

LASER 101:

15 THINGS YOU NEED TO KNOW BEFORE YOU GO HAIR FREE

1. The BASICS, in three steps:

1. Laser light converts to heat as it passes through the skin
2. Heat is absorbed by hair's dark pigment (melanin) in follicle
3. Heat damages hair follicle, which inhibits growth

2. Stay out of the sun

At *least* 2-4 weeks before, to be exact. You can't receive this treatment if you are sunburned, tanned, spray tanned, tanning bed "tanned" ...you get it. A lot of people start treatments in the fall or winter in order to have stubble-free skin by summer.

3. Please, shave first!

This isn't like waxing, and you don't need to grow your unwanted hair out beforehand. If you've had a wax recently you will need to wait for your hair to come back before your laser treatment. Yep, that's one of the downsides to waxing...it comes back. Unlike laser. The best thing you can do is shave a day before your appointment. If you forget, your laser tech will shave the area for you.

4. Laser hair removal isn't a "one and done" treatment

It's not a disappearing act. But 6-8 treatments and you will see the results, that will last forever!

5. Your treatment time can vary

Depending on the treated area times range from 5-60 minutes. Long story short, the bigger the area it's going to take a little bit longer. Post treatment redness and irritation similar to a sunburn can occur.

6. If you want to see the lasting results, you have to be consistent

Hear me out: There's a good reason for this. Your hair follicles are on their own growth cycle. People who see the best results typically go in for treatment every four to six weeks in order to maximize the potential of zappin' the most follicles. This time frame allows the dead hair shafts to fall out on their own.

7. You should see the results within three months

You will want to stick with it. After the first few treatments you might not see much of a difference, but you will start to notice a dramatic drop in unwanted follicles after the three-month mark — and even more after that.

8. Some hair colors can be a little harder to treat but it's not impossible

Dark hair follicles are usually easy to treat because, again, the laser targets the hair's pigment. Gray, white, and blonde hair will not be able to be removed.

9. It's not the most relaxing thing, but hey "beauty is pain" right?

Every time the laser fires, it feels like someone is snapping you lightly with a rubber band. It's more of a discomfort rather than pain. Numbing cream is not needed for laser hair removal.

10. SPF is your friend, always

Listen, sunscreen should be your BFF in general, but definitely use it after your treatment. Your skin will be sensitive — even if it doesn't feel like it — and you need to protect it as much as possible.

11. Avoid all the smelly stuff

For the next 24-48 hours try to remove perfumes, deodorants, lotions, and take lukewarm showers for the first week.

12. Is it safe?

All of our technicians are registered nurses, licensed estheticians, or board-certified laser technicians. They have all performed hundreds of treatments in every area. They have done and seen it all. You're in good hands.

13. Is it really worth it?

If you for some crazy reason enjoy shaving, then no it's probably not for you. But for the majority of us shaving is more of an annoyance than anything. Women spend 1,728 hours shaving their legs over the course of their lifetime. So, if you would like to enjoy those hours living your life instead of with a razor then YES! it's for you.

14. What about these new "at-home hair removal devices"

They are time consuming; they don't deliver the same amount of heat required to destroy the hair follicle permanently, they cannot distinguish skin types, and they are unsafe for numerous reasons. You might as well save your \$400 and put it towards a professional laser package.

15. What if I'm on medication?

You will need to discontinue use of any antibiotics 14 days prior to your appointment. We will remind you and schedule around this if necessary.

