

Laser Hair Removal Guidelines & Information

Well if you're reading this far then you are definitely interested in learning more about what you can expect from your laser hair removal session. Indulgences offers the Soprano XL Laser as featured on the View & the Doctors. The Soprano XL is the latest advancement in laser technology and it allows a person to rid themselves of the unwanted, unsightly hair in such a way that it is virtually painless, safe, effective and long lasting. There is no comparison between this laser and other laser hair removal technology that many of our competitors are using! We bought the Maserati of lasers!!!



Now, when it comes to killing hair and stopping hair growth you need heat! In fact the heat has to penetrate all layers of the epidermis and get into the dermal layer of the skin. Why? Because the hair follicle resides in the dermal layer of your skin. And it's the follicle that actually produces the hair. Each follicle can produce a few hairs or hundreds of hairs depending on their location on your body.

So why do you need more than one treatment?

Well the hair follicles have growth cycles, and the follicle must be in the anagen phase of its growth cycle in order for it to be killed. Not all follicles will be in the same phase of the cycle at the same time, therefore resulting in the need for multiple treatments.

Some clients need up to 12 sessions to reduce hair growth 80-90%. Due to individual hormonal issues, some clients may require ongoing treatments.

Any persistent or subsequent hair growth will be hair that is much finer in texture and much less dense in growth and can be addressed with "touch-up" treatments. Hormonal changes can prompt changes in hair growth. So ladies, if you change birth control pills or if you start taking hormonal replacement medications, or if you're starting menopause you may notice more hair growth and hair growth in areas that you haven't seen it before. Just be aware of that.

If you're thinking of starting laser hair removal treatments, here are some things to keep in mind:

If you've been on the medication Accutane, you must be off of the drug for at least 12 months before starting treatment. Accutane makes your skin extremely photosensitive and undergoing laser treatments will put you at a much higher risk for blisters and/or burns. We don't want to burn anyone! If you've been off of Accutane for 12 months or longer, it is safe for you to have laser treatments.

If you are taking Antibiotics:

Certain antibiotics also make your skin much more light sensitive, so if you are on antibiotics or start taking antibiotics while getting your treatments we will need to delay further treatment until the drugs are out of your system. Typically 7-10 days after you've taken your last dose, it is safe to resume your laser treatments. The risks of receiving treatment while on antibiotics are increased chance for burns or blisters.

If you are Pregnant:

If you are pregnant or thinking of becoming pregnant you are not a candidate for laser hair removal. You will be riding a hormonal roller coaster, some women have problems with thinning hair

while pregnant, some have much more aggressive hair growth while pregnant. The bottom line is enjoy being pregnant, have your baby, let your hormones get back to normal and then give us a call.

Best Candidates

The best candidates for hair removal are those people with dark hair and light skin. The light energy from the laser is absorbed by the pigment in the hair and the hair shaft acts as a conducting rod which transmits the heat down to the follicle. Get enough heat down there and that follicle is kaput!

The darker hair absorbs the heat better than lighter hair. Fairer skin doesn't attract the light, so essentially all of the laser energy goes to the dark pigment in the hair. This is the best case scenario. Lighter hair will still respond well, but it does have less pigment and so the heat transmission is less effective. If you have lighter hair, you will likely need more than 6 sessions. Darker skin tends to absorb some of the laser energy, so it steals away heat from the hair itself. This also makes the transmission of heat less efficient, but you still achieve your goal of stopping the unwanted hair growth. Again, you may need more than 6 sessions.

Gray Hair

Gray hair...here's the bad news. No laser has shown to be effective for treating gray hair!

Why? Because there is no pigment in the gray hair, so it's as though there is no hair at all as far as the laser is concerned. Now we have had some clients that have sworn that we helped rid them of their gray hair, but it is something that happens so unpredictably that we would not make you any promises if your hair was gray. There is a very good chance that you would see no change in your unwanted hair growth. Why waste the money? Typically treatments are spaced about 4-8 weeks apart depending on several factors, like the area being treated as well as how rapidly the hair growth resumes. You can shave the hair all you want in between treatments, but you can NOT wax, pluck or tweeze. We need the hair in order to transmit the heat to the follicle. When you wax, pluck or tweeze you are pulling the hair right out of the follicle and we've lost our means to transfer the heat to the follicle, thereby killing it. We hope this information has been helpful. If you have any questions, don't hesitate to ask them during your pre-treatment consultation.