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Light therapy of the skin

Light therapy has a positive effect against many skin problems, for example allergic and bacterial skin inflammation. The main (albeit not the only) indication for light therapy of the skin is psoriasis.

In the case of psoriasis, UVB-therapy relieves the symptoms for a long time (3–12 months). UVB inhibits the rapid growth of immature skin cells. UVB-treatment up to 5 times per week has a positive effect on 80% of psoriatic patients within 6 weeks. The duration of the treatment course in the case of psoriasis is 15–25 procedures on average. The duration of the procedure is determined by the physician depending on the patient's skin type.

In addition, light therapy hastens the healing of wounds and ulcers. Light therapy is also good for the organism's ability to recover and is especially recommended for children and the elderly.

Light therapy of the skin takes place in a special upright booth.

A physician's referral is necessary to receive the service. The service is paid.

Appointments can be booked:

- the national digital register www.digilugu.ee
- by phone 666 1900 **Mon-Fri 7:30-18:00**
- at the reception