



IPL TREATMENT FAQs

The IPL (intense pulse light) is absorbed by the melanin in the hair and is converted into heat. This damages the follicle making it unable to support further hair growth.

How many treatments will I need?

The number of treatments required will vary but you should expect to see significant results within 3-6 treatments. A full course of 6 to 10 treatments may be required to achieve long lasting results. Treatments should be no more than every 3-4 weeks on each area being treated.

Does it hurt?

The system features a unique cryo-cooling handset which has an anaesthetic effect on the skin surface to provide the most comfortable treatment experience. So, although you may feel some mild discomfort during the treatment this is rare.

How much does it cost?

The price will depend on the area being treated, the treatment required, and the number of treatments required. You can pay for your treatment as PAYG or in blocks of 3 or 6, block bookings will have a discount applied.

The pre-treatment advice for IPL Hair Removal:

- Do not expose skin to UV (sun exposure or the use of tanning beds) or self-tan for at least 4 weeks before and/or between IPL treatments
- Do not depilate with waxing, plucking or threading (shaving or depilatory creams are acceptable) before and/or between IPL treatments
- Do not use bleaching creams or perfumed products (e.g. aromatherapy oils) for 24 - 48 hrs before treatment sessions
- Avoid swimming in strong chlorinated water immediately before or after a Light-Based Therapy treatment
- Avoid intense exfoliation, microdermabrasion or peels for 1 week before treatment session
- Avoid wearing tight clothing when attending treatment sessions especially for bikini treatments
- Keep the treated area clean and dry and cool
- Hydrate the body by drinking plenty of water
- Protect the skin from sun exposure with suitable clothing and use of sun block SPF 30+ before first treatment and between subsequent treatment sessions but do NOT use sun blocking creams within 24hrs of scheduled treatments as this can affect the treatment

Contra-indications

A contra-indication means that a treatment cannot be carried out, that you may not be suitable for this treatment or you have a condition which requires a Doctor to give their approval before treatment is performed – please refer to your client consultation pack.

What is the aftercare advice following treatment?

For up to 24 hours the skin may be red and warm after treatment, this redness is called Erythema, this is perfectly normal and will naturally subside. If you wish, you can apply a cold compress to help calm the redness. However, it is advisable to avoid using ice as this may irritate the skin.

You can also use soothing preparations such as aloe vera, witch hazel or tea tree oil. These will all help to soothe the skin and reduce redness after hair removal.

- Avoid using make up on the treated area, thus allowing the skin to cool naturally and more comfortably.
- Avoid all heat treatments including hot baths, saunas, steam baths and showers for 48 hrs
- No swimming in strongly chlorinated water for 48 hrs
- Do not use bleaching creams for 48hrs
- Avoid perfumed products e.g., soaps, creams or perfumes for 48 hrs
- Leave any temporary skin responses such as redness to subside naturally
- Do not touch, pick, scratch or otherwise irritate the area
- No shaving for 72 hrs
- Do not exfoliate the treated area or use peels for 7 days
- No self-tan for 14 days
- Avoid waxing, plucking, threading or depilation creams
- Avoid prolonged outdoor activity that may expose the skin to a lot of wind or sun
- Use sun protection SPF +30
- Limit sun exposure and do not use tanning beds for at least six weeks.

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