

" 'CURE YOURSELF "
 'Cure, advancing for you



Your Neighbourhood
 Aveda Spa & Laser Clinic

'CURE yourself from.....

- unwanted hair
- ingrowns
- itching
- razor burns & cuts

....with Laser Hair Removal

Laser Clinic • Salon • Aesthetics • R.M.T • Health & Wellness

LASER HAIR REMOVAL

Hair Science - Understanding Hair Growth

Each of your hair follicles is in one of 3 stages of growth at any given time. The "active growth" (anagen) phase, "regressive" (catagen) phase, and "resting" (telogen) phase.

The laser is most effective at disabling "actively growing" hairs during treatment. It is during anagen that the hair shaft contains the greatest abundance of melanin, the target of the laser light. Many hair follicles are in their resting or regressive stages at any given time. The length of growth cycle also varies slightly by body area. Your treatment plan will be customized to obtain optimal results.

How does laser hair removal work and why is it safe?

Without damaging the surrounding skin, controlled flashes of light or laser penetrate the skin and are absorbed by the hair follicles. The heat created through this process damages or destroys the potential for regrowth in the follicle. The process is termed selective photothermolysis. Lasers have been used for over a decade for a variety of medical cosmetic procedures including treatment of facial and leg veins, age spots and smoothing fine lines on the face. We utilize state-of-the-art technology to customize your treatment depending upon your skin type and hair density.

What are the Benefits?

- FDA and Health Canada approved technology for permanent hair reduction.
- Less pain, discomfort and time consumption compared to other treatment areas.
- Large areas can be treated quickly
- Advances in technology allow for minimal side effects.

'CURE
 SALON SPA & LASER CLINIC

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Who can be treated?

Men, women and children may be treated for hair removal. Advances in technology allow clinicians to treat all skin types including African American, Asian, Indian, Hispanic, Caucasian. The number of treatments and the strength of each treatment vary from person to person and are customized to you based on consultation. To find out more discuss hair removal with your hair removal clinician.

What areas can be treated?

Laser hair removal can be performed on almost any area of the body for men and women – from small areas such as your upper lip, underarms, bikini area, chin, neck, and face, to larger areas such as arms, chest, back, and legs.

Why is laser preferred for hair removal?

Most people are great candidates. Traditional hair removal techniques, such as shaving, plucking and waxing, provide only temporary relief. Until now, the only long-lasting hair removal solution has been by electrolysis - which can be time-consuming and is usually limited to small areas, because each hair is treated individually. Laser hair removal is non-invasive, and safely removes unwanted body hair without damaging the delicate pores and structures of the skin. Facial and bikini area sessions are usually completed in under 20 minutes; legs and larger areas can take longer. One significant advantage of laser hair removal treatment is that it affects a large number of hair follicles at once resulting in a quicker more permanent results. As a general rule, several treatments will be required and you can expect to see a reduction in hair growth after just one treatment. If you hate shaving, or are tired of putting up with painful waxing, tweezing or electrolysis, laser hair removal may be the best solution for you.

What are the treatments like?

The treatments are done on freshly shaven, clean skin that has not been exposed to the sun for the last 4-6 weeks. The hair removing device, is passed over the area being treated. Each pulse feels like a rubber band snapped against your skin. While topical anesthetic is not a necessity it is highly recommended for larger areas or more sensitive areas. Most of the hair follicles wipe off immediately; the remaining hair follicles fall out over a period of a week or two.

Will laser hair removal work for me?

The best results have been achieved on darker, coarse hair, but other factors may influence the treatment process, and are generally best evaluated and discussed in person. We offer a complimentary consultation. Depending on the amount of hair and area treated, the procedure varies from patient to patient. Generally, the treatment will begin by shaving away the hair above the skin to be treated. Protective glasses will be provided to protect your eyes from the laser's bright light. Next, a cool gel (similar to an ultrasound gel) will be spread over the treatment area. The laser's handpiece will then be applied to the skin to deliver the pulses of light needed to begin disabling your unwanted hair.

How many treatments will I need?

The laser is only effective on hair in its actively growing cycle. At any one time there will only be certain hairs in that growing phase. This means that consistent treatments at appropriate intervals are absolutely necessary for the best possible results. The number of treatments required depends upon your skin, hair coloring, coarseness of the hair and density per treated area an average approximately 5-8 treatments is usually required. Multiple treatments may be required. The laser hair removal system causes permanent reduction in the number of hairs growing in an area, because hair grows in three phases, and each hair goes through these stages independently, it is almost impossible for one laser treatment to permanently reduce all hair in a given area. Clinical studies, which have followed patients for one year after completing two treatments, have shown that reduction in hair growth was stable for the duration of that time.

Are there any possible side effects?

Advances in technology have made side effects rare. Blistering, soft scabbing, or redness sometimes occurs at the treatment site. These resolve quickly within a day or two. Occasionally, the skin becomes lighter or darker. Side effects are definitely related to sun exposure. Limiting your sun exposure for 3-4 weeks before and after treatments is recommended. This will greatly minimize the risk of complications

Are there any restrictions on my activity after treatment?

You can return to work or resume normal activities immediately following your procedure. However, since some redness may occur, you may want to plan your work or social engagements accordingly. This may last from a few minutes to several days depending on the area and skin sensitivity.

What precautions should be taken before and after treatment?

You **MUST** stop plucking or waxing hair for several weeks for laser to be optimally effective.