

BEAUTY

# London's first Collagen Bed lands at Harrods

*It's the future of wellness...*

by FRANCESCA WHITE

2 DAYS AGO



The newest innovation to land at Harrods Wellness Clinic is the Collagen Bed - and it's an out-of-this-world experience.

The gleaming device is as wide as a queen-sized bed and covered in more than 18,000 light-emitting diodes (LEDs) that emit a combination of near-infrared and deep red light. Sessions last for 45 minutes (you'll flip onto your back halfway through) and trigger a healing response in cells that helps to alleviate conditions ranging from muscular pain and joint problems, to inflammatory skin conditions like eczema. It's also pleasantly warm and relaxing - like lying on a sun bed (albeit one that's actually good for you).

Try it and expect to feel like a whole new person.

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Collagen Bed - Red Light Body Rejuvenation, £200 per session. NYDG at the Harrods Wellness Clinic, Knightsbridge, SW7. ([harrods.com](https://www.harrods.com))