected fault, stop using the device until you have guidance.

FURTHER READING

[1] American Academy of Dermatology: red-light therapy

[2] Cleveland Clinic: LED light therapy

[3] NHS: sunscreen and sun safety

General skincare information, not a medical diagnosis or a replacement for the supplied manual. Store details checked 9 October 2026. Original Buudy imagery and branding retained.

CLEOPATRA EDITION / ROUTINE COMPANION

Your daily light ritual.

An everyday skincare rhythm, with LED only on the session days allowed by your device instructions.



Morning

Cleanse gently. Use your usual moisturiser and daytime sun protection. Keep the products you know your skin tolerates.

Evening

Remove makeup and cleanse. On rest days, keep to familiar skincare. On a planned session day, use the checklist below before finishing with moisturiser.

On a planned session day

- [ ] Start with clean, dry skin and the eye protection required by your manual.
- [ ] Follow your device instructions for the area, setting, duration and frequency.
- [ ] Switch off. Moisturise if comfortable, then clean and store your device.
- [ ] Record your setting, comfort and one observation. Note rest days too.

TODAY'S NOTES

DATE _____

DEVICE / MODE OR REST _____

COMFORT _____

ONE OBSERVATION _____

PLAN / REPEAT / REVIEW

Your weekly routine.

Plan session and rest days around your manual. Track your mask or torch setting, comfort and one useful observation.

WEEK STARTING

MY MAIN FOCUS

DAY	DEVICE / MODE / REST	MINUTES	COMFORT	ONE OBSERVATION
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

END-OF-WEEK REFLECTION

What felt easy to repeat?

What will I keep next week?

A rest day belongs in your plan. Keep session length and frequency within your device instructions; do not add extra exposure to make up for a missed day.