

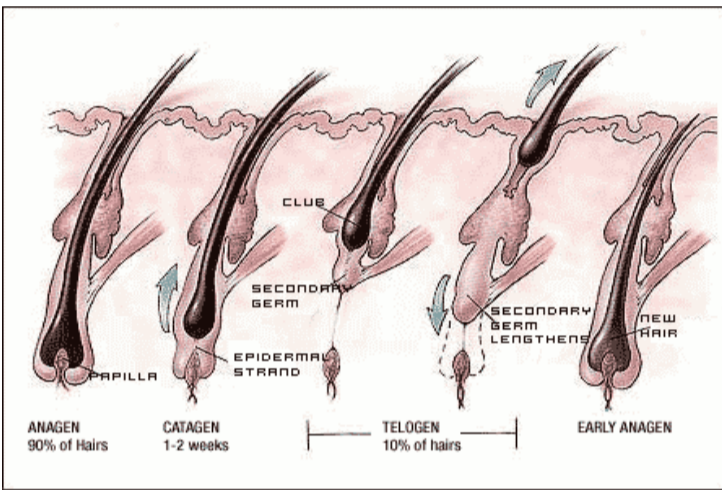
IPL hair removal

HOW IPL WORKS: During treatment the crystal of hair removal hand piece is pressed onto the skin and a bright pulse of light is released. The light penetrates the skin and gets attracted to melanin (pigment) in the hair. It is then absorbed into the root and shaft of the hair. Light energy is transformed into heat, which destroys the root of the hair and surrounding tissue. The light is attracted to darker colours, therefore the darker the hair and the lighter the skin (the greater the contrast) the more effective the treatment.

HAIR GROWTH CYCLES: Our hair grows in 3 stages:

- Anagen**- Growing stage (*Hair root is attached to follicle*)
- Catagen**- Transition stage (*Hairs during their shedding phase*)
- Telogen**- Resting stage (*Waiting for new hairs to grow*)

Only hair in the active growing stage respond to treatments. The idea is to catch all of the hair in the area at this stage. The number of hair in the Anagen stage at any given time varies from 10% to 30% depending on area of the body. Therefore you should get at least 10% and a maximum of 30% reduction in each treatment.



FOR BEST RESULTS: It is important to keep intervals between treatments constant, as the aim is to get as many hair in the Anagen stage as possible in order to destroy the maximum amount in a single session. As new hair growth emerges from the skin, it is safe to assume that it is in this active stage and treatment at this time is advisable.

DARK SKIN: An experienced therapist with good quality equipment will be able to treat dark skin types. However, patient with dark skin will find the results will be a bit slower to achieve and treatments may feel more uncomfortable. This is due to the fact that pigment in hair as well as in skin will have to compete on the uptake of energy.

LASER vs IPL—what is the difference?

SCIENCE BEHIND LASERS: Lasers use a single wavelength of coherent light while IPLs utilize various wavelengths of incoherent light. There is a large assortment of laser machines operating in clinics and salons. Different Laser equipment would usually operate on different wavelengths and parameters. Various wavelengths of light absorb into (and effect) different substances [chromophores] in our skin and body differently and this can make it very difficult for the consumer to choose the correct laser machine. The machine would have to suit their particular skin and hair type and tone as well as be suitable for treatment of that person's particular condition [hair removal or pigmentation treatment etc]. This means that two different people may respond to treatment on the same Laser equipment completely differently, even if they are similar in the way they look.

SCIENCE BEHIND IPL: IPLs offer fast, comfortable, effective with long term results and minimal side effects (when performed by trained experienced technician). This brilliant light-based technology was first introduced to the world in early to mid nineties and was invented (by a laser manufacturer) with the sole purpose of replacing laser equipment for cosmetic producers. The idea was to make various treatments (hair removal, capillaries, and skin rejuvenation and pigmentation treatments) possible with just the one machine, rather than using different laser machines to treat each problem.

SAFETY: IPL machines typically do not require the high levels of power or energy fluence necessary for lasers. High levels of power or energy fluence can be associated with such side effects as skin discoloration, crusting and burns/blisters.

PAIN FACTOR: Although it can differ from device to device, most people feel a stronger sensation with laser treatments than with IPLs.

SESSIONS NEEDED: Although a lot depends on the practitioner and their device. However, the end result will vary for different people due to skin and hair types as well as their individual body's response and the level skill of the therapist. Although 1 Laser or IPL session can produce a noticeable long-term result, as a rule multiple treatment sessions are necessary to obtain optimal effects. Depending on various factors one may need anywhere between 4-10 sessions. Breaks between treatments should be from 3-8wks (depending on area treated, hair removal methods previously used, and quality of your hair). Frequency of treatments gradually decreases. Number of facial hair removal sessions is generally greater where a hormonal imbalance is present in the body.

BEFORE TREATMENT

DO	DON'T
shave	sun tan/solarium for 6 weeks prior
	tweeze, wax, hair removal cream
	tanning creams -3 wks prior
	use vitamin A creams, bleach
	use vitamin A medications
	take photosensitizing meds
	use CENTRUM multi vitamin
	use photosensitizing herbs

AFTER TREATMENT

DO	DON'T
shave	hot showers straight after
wear sunblock	exercise immediately after
	wax/tweeze bleach hair
	use photosensitizing meds
	use hair removal creams
	use Centrum multivitamin
	sun tan for 6 weeks prior
	solarium for 6 weeks prior
	tanning creams for 3 wks prior

DID YOU KNOW?

PHYSICS OF LIGHT: Light is attracted to color so Laser/IPL hair removal works best for light skin/dark hair combo

TREATMENT PLAN: Typical treatment plan consists of 4-10 sessions, 4-8wks apart. Expect approx 85% reduction

MAINTENANCE PLAN: Mostly, people are happy with having 1-2 treatments a year. Occasionally once every 2-3 years