

DIGITAL GUIDE

After GLP-1 Weight Loss

What Your Skin Is Actually Doing

A straight answer to what's happening, and what actually helps



8-PAGE GUIDE

PURPLEGLO

The Three Things Everyone Confuses

If you've lost a meaningful amount of weight quickly, your skin is probably doing more than one thing at once, and most of the confusion out there comes from treating these as a single problem. They're not. Here's what's actually happening, separated out clearly.

STRUCTURAL

Volume Loss

Loss of the fat layer beneath your skin, most noticeable in the cheeks, temples, and under the eyes. This is a change in the underlying structure of your face, not the skin itself.

What actually helps: Dermal fillers, fat grafting, or in more advanced cases, surgical lifting. This is not something skin care or light therapy can meaningfully change.

ELASTICITY

Laxity & Crepiness

Your skin's collagen and elastin lost support faster than your skin could adapt. The result is that thin, crepe-paper texture and looseness, often on the lower face, neck, and arms.

What actually helps: This is where red light therapy is genuinely useful, supporting collagen rebuild and a visibly firmer appearance over time.

SURFACE

Texture & Tone

Dullness, fine lines, and unevenness, often tied to the nutritional shifts that come with rapid weight loss rather than the weight loss itself.

What actually helps: A supportive combination of red light and the right topicals. Helpful, but secondary to the two concerns above.

The single most important thing in this guide: **volume loss and skin laxity are two different problems with two different solutions**. If you only take one idea away, take this one. The rest of this guide will help you figure out which one (or both) you're actually dealing with.

What's Actually Going On With Your Skin

Answer honestly, not aspirationally. There's no wrong profile, only useful information. (Viewing on a screen? Click each box to check it. Printing instead? Just circle or tick your answers by hand.)

1. Where are you noticing the most change?

- ☐ Cheeks and temples look "deflated" or hollow (Volume +2)
- ☐ Skin along the jaw, neck, or arms looks loose or crepey (Laxity +2)
- ☐ Skin looks dull or unevenly toned, but not loose (Texture +2)

2. How much weight did you lose, and over what timeframe?

- ☐ Over 50 lbs in under 12 months (Volume +2, Laxity +1)
- ☐ 20 to 50 lbs, steady pace (Laxity +2)
- ☐ Under 20 lbs (Texture +1)

3. When you smile or move your face, what do you notice?

- ☐ Hollows appear that weren't there before (Volume +2)
- ☐ Skin folds or creases more than it used to (Laxity +2)
- ☐ Nothing dramatic, just looks tired (Texture +1)

4. What's your age range?

- ☐ Under 40 (Texture +1)
- ☐ 40 to 55 (Laxity +1)
- ☐ Over 55 (Volume +1, Laxity +1)

5. Have you had fillers or injectables before?

- ☐ Yes, and they've helped in the past (Volume +2)
- ☐ No, and I'd rather try non-invasive options first (Laxity +1, Texture +1)

6. Does your skin look like it needs more "fill" or more "firmness"?

- ☐ Fill, it looks sunken (Volume +2)
- ☐ Firmness, it looks loose (Laxity +2)

7. How is your skin's overall glow and tone lately?

- ☐ Noticeably duller than before (Texture +2)
- ☐ About the same as always (0 points)

8. Where on your body are you most concerned about skin changes?

- ☐ Face only (Volume +1)
- ☐ Face and neck (Laxity +2)
- ☐ Face, neck, and body (arms, stomach) (Laxity +2, Texture +1)

Score it: Add up your points in each column (Volume, Laxity, Texture). Whichever column has the highest total is your primary profile. If two columns are close, you're a Combined Profile.

What Your Profile Means

Primarily Volume-Type

Your main concern is structural, not textural. Your skin itself is likely fine; what changed is the fat layer underneath it. Red light therapy will not meaningfully address this. See page 6 for what to ask a dermatologist before booking anything.

Primarily Laxity-Type

Your skin lost structural support faster than it could adapt. This is exactly the concern red light therapy is designed to support, encouraging collagen rebuild and a visibly firmer appearance over time.

Combined Profile

You're likely dealing with some of both. Red light therapy can meaningfully help the laxity component, while the hollowing or sunken areas may still benefit from a conversation with a dermatologist.

What Actually Helps What

Concern	Topicals	Red Light Therapy	Injectables	Surgical
Volume Loss	Minimal effect	Not effective for this	Primary solution	Effective for advanced cases
Laxity / Crepiness	Supportive	Primary supportive tool	Not typically indicated	Only in advanced, longstanding cases
Dullness / Texture	Helpful	Helpful, secondary benefit	Not applicable	Not applicable

If you scored primarily **Volume-Type**, red light therapy is not the right tool for your main concern, and we'd rather tell you that now than have you find out after buying something. Turn to page 6 for a short script of questions to bring to a dermatologist instead.

What to Expect, and When

Skin changes after rapid weight loss unfold in phases. Knowing what's realistic at each stage helps you avoid the two most common mistakes: giving up too early, or expecting a texture problem to solve a structural one.

3 mo

The Adjustment Phase

Skin is still catching up to your new body composition. Laxity and crepiness are often most visible here, since the fat layer changed faster than the skin's elastin could respond.

If you're using red light consistently, expect subtle improvements in skin texture and tone, not dramatic firmness changes yet.

6 mo

The Rebuilding Phase

This is typically when collagen support work starts to show. If laxity is your primary concern, this is a realistic window to look for visibly firmer skin, gradually.

Consistent red light use over this period is where most people begin to notice a meaningful difference in skin appearance, not before.

12+ mo

The Plateau & Decision Phase

Skin changes largely stabilize by this point. If volume loss is still your main concern here, this is typically when people decide whether to pursue fillers or other structural options.

If laxity has visibly improved but hollowing hasn't changed, that's expected, because they were never the same problem.

What Not to Waste Money On

- ✗ **Generic "firming" creams for true laxity.** If your skin is genuinely crepey rather than just dry, a topical alone won't reach the collagen layer where the actual problem is happening.
- ✗ **Underpowered at-home light devices.** Look for actual wavelength (630nm and 850nm are well studied) and LED count. A handheld wand with a handful of LEDs is not comparable to a full-coverage mask.
- ✗ **Fillers for pure laxity without volume loss.** If your primary issue is crepey texture rather than hollowing, filler can actually look unnatural since it's solving a problem you don't have.
- ✗ **Extreme calorie or protein restriction to "fix" skin.** Under-fueling during this period often makes texture and dullness worse, not better.
- ✗ **Any product promising results in days.** Collagen rebuild is a months-long biological process. Anything promising overnight firmness is describing swelling or temporary effects, not real change.

If You're Primarily Volume-Type: Questions to Bring to a Dermatologist

1. Based on what you're seeing, is this volume loss, skin laxity, or both?
2. Which areas would filler address, and which wouldn't it help?
3. How long would results typically last given my age and skin type?
4. Is there anything about rapid weight loss specifically that changes your approach here?
5. Would you recommend addressing volume before or after any skin-texture treatments?

12-Week Skin Tracker

Use this whether or not you use a red light mask. Consistent tracking is the single best way to actually notice change, since skin shifts gradually and it's easy to forget your starting point.

If printing this page: print at 100% scale (not "fit to page") so the boxes stay full size, then tape or glue a physical photo into each box, or write "see phone" and keep photos in your camera roll instead. **If using this digitally:** skip the boxes and just save your weekly photos in a dedicated album, using the notes lines for how your skin looks and feels each week.

Week 1

attach or tape photo here

Week 2

attach or tape photo here

Week 3

attach or tape photo here

Week 4

attach or tape photo here

Week 5

attach or tape photo here

Week 6

attach or tape photo here

12-Week Skin Tracker (Weeks 7–12)

Week 7 attach or tape photo here	Week 8 attach or tape photo here
Week 9 attach or tape photo here	Week 10 attach or tape photo here
Week 11 attach or tape photo here	Week 12 attach or tape photo here

Tip: take photos in the same light, same angle, same time of day each week. Small conditions matter more than you'd think.

Your Next Step

If you scored Laxity-Type or Combined Profile

Your primary concern is exactly what red light therapy is built to support. Our mask uses 216 LEDs at 630nm and 850nm, the two wavelengths most studied for skin recovery and collagen support. If you want a fuller approach, "The GLP-1 Skin System" bundle pairs the mask with a Copper Peptide 2% and Niacinamide 5% serum.

[See the Mask →](#)

If you scored Volume-Type

Your main concern is structural, and red light therapy won't meaningfully change that. The most useful next step is the dermatologist conversation on page 6, not a product purchase. If laxity develops or becomes more noticeable as your skin continues to adjust, the mask may become genuinely useful later, and this guide will still apply.

Purpleglo's mask is an FDA-cleared Class II device. Results vary by individual and are supportive, not curative. This guide is educational and does not replace advice from a licensed dermatologist.

Your Daily Routine

If your profile points to the mask — **Laxity-Type or Combined** — a simple, consistent routine is what lets it do its work. Here’s how the mask fits into a morning and evening that genuinely support your skin through GLP-1 changes. Nothing here is complicated, and you don’t need more products than these.

Time	Step	Product	Why it matters on GLP-1
Morning	1	Gentle hydrating cleanser	Refreshes without stripping fragile, drier skin
	2	Hyaluronic acid serum (on damp skin)	Plumps and pulls in moisture to fight crepiness
	3	Ceramide moisturizer	Locks in hydration, rebuilds the barrier
	4	Mineral SPF 30+	Protects the collagen you’re building from UV breakdown
Evening	1	Gentle hydrating cleanser	Removes the day; preps clean, dry skin for the mask
	2	Purpleglo LED Mask — 10 min	Stimulates collagen deep in the skin (the firming engine)
	3	Hyaluronic acid serum	Rehydrates and plumps after treatment
	4	Ceramide moisturizer	Seals everything in overnight

Consistency beats complexity. Four steps you actually do every day will outperform ten you abandon in a week. If you scored Volume-Type, this routine still supports your skin’s barrier and texture — just remember the mask won’t change structural volume loss (see page 4), so treat it as skin support, not the answer to hollowing.