

## About IPL (Intense Pulse Light) Hair removal

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Intense Pulse Light (IPL) hair removal will cause a dramatic and permanent hair growth reduction.

Although no hair removal system can guarantee permanent hair removal completely, IPL treatments are extremely effective at destroying most of the targeted hair follicles.

Most people will experience a huge reduction with each treatment, with very little or even no hair re-growth.

## HAIR REMOVAL

**After  
5 Treatments**

**Before**



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*Lose centimeters - the easy way!*

## How it works

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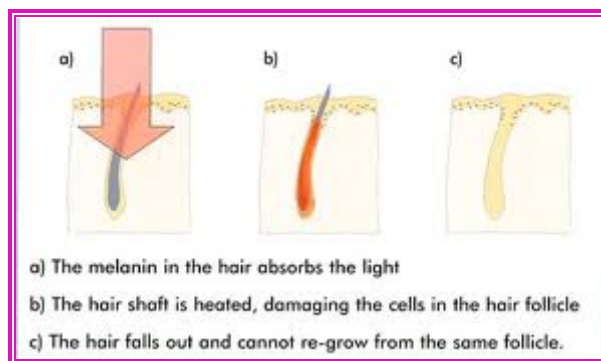
The IPL emits high energy pulses of light which travels down the hair shafts to the hair follicles, where it is absorbed.

The laser energy is then transformed into heat and destroys the follicle, preventing the reproduction of further hair growth.

There are 3 stages to the hair growth cycle. These stages are:

- the Anagen phase, which is the active growing phase
- the Catagen phase, where growth is dormant, and
- the Telogen phase which is when the hair falls out.

Hair follicles can only be destroyed when they are in the growing phase, which is why an average of 4 - 6 treatments is recommended with 4 - 5 week intervals.



## Treatable Areas

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All areas of the face and body can be treated, including sensitive areas with relatively little or no pain.

## Health warning

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People with serious diseases are asked to please take caution and discuss the effect that the treatment might have on their health with their physician.

People are considered non-candidates if they have cancer, are epileptic, have recently been through surgery, have Hepatitis C, have kidney disease of any kind, are menstruating, pregnant or nursing.

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Other health risks include hormone treatment, heart disease, high blood pressure, diabetes, skin diseases and bleeding disorders.

Any persons with medical / electronic / metal / plastic / silicone implants and or instruments are at risk when treated with IPL.

PLEASE ENSURE THAT TREATED AREAS ARE **NOT** EXPOSED TO: SUNLIGHT, HEAT, CHEMICALS and/or ALCOHOL.

## FAQ's

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**Q:** How does it work?

**A:** Highly controlled pulses of light are emitted with the IPL handpiece and are selectively absorbed by the hair follicles lying below the surface of the skin.

The absorbed light heats the hair, which damages the re-growth potential of the follicle – all without damaging the surrounding tissue.

**Q: How Many Treatments Are Required?**

**A:** You should see a difference after the 1<sup>st</sup> treatment. For every person the hair growth pattern varies, and is determined by many factors, including hormones. The number of treatments required depends on each individual's skin type, hair colour, hair thickness and density. On average 5 - 7 treatments is recommended with 5 - 6 week intervals.

**Q: Which hair and skin types can receive IPL hair removal?**

**A:** IPL hair removal is effective on most hair with pigment: black, brown and red hair can be effectively reduced, but is not effective on hair that is naturally light in colour. IPL hair removal is safe for most skin types.

**Q: What is required before each treatment?**

**A:** You should shave the area to be treated before treatment. The area should be shaved as closely as possible so that laser can target the most energy towards the hair follicle and not waste energy on the part of the hair above the skin's surface. Please allow 4-6 weeks after having your hair waxed, as hair needs to be in place in the follicles for treatment to be effective. Hair should ideally be slightly visible.

**Q: What can you expect during the treatment?**

**A:** A layer of chilled gel is applied to the desired area to cool the skin and guide the light. The applicator is placed onto the skin and a short pulse of light is released. The process is repeated over the whole area of skin until the desired site has been treated. The gel is removed and the area is washed and moisturised.

**Q: What side effect may occur?**

**A:** The appearance of the treated area immediately following treatment will vary from Client to Client, depending on the extent of the treatment and the skin type. You may experience slight redness, itching or local swelling on the treated area, which indicate that the follicles have responded to the treatment.

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**Q: Is it painful?**

**A:** Everyone's pain threshold is different, but generally laser hair removal is not much more painful than waxing. The sensation is often described as being the same as a rubber band snapping against the skin for a quick second with each pulse. Most people do not require an anesthetic cream, but one may be used for very sensitive areas. Be aware that using anesthetic creams is only safe on small areas, eg upper lip, bikini, or underarms and in small quantities. Using it on large areas like the back can cause adverse effects. Consult with your pharmacist or doctor if unsure.

**Q: What after-care is required?**

**A:** Please ensure that the treated area is moisturised with aloe vera twice daily. Do not expose the area to sunlight, heat, chemicals or alcohol for at least 48 hours after each treatment.

**Q: What can you expect after treatment?**

**A:** Within 2-3 weeks, you should experience shedding of all treated hair. At first, hair will look like it's growing back in, but it is just coming through the skin to shed. Shedding starts at about 2 weeks and can last until 4 weeks after treatment. Exfoliating and/or scrubbing gently can help speed up the process. After shedding finishes, you might experience little black "pepperspots" which will shed eventually. After shedding occurs, you should experience a hairfree period for a few weeks. Your next treatment should take place when the next set of hair that was dormant before starts to grow.

**Q: Will the effect be long-lasting?**

**A:** IPL is quite effective on hair that is in the active growth phase, but cannot prevent new hair from developing. We recommend that Clients first explore a possible underlying reason if they experience extreme hair growth, as IPL treatments might seem ineffective if the body keeps developing new hair. It might seem like there is not reduction, when in fact your body is producing new hair. Talk to your doctor if you suspect you might have an underlying medical condition causing excessive hair growth before starting IPL hair removal treatments.

## What other non-surgical treatments do we offer:

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- Ultrasonic Cavitation      Fat and Cellulite reduction
- Bipolar and Tripolar RF      Anti-ageing, Wrinkle reduction and Skin tightening
- IPL – Intense Pulsed Light      Visible reduction of Acne, Spider Veins and Pigmentation, Skin rejuvenation and Hair removal (including dark skin)
- Teeth Whitening      Teeth Whitening as well as Bad breath treatment

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## Find out more:

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- Cavitation: <http://www.youtube.com/watch?v=544oDmiWq-E&feature=youtu.be>  
<http://youtu.be/gYNRe8YojDc>
- Melting pork fat: [http://www.youtube.com/watch?v=eKC\\_9tk0sul](http://www.youtube.com/watch?v=eKC_9tk0sul)
- Radio Frequency: <http://www.youtube.com/watch?v=459xCPxanvk>
- IPL Hair removal: <http://www.youtube.com/watch?v=ip9XoVBxpXo>
- How the skin ages: [http://www.youtube.com/watch?v=4Qs6INtqe\\_8](http://www.youtube.com/watch?v=4Qs6INtqe_8)
- Teeth Whitening [http://www.youtube.com/watch?v=6Pac45JC8rA&list=FL1mSOyT-zmckan5Y4gfBeaQ&feature=mh\\_lolz](http://www.youtube.com/watch?v=6Pac45JC8rA&list=FL1mSOyT-zmckan5Y4gfBeaQ&feature=mh_lolz)



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