

What it is:

To **permanently reduce unwanted hair**, laser light is directed at the hair follicle, thus preventing the hair's ability to grow.

Features & Benefits:

- Laser hair removal removes unwanted hair from bikini line, arms, legs and face, eliminating the need for shaving, tweezing, waxing or bleaching

Duration of Benefits:

- Because hair grows in three phases (the active, dormant and shedding stages) and laser hair removal is effective **ONLY** in the active stage, treatments are usually administered in a series of five to eight treatments for each area, spaced between four and eight weeks apart (as new hair growth is observed)
- Periodic treatments are necessary to maintain results after the initial series is completed

Duration of Treatment: 10–60 Minutes (depending on size of treatment area)

Treatment Protocol:

- Topical numbing cream is applied to the treatment site
- Customized spa treatment ritual (30 minutes)
- Laser Hair Removal procedure (10–60 minutes)
- Application of calming gel/cream post procedure

Candidates:

- Ideal candidates are those individuals with dark, coarse hair and light skin. The darker tones of hair, brown and black, are the easiest to remove by laser, but other factors can affect the outcome, such as dark or tanned skin
- In the past, individuals with naturally-occurring blonde, red, or gray hair have had limited success with laser hair removal. However, thanks to new laser technology, this treatment can be effectively administered to individuals that would otherwise have been rejected in the past
- Ongoing advancements in laser technology will further expand the efficacy of the hair removal laser for all candidates

Contraindications:

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- Patients with sunburn, open sores, skin lesions or rash should not undergo this procedure

What to Expect:

- When the laser is directed at the skin, patients will experience mild discomfort—not unlike a rubber band snapping against the skin

Downtime/Recovery:

- Immediately after the treatment the skin will look pink and slightly swollen, similar to a sunburn. This usually subsides within an hour or two and the skin returns to normal
- In very few cases, a darkening or lightening of the treated skin may occur
- Burning or blistering of the skin is possible; while these adverse reactions are temporary, they can last a few months in extreme cases

Pre-treatment Guidelines:

Laser Hair Removal

Three to four weeks before treatment:

- No waxing, tweezing or bleaching hair in the area to be treated for at least three to four weeks prior to your laser hair removal procedure
- Avoid tanning—whether by the sun, self-tanning creams/sprays or sun beds

One day before treatment:

- It is recommended to **shave the area being treated ONE day before your appointment**

Post-treatment Recommendations/Prescriptive Care:

Laser Hair Removal

- **Shaving is the ONLY acceptable means of hair removal between treatments**
(do not wax, tweeze or bleach)
- Avoid sun exposure
- Avoid harsh cleansers
- Apply cooling serum or cream as directed

Follow Up Visit:

- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
