

# Laser Hair Removal

What causes excess hair?

Factors such as age, ethnicity, medications, hormone levels, genetics, heredity and even body site influence the length, coarseness, and color of body hair. Hair grows in cycles and how much hair you have depends on how many hairs are in the active growth cycle and how long that cycle lasts.

How does the laser remove hair?

ELOS causes Vortex Heating to target and damage the hair follicle. The Vortex is created when the Radio Frequency current - the destructive energy - encircles and heats the hair follicle damaging the follicle itself, not just the hair shaft. There is a slight tingling sensation but most people tolerate the treatment well. The application of LMX, a topical anesthetic cream, is usually given to increase the patient's comfort level.

How many treatments are required?

Each hair on your body is in one of three phases at any particular time - it is either actively growing, resting or sleeping. The laser hair removal works by disabling only those hairs in their active growth cycle. That is why more than one treatment is necessary. Treatments will be necessary every 4-6 weeks until the desired result is obtained.

What happens after treatment?

Immediately after the treatment, the area will become slightly red and puffy. This reaction subsides quickly as the laser does not burn or cut the skin in any way. It is possible to return to normal activities right away. A "regrowth or stubble" may appear in 2-3 weeks. This is old hair regrowth from the follicle which will fall away from the skin easily with gentle rubbing.

Is it safe?

The laser parameters were carefully defined by studying the anatomy of the hair follicle and precisely matching the light and pulse duration to the follicle size, depth, and location to safely and effectively remove the hair. Lower overall energy levels give superior results and maximum safety. Most people experience no side effects at all. The risk of getting burned with this new laser technology is <1% in our office.

Are there treatment alternatives?

There are several "traditional" methods of hair removal which require considerable commitment and are somewhat painful and transient. Until now, electrolysis offered the only potential permanency, but this is a tedious, time consuming process which can take years of treatment to achieve the desired result. There are also alternative laser hair removal treatments whose effectiveness depends on the pulse duration, method of attraction to the follicle, depth of penetration and skill of the operator. At our office, we are committed to treating with the most effective and affordable laser hair removal technology available. This commitment to state-of-the-art excellence means changing laser hair removal

devices as the technology improves.

Laser hair removal is extremely precise and can be adjusted to the exact parameters to disable only the hair follicle, leaving the surrounding skin untouched. When considering laser hair removal, information should be obtained on the experience of the technician, the physician and the effectiveness of the method and equipment.

How much does it cost?

The cost of laser hair removal is based on the body area treated. The treatment price can range from \$75 per session for small areas up to \$1000 for the largest areas. Of course, discounted packages are available.

What laser system do we use?

Syneron ELOSTM, (Electro-Optical Synergy) which is the basis of safety and efficacious treatments. This system is proven to be the safest, most effective and comfortable solution for the superior results you desire. This treatment uses gentle pulses of two targeted energies means better results with lower overall energy output - assuring the highest level of safety and comfort. Studies reveal 90% permanent reduction! ELOS is the only system that can offer 50% reduction for white, red or blonde hair.

Laser hair removal is the newest trend in removing unwanted hair. Laser hair removal works because lasers' light energy thermally agitates the base of your hair follicle and destabilizes it without damaging the surface of your skin. The Laser hair removal treatment is selective because it targets the hair and not the skin. The surface of your skin is protected with a cooling agent, whether it is from a Cooling tip on the laser, to a cool gel applied on the skin to a Cooling machine that blows cold air towards the area to be treated.

There are three stages of hair growth, catagen, anagen and telogen. These are important to understand prior to beginning Laser hair removal treatments. Hair growth in these stages can be affected by several factors, including age, ethnicity, weight, hormonal fluctuations, diet, and medications taken.

- During the Catagen stage, the hair is in a transitional stage and can last for 2-3 weeks. Hair growth stops and the outer roots shrink & attach to the hair's root.
- During the Telogen stage, the hair is resting and can last a minimum of 100 days and the hair follicle is at rest.
- During the Anagen stage, the hair is actively growing. New hair is rapidly forming and grows approximately 1 cm every 28 days and remains in this stage for 30-45 days.

Laser hair removal is meant to destroy the hair in its growing or active phase (anagen phase). During this phase, your hair contains an abundance of melanin (pigment that gives hair its color) and the follicle is targeted. The laser is a concentrated beam, and the accuracy and effectiveness are higher in targeting specific areas for hair removal. With several Laser hair removal treatments lasting, you can achieve permanent hair removal in a quick and painless treatment.

Laser hair removal is meant for clients who understand the risks involved as well as the benefits to be gained from this treatment. Anyone who bakes themselves at the beach or in a tanning bed is not a good candidate for Laser hair removal. You may be submitting your skin to damage or side effects. The laser can cause a reaction on the darker pigment and the dryness of your newly tanned skin. This is the most important in pre and post laser care of your skin. The newer lasers allow for darker skin to be treated, but we still recommend that you remain away from the beach and out of the tanning beds. Darker skin, even though this skin type can be treated with the newer laser, still has higher risks.

When you begin the Laser hair removal process, your skin should be shaved 1-2 days prior to your Laser hair treatment. Shaving the hair right before your next treatment ensures better results and the treatments will have more effective results. We recommend that you let your hair grow out in between treatments, which can be 4-6 weeks apart. By allowing the hair to continue to grow between Laser hair removal treatments, you will receive the maximum benefits from Laser hair removal.

There is a wide variety of information about Laser hair removal on the internet, some of it true and some of it false. This is an informative page about Laser hair removal and our way to help clear up some common myths involved with Laser hair removal. This way, you can achieve the best results and get the most benefit out of the Laser hair removal treatments you are about to begin. We hope this Laser hair removal article helps you with all your questions.

Skin texture and hair color are the most important factors to consider when researching Laser hair removal treatments. Laser hair removal works best on those with darker hair and lighter skin, but the newest technologies have been proven to treat lighter hair as well as dark-skinned clients. Years ago, Electrolysis was the best method for permanent hair removal for women, ranging from facial hair to bikini hair. For men, who used hair dye from wood for a permanent solution to back hair. We must also remind you that the most important precaution to take prior to beginning Laser hair removal is to avoid tanning beds or even other methods of hair removal which can cause the treatments to be less effective (and even cause harm to you or your skin). By coming to your Laser hair removal treatment with tanned skin, the Laser hair removal machine settings will have to be turned down, which will not give the best results.

There are a wide variety of Lasers, such as the ND Yag, Alexandrite, Ruby, and Diode. There are also many different clinics that offer different Laser hair removal procedures. We must remind you that there is always the risk of blistering or skin reddening, which is temporary. The majority of clients benefit from Laser hair removal but there are a small percentage of clients in whom laser treatments can be harmful. Lasers are promoted as permanent hair removal, but in truth, lasers prove to be only up to 90% permanent. Hair that does continue to grow will usually be lighter and grows much slower than prior to getting Laser hair removal. Clients always experience some form of hair re-growth, whether it be in a smaller area where the laser has treated or thinned hair. Hair growth results in three cycles, which requires a series of Laser hair removal treatments as new hairs enter the growth cycle.

A newer study has found that some aspects of your diet affect Laser hair removal treatment's effectiveness. Laser hair removal was dependent on your beta-carotene intake but independent on anything else in your diet. Try to remember when getting Laser hair removal treatments to avoid food containing beta-carotene. Beta-carotene can contribute to a reddish or yellow tint to the hair follicle which can cause the laser not to be attracted to the hair follicle.

Unfortunately, Laser hair removal treatments can become quite costly and this is a factor to take into consideration. These treatments can run you a few hundred dollars to several thousand depending on the area(s) to be treated. Also, we recommend touch up treatments every 6 months to 1 year once the treatment package has been completed.

We hope that this article has provided the Laser hair removal information that you were looking for prior to beginning your Laser hair removal treatments. No matter what clinic you go to for treatments, it is best that you are aware of the information needed for you to achieve the best results. Good luck!

## Laser Hair Removal Facts

Researching Laser hair removal is highly recommended to get the real facts, understand the myths and learn as much as you can prior to beginning a series of Laser hair removal treatments. Understanding Laser hair removal facts can

help you to know how to get the most out of each treatment. You may ask yourself, "Why do I need facts about Laser hair removal? It is so common and has to be safe if so many people are doing it". We always recommend that you do your research and learn as much as you can about Laser hair removal prior to beginning any treatments.

Getting rid of unwanted body hair is a process, especially if it affects your natural beauty due to the location of unwanted hair. There are many different companies out there that perform a variety of permanent Laser hair removal techniques and Laser procedures. The treatments available offer a wide variety of costs, risks, rewards and applicability. The facts are that there are many types of Lasers used to perform each treatment. There are two main facts that you should take into consideration prior to beginning Laser hair removal treatments:

- The duration and the side-effects associated with each Laser hair removal treatment.
- Cost of each Laser hair removal treatment.

The duration of treatments associated with Laser hair removal, is the most important fact you should know before you decide to get the treatment. Hair re-growth is still going to be a factor to keep in mind - no matter where you go for treatments. The Laser hair removal treatment has been marketed as permanent. Laser hair removal is up to a point, and most people get up to 80 - 90% improvement over a series of seven treatments. Lasers do NOT give results after 1 or 2 treatments and most clients need a minimum of 7 - 8 treatments! People with lighter skin and dark, coarse hair seem to achieve the best results from Laser hair removal. These are Laser hair removal facts you need to acknowledge and understand.

Some precautions prior to Laser hair removal treatments can include:

- Avoid waxing & tweezing for 2 weeks prior to beginning Laser hair removal treatments.
- Avoid sun exposure for a minimum of 4 weeks prior to Laser hair removal treatments.
- Shave the area to be treated 1 - 2 days prior to your treatment. This way the hair is visible and the laser will be more attracted to the hair follicle and not waste its energy on the surface.

Laser hair removal side effects are minimal, and may result in redness and swelling post Laser treatment. If this does happen, effects don't usually last longer than 24 hours. In some cases, Laser hair removal could result in blistering, which is usually rare. Surface skin burns are not uncommon and most likely result from skin that has been exposed to the sun.

The facts about Laser hair removal cost, unfortunately, are that Laser hair removal is not cheap. Most clinics do not offer individual Laser hair removal treatments because it works best in a series. Each treatment can cost up to several hundred dollars for this hi-tech treatment. Buying a package for your Laser hair removal treatments, do cut down on the initial cost. Unfortunately, due to the cost of these treatments, Laser hair removal is not for everybody. Every part of the body is different, as well as the skin type, sex, skin texture and the number of Laser hair removal treatments required.

To sum it up, Laser hair removal facts include a quick, almost painless and almost permanent solution to unwanted hair.

### Laser Hair Removal Tips

This new treatment that you are about to become a part of begins before the first Laser hair removal treatment. There are several steps you need to be aware of prior to beginning Laser Hair Removal, as well as following each treatment.

By being aware of these steps, you will achieve better Laser hair removal results, quick and permanent hair removal and successful treatments.

First and foremost, you must avoid the sun during the course of Laser hair removal treatments. Laser hair removal can cause skin reactions with undesirable side effects. This is the most important precaution to remember. If you do come to your appointment with tanned skin, this will cause your technician to turn down the strength of the laser pulse, which reduces the effectiveness of the Laser hair removal treatment. If you do get a tan from either the sun or a sunless tanning booth, we recommend you wait a few weeks until the tan begins to fade before getting your next Laser hair removal treatment.

The opposite is true for darker-skinned clients. For them, it is suggested they begin a skin-lightening cream, such as Hydroquinone, to help lighten the skin on the area to be treated with the laser. This should be done within 2 - 4 weeks prior to beginning Laser hair removal. When using Hydroquinone, you must be under the supervision of a physician due to the potency of the bleaching agents and the strength. Most of the time, Hydroquinone can only be obtained by prescription.

Another option to keep in mind is the Laser hair removal treatment is more effective when the hair is shorter. We recommend shaving the area to be treated a couple days before the Laser hair removal treatment to accelerate the effect of the laser. It is always best to consult with your physician prior to beginning Laser hair removal treatments. It is also best to consult with your Laser hair removal physician if you suffer from any skin conditions, rashes, acne or genital sores because you may be prescribed medication prior to beginning laser treatments. If you do have a condition that requires medication, we recommend that you continue with the medication until it is complete. This is especially important when certain areas are treated with Laser hair removal, such as the lip, chin and bikini areas.

The newest studies suggest that diets high in Beta-carotene (found in carrots and squash) can produce a slight orange or yellow coloring to the skin's surface. Unfortunately, the skin's pigment can absorb the energy from the laser. The skin will absorb the energy of the laser which prevents the laser energy from reaching the hair follicle. For best Laser hair removal results, it is best if you refrain from consuming beta-carotene during the series of treatments.

These tips are good to keep in mind for the best Laser hair removal results and a boost of self confidence once the treatments are complete

#### Painless Hair Removal

Laser hair removal is rapidly increasing as the most popular quick & painless method to remove unwanted hair. Laser hair removal offers immense benefits for people all over the world who are sick of unwanted body hair. Electrolysis, Waxing and Tweezing are becoming a thing of the past as Laser hair removal becomes a more permanent treatment.

Laser hair removal has succeeded over other permanent hair removal techniques because this makes sense to consumers in the total benefit it offers. Laser hair removal has become a breakthrough for both women and men. Laser hair removal has increased with the male clients in the past few years. Men most commonly suffer from excessive back hair and ingrown facial hairs from constantly shaving. The newer technologies are gaining popularity because of the unlimited treatments offered from time to money to speed to accuracy and especially with regards to quick and painless hair removal.

Laser hair removal has become a permanent solution to getting rid of unwanted hair. The beauty of Laser hair removal versus Electrolysis is that the laser can cover a larger area of hair, instead of removing one hair at a time. Laser hair removal has also proven to be less painful than Electrolysis because of the developing technologies to penetrate below the skin's surface and work at the level of the hair follicle. Because of the range of area that can be covered, entire areas can be treated with each session, such as Full backs, bikini areas, whole faces, and underarms. The effects are long-lasting and can be up to 90% permanent.

We have compared Laser hair removal to Electrolysis treatments. Electrolysis is known for its tedious and very painful

treatments, involved by inserting a needle into the hair follicle and by using an electrical charge, destroying the hair follicle, one hair at a time. Because Electrolysis is a tedious treatment, the amount of time to remove hair from one small area can take years to achieve permanent hair loss. The upside to Electrolysis is that hair removal is usually permanent.

Lasers have become more effective in achieving permanent hair removal and can treat all skin and hair color. Lasers have become effective because of the light energy beams that attack the hair follicle itself while leaving the surface of your skin unharmed. The laser beam is highly concentrated, which gives Laser hair removal the advantage to treat only the hair follicle, leaving the surface of the skin unharmed. Laser hair removal has become less invasive and clients are coming on their lunch breaks for treatments. Laser hair removal is not only effective with each treatment, but the amount of time to be treated has also decreased. Depending on the areas treated, Laser hair removal can take from 10 minutes to over an hour. This is proven not