What is claimed is:

1. An adjustable therapeutic face mask with a mask body covering the facial region of a user, said mask body comprising:

- an interior portion and an exterior portion, said interior portion including a flexible circuit board including a plurality of light emitting diodes towards the interior portion of said mask body wherein said plurality of light emitting diodes are configured to emit light radiation with varied color and intensities covering a wide range of wavelengths;

- a controlling unit enclosed in said exterior portion and adapted to control the functioning of a plurality of functional units of said face mask including the controlling of said color and intensities; and

- a sheet of transparent silicone, said silicone sheet adapted to cover said flexible electronic circuit board, said mask body having openings for eyes, nostrils, and mouth including said openings in said flexible circuit board and said sheet of transparent silicone to facilitate the comfortable fixing of said face mask on to the facial region of said user with edges of said sheet of transparent silicone made opaque near the eye area of said user to prevent the light from said plurality of light emitting diodes from entering into the eyes of said user, said flexible circuit board fixed in between said mask body and said transparent silicon sheet towards said interior portion, said mask body secured onto the facial region of said user using a fixing means.

2. The adjustable therapeutic face mask according to claim 1, wherein said mask body is made of a rigid material.

3. The adjustable therapeutic face mask according to claim 1, wherein said controlling of color and intensities is through a set of buttons including push buttons mounted towards said exterior portion.

4. The adjustable therapeutic face mask according to claim 1, wherein said controlling unit and said plurality of light emitting diodes are powered by a set of rechargeable batteries enclosed in said mask body.

5. The adjustable therapeutic face mask according to claim 1, wherein said light emitting diodes are spectrum specific dual chip light emitting diodes.

6. The adjustable therapeutic face mask according to claim 1, wherein said fixing means is a stretchable strap detachably attached to said face mask.

7. An adjustable therapeutic face mask with a mask body covering the facial region of a user, said mask body comprising:

- an interior portion and an exterior portion, said interior portion including a flexible circuit board including a plurality of light emitting diodes towards the interior portion of said mask body wherein said plurality of light emitting diodes are configured to emit light radiation with varied color and intensities covering a wide range of wavelengths;

- a controlling unit enclosed in said exterior portion and adapted to control the functioning of a plurality of functional units of said face mask including the controlling of said color and intensities;

- a communication module enclosed in said controlling unit and adapted to enable the communication between an external digital electronic communication device with said face mask; and

- a sheet of transparent silicone, said silicone sheet adapted to cover said flexible electronic circuit board, said mask body having openings for eyes, nostrils, and mouth including said openings in said flexible circuit board and said sheet of transparent silicone to facilitate the comfortable fixing of said face mask on to the facial region of said user with edges of said sheet of transparent silicone made opaque near the eye area of said user to prevent the light from said plurality of light emitting diodes from entering into the eyes of said user, said flexible circuit board fixed in between said mask body and said transparent silicon sheet towards said interior portion, said mask body secured onto the facial region of said user using a fixing means.

8. The adjustable therapeutic face mask according to claim 7, wherein a user can adjust colors and intensities of said plurality of light emitting diodes using a software application installed in said external digital electronic communication device without removing said face mask.

9. The adjustable therapeutic face mask according to claim 7, wherein said light radiation from said light emitting diodes stimulate collagen development in the facial skin of said user thereby facilitating the reduction in wrinkles and further facilitating the treatment of mild to moderate acne including inflammatory acne.

10. The adjustable therapeutic face mask according to claim 5, wherein said dual chip light emitting diodes emit light having the wavelength doublets of 880nm/630nm, 660nm/605nm and 630nm/415nm.