

# Laser Hair Removal - All Your Questions Answered

Long winter months are the perfect time to start laser hair removal treatments. By the time summer rolls around, you'll be ready to bare your bikini! No doubt you have questions – so here are the answers to the most common questions we hear at Rejuvenate Medical Spa every day.

Who is Laser Hair Removal appropriate for? Anyone can benefit from laser hair removal - women and men. Because of the way the laser targets pigment, it works best on lighter skins with darker, coarser hair. People with blond or light hair are the toughest to treat.

What areas of my body can laser hair removal be done on? Most people want hair removed from parts of the body where hair may make you uncomfortable – women most often choose their face, legs, bikini and underarms. Men often choose their neck, shoulders, chest and back. All parts of the body can benefit from laser hair removal, except the eyebrows.

How does laser hair removal work? To understand how the laser works, it's important to understand how hair grows. There are 3 hair-growth phases; "anagen" is the active growth phase, which is the phase that the laser targets during treatment. The laser pulses for a fraction of a second, just long enough to concentrate its heat at the pigment in the follicle and significantly slow the follicle's ability to re-grow. Approximately 20% of your hair is in the anagen phase at any given time, which is why multiple treatments are required for the best results.

There are many different types of lasers, which one is the best? Each laser on the market has unique properties. At Rejuvenate Medical Spa, we use the LightSheer® diode laser, a state-of-the-art system specifically designed to remove unwanted hair faster, with less discomfort and more reliability than other hair removal methods. We chose the Light-Sheer® technology because:

- It works! - the LightSheer® targets hair follicles with high power and a high fluence for excellent, long-term results
- It's clinically proven safe and effective - many long-term clinical studies have proven its safety
- It has unique control – our Medical Aestheticians can tailor the settings, allowing us to treat hair of nearly every diameter and color
- It's comfortable – the advanced and patented ChillTip provides continuous contact with added cooling of the skin

Does laser hair removal hurt? While everyone perceives pain a little different, most people say laser is uncomfortable, but not painful. Most people agree that waxing is more painful than a laser treatment. During treatment, you may feel the heat from the laser as a mild burn or stinging while the follicles are targeted. The LightSheer®'s contact-cooling hand-piece protects and cools the upper layer of the skin before, during and after each laser, allowing our Medical Aestheticians to treat even the most sensitive of skin. Topical anesthesia can be an option, but is very rarely required.

What can I expect after my treatment? Immediately following your session, your skin may be red and feel warm to the touch, however everyone's skin varies. Within a few days to a week, you may find hair roots begin to 'pop' out of the skin at the site of the treated area. This is completely normal and signifies that those hairs have been treated appropriately.

How much does laser hair removal cost? Treatment costs vary based on the size of the area and the number of treatments you require. Our Rejuvenate Medical Spa consultant will put together a tailored package to suit your needs and hair removal goals.

How long each treatment take? When will I see results? Each treatment can take minutes to an hour or more depending on the size of the area being treated. The LightSheer® laser treats even the largest areas of the body both quickly and effectively because it is able to treat numerous hair follicles simultaneously. Most people see a 20% hair reduction

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*Laser hair removal is a safe and effective way to remove unwanted hair long-term. To learn more about laser hair removal, visit [www.rejuvenatemedicalspa.ca](http://www.rejuvenatemedicalspa.ca) today*