

## THE LASER/ LIGHT HAIR REMOVAL PROCESS

Laser / Light hair removal is a cost effective permanent solution to unwanted hair. In the laser hair removal process, as the laser is passed over the area being treated, the hair follicles are damaged, reducing further growth and leaving a silky smooth feel, even on sensitive skin. Laser light is a safe, effective, and convenient alternative to traditional methods, such as electrolysis, shaving and waxing.

Laser hair removal can be used for both facial and body hair on both men and women. It is also an effective treatment for ingrown hairs. No more irritating skin and red bumps caused by those ingrown hairs we are all affected by and you will never need to shave or wax.

How hair growth cycles affect laser hair removal Age, sex, weight, metabolism, hormones, genetics, ethnicity, medications, body location and seasonality all affect hair growth. At any one time hairs from various parts of the body are at one of 3 cyclic phases (Anagen, Catagen or Telogen). This cycling prevents all body hair falling out at the same time and taking months to grow back.

## DIODE LASER

The effectiveness of a laser for hair removal depends on two main parameters:

- 1) The Wavelength and
- 2) The Fluency of energy to eliminate the hair.

The Diode laser wavelength is the gold standard in laser hair removal as it has been scientifically proven to be the optimal for all skin types, including dark and tanned skin.

## E-Light

This treatment combines Intense Pulsed Light (IPL) with Radio Frequency (RF). This advanced combination proves effective even in cases where other systems fail. RF technology reaches the middle and deeper layers of the skin by heating the tissue. This allows for less energy needed to be applied during the IPL treatment, leading to greater results obtained with a reduced number of sessions.

The energy generated by the E-Light is transformed into heat that permanently burns the hair bulb, yet does not affect the rest of the cutaneous structures. Also, the cooling system provided by the equipment minimizes any type of discomfort.

*Call for a complimentary consultation.*

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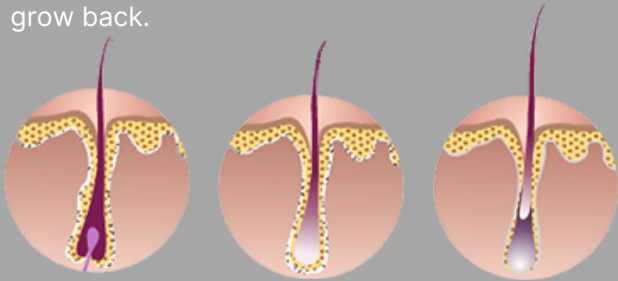
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HAIR  
REMOVAL



## HOW HAIR GROWTH CYCLES AFFECT LASER HAIR REMOVAL

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PHASE 1  
ANAGEN

PHASE 2  
CATAGEN

PHASE 3  
TELOGEN

### Phase 1 – Anagen

Hair's active growth phase; Anagen, can last several years. 80-85% of hair is in this phase at any given time. During Anagen the hair has abundant melanin.

### Phase 2 – Catagen

The Catagen or transition / regressive phase lasts about 2 – 4 weeks. In this phase hair stops growing but is not yet shed. About 3-4 % of body hair is in this phase.

### Phase 3 – Telogen

Lasting weeks to months, the Telogen or resting phase is when hair falls out and a new hair begins to form. At least 10-15% of body hair is in this phase.

Catagen or Telogen phase hair may not be fully destroyed during treatment as the hair follicle is technically no longer attached to the root. Anagen phase hair is ideal for laser removal. Because only 80 – 85% of hair follicles are in the Anagen phase at the same time, multiple treatments are usually needed to remove all hair from each area.

Treatments are spaced 4-6 weeks apart, when there is less growth then treatments will become 8-12 weeks apart, until maintenance treatments are required (every 6-12 months) for the remaining 5-10%.

## THE LASER HAIR REMOVAL TREATMENT PROCESS

Laser hair removal is a non-intrusive treatment involving an intense laser light penetrating into and below the dermal layer where it is absorbed by the pigment in the hair (melanin). The melanin absorbs the light and heats up. This heat damages the hair follicle without hurting the surrounding tissue. The damaged hair follicle stops producing hair. The laser works by disabling hair in the active growth phase (Anagen) at the time of treatment.

As not all hairs are in this stage during treatment, laser hair removal normally requires several sessions to achieve the desired hair reduction results; it is however very important to remember that treatments do not lapse over the recommended time that your technician advises as this may alter the results. The longer the treatments are apart (especially in the initial stages) the more time the cells that remain will have to multiply again and therefore all the hair will seem to have grown back.

## THE EFFECTIVENESS OF LASER HAIR REMOVAL

An 80% – 95% hair reduction in hair growth is possible. Each successive laser hair removal treatment will result in a reduction in hair growth. Hair will grow progressively slower, and finer with each treatment. Improvements may be seen after only one treatment, but repeat treatments are usually required to achieve desired results, spaced 4-6 weeks apart. The treated area will “shed” hair over the next 2-4 weeks. Number of treatments required depend on the following:

- **Hair colour:** Lasers are most effective for dark hair
- **Hair thickness:** Thicker hairs respond better.
- **Skin colour:** Dark skin may need more sessions.
- **Area:** Facial hair (chin / lip) is more resistant.

At The Beauty Clinic we use different types of hair removal modalities to achieve the desired result. The method that will be used will depend on area, colour of skin and hair.

## SUPER HAIR REMOVAL TECHNOLOGY (SHR)

ISHR is a revolutionary new method for permanent hair removal that is virtually pain & side effect free. In comparison to other slightly dated laser and IPL methods, SHR provides faster, safer and pain free hair reduction treatments for clients. SHR is for all hair types, all skin types, all year round.

By utilising low heat, SHR decreases the amount of heat absorbed by the skin so treatment can be done on tanned skin. SHR Technology is ideal for **lighter** and **white hair**.