

Can This Natural Therapy Really Clear Acne?

This Australian model says yes.

By Jasmine Garnsworthy
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Image via @AmyPejkovic

Amy Pejkovic is an Australian athlete, **model**, and Instagram influencer known for medal-winning high jump skills. She's also a poster girl for clear, glowing skin on Instagram—but in a recent TV interview, the 25-year-old attributed her **clear complexion** to a new kind of light therapy treatment.

“My acne has had a significant effect on my self-confidence, including feeling embarrassed and, at times, paranoid and depressed,” Pejkovic **said**, according to the Daily Mail. “I avoided being in public places without make-up and felt uncomfortable even in front of my closest friends and family.”



Studies actually show that acne is **linked with depression**, and most of us who have dealt with breakouts know it can deliver a massive blow to your self-esteem, at the very least.”As a model your skin is a huge part of your job, which meant there was even more pressure for me to have flawless skin,” Pejkoivic said.

The Sydney local’s skin now appears completely blemish-free, which she attributes to a new treatment called Kleresca. Kleresca claims to offer a “new kind of light therapy” which Pejkoivic says totally cleared her acne. On its website, Kleresca explains that its acne treatment uses “biophotonic technology,” which basically involves pulsing a specific fluorescent light on the skin to kill acne-causing bacteria, stimulate the skin’s own repair mechanisms, and reduce the signs of scars.



The model is the skincare company's newest ambassador and says her skin was transformed after a six-week trial. "The Kleresca Acne Treatment was a great option for me as it is not absorbed into the skin and has little to no downtime, meaning I didn't have to worry about the effects it might have on my body and overall health," she said.

There's nothing particularly new about using light therapy to zap acne. Blue LEDs have been used for years by professionals as a preferred alternative solution for treating mild acne. According to Edyta Jarosz, lead aesthetician at **PFRANKMD Skin Salon**, blue LED therapy improves skin clarity and acne by "[normalizing] the

production of oil and [calming] inflammation.” Blue LEDs also get rid of the bacteria that cause inflammation during breakouts and is available at most spas and dermatologist offices.



Kleresca's point of difference is a specific gel that they apply first to the skin. It contains chromophores, which “convert the light waves from the lamp into a fluorescent light energy that stimulates the skin's own repair mechanisms,” the company website explains.