



BEAUTY > SKIN CARE

4 At-Home Skin-Care Devices That Are Actually Worth the Hype

Loved by shoppers and celebrities, these sophisticated tools are a convenient, at-home solution for brighter and smoother skin.

By [Chelsey Hamilton](#) and [Christina Oehler](#) | Published on June 15, 2023



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In 2023, technology is everywhere you look. Artificial intelligence is fated to replace certain human interactions, work-from-home culture is almost entirely dependent on digital communication, and the majority of the world's population has a smartphone attached to their hand at all times. In this digitized world, it should come as no surprise that people are looking for tech-focused skin-care solutions to add to their beauty routines, too.

At-home skin-care devices, in particular, have seen an increased interest in the last few years thanks to their convenience and lower cost compared to traditional in-office treatments. According [to Google Trends](#), searches for face devices have nearly doubled since 2018, with breakout searches for some of the bigger names in the beauty space, like [Solawave's light wand](#) and [NuFace's toning device](#).

It's hard to ignore the buzz around skin care tech. Chances are, you've heard of makeup artists using [anti-aging devices on celebrities](#) to achieve their glowy, wrinkle-free [complexions on the red carpet](#); or you've talked to someone IRL who [raved about their results](#) and wondered if it's worth trying for yourself.

But what started as just another anti-aging solution has become much more sophisticated, and there are now a slew of options and customizations available to consumers. You'll find different brands and models used to address specific concerns — whether they're wrinkles, fine lines, acne, sagging, sun damage, or hyperpigmentation — through various methods of treatment, including light therapy, lasers, microcurrents, and microneedling, to name a few.

Most of the experts we spoke to were in agreement: It's unrealistic to expect at-home tools to deliver the same results as a professional treatment, but they're a sound alternative to improving your skin if in-office procedures are not feasible for you. As always, it's important to consult your dermatologist before seeking out a new skin-care treatment or using a new device.

The options can feel overwhelming, so we pared it down for you. Below, browse our four favorite at-home skin-care devices that deserve a space in your medicine cabinet.

Best in-office treatment for acne-prone skin: Cutera's AviClear

When looking for an effective (but gentle) solution for acne, laser-based treatments are a [dermatologist-recommended place to start](#). They work by removing the top layers of skin and promoting collagen growth, thus sloughing off zit-causing bacteria. "There are these new acne lasers that target the sebaceous glands, which are very much a big part of the pathogenesis of acne," explained [Dr. Blair Murphy-Rose](#), MD, a New York-based board-certified dermatologist. "By destroying these oil-producing glands you're targeting acne at the root."

Both Dr. Murphy-Rose and New York-based dermatologist [Dr. Bradley Glodny](#), MD, agreed that [Cutera's AviClear](#), an FDA-approved laser treatment that targets oil-producing glands, is the best in-office solution for acne. However, if you're not able to shell out the money for a procedure, devices using red light therapy are a lower-grade option.

Your at-home alternatives:

By using low wavelengths of red light, [this type of light therapy improves cellular function](#) on the epidermis, minimizing oil production and decreasing breakout-causing inflammation, explains Dr. Glodny. That's why the [Solawave Skincare Wand with Red Light Therapy](#) is a shopper and celebrity favorite. In addition to the light benefits, the wand massages your face with a gentle vibration and microcurrents that allow the red light to penetrate deeper, which may also help reduce the appearance of hyperpigmentation and fine lines.



Buy It: [Solawave Skincare Wand](#), \$149, [solawave.co](#)

Another shopper-loved acne treatment is [Dermaflash's Dermapore Pore Extractor and Serum Infuser](#). Dermapore is a two-in-one, spatula-like tool that clears debris and oil from pores while simultaneously infusing skin-care products into the skin. So not only does it remove the gunk and buildup off of your face, but it also lays the foundation for skin-care products to work their best — both of which help reduce breakouts, says [Dr. Jeffrey Lind](#), MD, a Texas-based board-certified plastic surgeon.



Buy It: [Dermaflash Dermapore](https://dermaflash.com), \$99, dermaflash.com

Best in-office treatment for wrinkles and fine lines: Botox

It's no secret that the market for anti-aging procedures is saturated with seemingly endless solutions — many of which are quite expensive — making it hard to decide what's worth the splurge. [Botox](#), an FDA-approved neurotoxin used to paralyze facial muscles that cause wrinkles, is a popular first line of defense in anti-aging treatments. “Botox is not the only treatment to address lines on the forehead and sides of the eyes,” explains Dr. Glodny.

Your at-home alternative:

It goes without saying, but don't expect to find DIY injectable services or medical-grade lasers to use in your own bathroom. While at-home options won't deliver the same results as Botox, the [NuFace Facial Toning Device](#) is a great place to start for an at-home anti-aging routine.

According to Dr. Lind, the device works “by sending microcurrent (think of it as a very low-level electricity) through to the muscles of the face,” adding that (based on the brand’s claims), this would lead to a tightening of the facial muscles which, in turn, would soften wrinkles.



Buy It: [NuFace Mini+ Starter Kit](https://www.nuface.com), \$245, [nuface.com](https://www.nuface.com)

Best in-office treatment for hyperpigmentation: Laser therapy

[Hyperpigmentation](#), which causes some areas of the skin to appear darker or lighter than others, is the result of an overproduction of melanin in the skin. Much like acne and fine lines, hyperpigmentation is treated by gently exfoliating the outer layers of the skin using treatments like laser therapy, [chemical peels](#), and [microneedling](#), all of which are generally performed in-office.

“Lasers will always be the best treatment for hyperpigmentation (other than sunscreen use and prevention),” explains Dr. Glodny, adding that while there are a number of options on the market, sun protection and maintaining a consistent, dermatologist-approved skin-care routine are the key factors in preventing further discoloration.

Your at-home alternative:

“Sunscreen is the most important at-home device for preventing dark spots,” explains Dr. Glodny. “That being said, the [Droplette Micromister](#) can be a helpful tool to more efficiently deliver your skin-care routine deeper into the skin for better results.” He recommends using the device over topicals containing ingredients like [vitamin C](#), [niacinamide](#), and [hydroquinone](#) to diminish dark spots.

The [Droplette Tranexamic Eraser Set](#) includes the aforementioned micro-misting device and a set of hyperpigmentation-fighting capsules filled with niacinamide, [tranexamic acid](#), and [arbutin](#). The micromister projects the formula at a high velocity so that it can penetrate deeper into the skin barrier. Not only does it create a more even skin tone, but it can also provide your skin with the necessary nutrients to better defend itself against UV rays and free radicals, per the brand.



Buy It: [Droplette Tranexamic Eraser Set](#), \$299, [droplette.io](#)

Whether you're battling blemishes or warding off wrinkles, these at-home devices offer a step in the right direction to clearer, brighter skin — without breaking the bank.