



Laser Hair Reduction Facts

- Laser Hair Reduction works differently for everyone
- Some people see immediate results, others may take a couple of treatments to start seeing changes
- 6-8 sessions is minimum, 4-5 weeks apart
- We are treating the hair bulbs **under** your skin, not the hair above that is already dead
- **Blonde/Light coloured hair** needs more treatment, because the laser is attracted to dark pigment on your hair roots
- All your hair **will not** fall out after one treatment
- Your hair will fall out in patches not all **evenly**. This is perfectly normal as hair doesn't grow at the same rate
- Your hair will start to thin out and **will not** grow thicker after laser, it is scientifically impossible
- Pubic hair takes longer to remove, than say underarms or legs hair
- Please try to not skip a treatment. If you do, the hair that you see is the hair that was missed on last month cycle, meaning this will take another 6 months to treat (it is **not** extra hair that has grown)
- Assuming that all of your hair will be gone after the minimum amount of treatment (6-8 treatments) is **incorrect**. Your body doesn't respond to any kind of medical or paramedical treatment with that degree of certainty.

PRE-TREATMENT

- Shave the area to be treated **ONE DAY** before your treatment with new razor, 3 blade **(not clippers)** with aloe vera or perfume free/hyper-sensitive/hypo-allergenic substance
- Light the room well and take your time to shave the area
- If you make any cuts, contact us as we may not be able to do treatment over open wound
- If you would like to keep hair patch i.e. for Brazilian/Bikini area, please shave around this area to indicate the area you want to keep on

POST CARE

- After your treatment, you can occasionally expect pinkness or a mild “sunburn like” effect in the area, however even this is rare and usually passes quickly. It isn’t real sunburn, only heat permeating back out through the skin.
- Try to avoid direct sun, wearing tight clothes, do exercise and sauna 24 hours after treatment
- No waxing or plucking from now on. You can shave in intervals between treatments if necessary but please wait at least 48 hours after treatment
- If you are planning to do tattoo/permanent make-up or put implants in/on an area after hair removal, please wait at least 12-18 months

TOP UP TREATMENTS

Each treatment removes 10-15% of the hair, hence why you must come back each month (facial hair can be treated every 2 weeks as it grows much faster than hair on the rest of the body). We can only kill hair bulbs that are actively sprouting. For that reason, you will find that top up treatments from time to time are beneficial. If we get to 6-8 treatments (depending on the area) and are not seeing a reduction of 80-90% of hair, we will discuss next steps.

FAQs

- **What machine does your clinic use?**

The machine we use is the Soprano Diode Ice Laser. We use fast, efficient, virtually pain-free with the latest technology that will treat most areas and tanned skin.

- **How regularly should I come for treatment?**

Do not stop coming when your hair stops growing. After 6 treatments we will assess the hair and decide if we continue on for more monthly to reduce the hair more or if we are satisfied, you will schedule in for your next topup appointment in 2-3 months time to re-assess and plan your maintenance.

- **Why shouldn't I skip treatment?**

Jumping a treatment is like throwing money away. It is important that you keep your treatment course schedule as closely as possible for two reasons : most people have a 6 month hair growth cycle, 6 treatments in 6 months capture the greatest amount of hairs as they pass through the vital early-anagen phase of hair growth.

Regular treatment helps your therapist measure the efficacy of the last and earlier treatments, so they can determine the best energy/filter settings for the next treatment.

- **What should I expect from the treatment?**

In real terms, you could expect as a minimum result, a vast reduction in visible dark hairs. This may present or appear to present as absolute hair removal from the treated area; we are not allowed by law to make such claims as permanent hair removal.

The end result depends on your suitability to treatment, how many treatments you opt to have and how regularly you space your treatments. This is also including your age, hormonal activity in your body, ancestry, medications or medical conditions.

While some clients see a noticeable difference after their first treatment, we would suggest that you will see real results around your third treatment. We start on a lower setting and increase this as you progress through your course to ensure your skin doesn't react aggressively and that the experience is comfortable for you while still being effective, this may mean your results are slower to start with but will improve dramatically until you have noticeable hair reduction. At around the 6-8 treatments, approx 80-90% of people walk away happy with the result, while others elect to have more treatments.

- **Why do some areas take longer to see the result?**

Essentially there are two types of hair that grow on the body (not counting the scalp). There are body hair which is generally thinner and softer, and pubic hair which is more coarse. Body hair usually responds faster to treatment than pubic hair.

Arms, lower legs, lower backs and bums are generally body hair. Genitalia, face, chest, stomach and inner thighs are generally pubic hair. Underarms, upper backs and shoulders, upper legs and bum creases can be a mix of the two. Facial hair on men is the most resilient and can take more treatment.

There may be a number of reasons reduction is not prominent in a certain area which will be explained to you at your first consultation at Cleanslate Clinic, including Polycystic Ovary Syndrome/PCOS in which case we can opt for a “maintenance” approach.