

# LASER HAIR REMOVAL



EE

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# DIODE LASER HAIR REMOVAL

808nm Wavelength Diode Laser  
CE Medical Approved Device  
Safely Treats All Skin Types

Forget razors and hot wax, the world of hair removal has moved on to more modern and permanent kinds of hair removal treatments, one of which is **laser hair removal treatment**.

Using highly effective and powerful laser technologies, this method directly attacks unwanted hair from its roots and permanently reduces its growth.

This means **hair-free skin for months or even years at a stretch!**



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# HOW MANY LASER TREATMENTS ARE NECESSARY FOR EFFECTIVE HAIR REDUCTION? 1

Hair grows in 3 phases. Laser can only treat the hair within one of these phases called anagen. This is when the hair is growing and there are actively dividing cells in the hair follicle.

At any given time, there is only a certain percentage of hair in anagen. This is why all lasers must be performed over a number of sessions with a certain time span between treatments to achieve the best result.

However, we can only achieve approximately 70% to 90% hair reduction, no laser system can achieve 100% hair removal though what is remaining is generally lighter and finer.

The number of sessions required depends on your hair and skin colour and how your body responds to the treatments.



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# HOW MANY LASER TREATMENTS ARE NECESSARY FOR EFFECTIVE HAIR REDUCTION? 2

**The following is used as a guide only!**

- Hair Colour: Dark | Skin Colour: I, II and III  
Estimated Sessions: 6 - 8 sessions
- Hair Colour: Medium | Skin Colour: I, II and III  
Estimated Sessions: 7 – 10 sessions
- Hair Colour: Light | Skin Colour: I, II and III  
Estimated Sessions: 10-12 sessions
- Hair Colour: Dark | Skin Colour: IV  
Estimated Sessions: 7-10 sessions
- Hair Colour: Medium | Skin Colour: IV  
Estimated Sessions: 10 -12 sessions
- **Hair Colour: Light/Grey/Red | Skin Colour: Any**  
**Not effective**



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# CONTRAINDICATIONS 1

- Vitiligo
- Cancer
- Epilepsy
- Diabetes
- Hepatitis
- HIV/AIDS
- Heart disease
- Keloid scarring
- Thyroid disease
- Liver or kidney disease
- Bleeding abnormalities
- Allergic to ultrasound gel
- Pregnancy/breastfeeding
- Acute infectious diseases
- Blood thinning medication
- Hypertension (uncontrolled)
- Transplant anti-rejection drugs
- Severe reactions to histamines
- Long term photosensitive medications
- Visceral diseases (e.g. ovarian disorders)
- Biomedical implants or any other metal implants
- Psoriasis, eczema, atopic dermatitis on treatment area
- Undergoing chemo- or radio-therapy in the last 12 months
- Autoimmune diseases such as rheumatoid arthritis and systemic lupus

**IF YOU HAVE ANY OF THE LISTED CONTRAINDICATIONS,  
YOU CANNOT BE TREATED.**

# CONTRAINDICATIONS 2

**The list below is of things that require a waiting period until you can start treatments:**

- Photosensitising Remedies and short term medication, including but not limited to Retin A, Roaccutane, St.Johns Wort, antibiotics, cortisone - wait 6 months after completion
- Active Herpes simplex (Cold Sores) - wait 2 weeks until its healed and use antiviral medication a few days before and continue a week after treatment
- Acute fungal infections - Wait until the condition has cleared until having your treatment
- UV exposure from sunbathing or sunbeds - wait 7 days before your starting your treatment and after your treatments
- Self tanners - Stop using tanners and wait 4 weeks before starting treatments and do not use in the treatment area during your treatment course.



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# CONTRAINDICATIONS 3

**The list below is of things that require a waiting period until you can start treatments:**

- Chemical Peel, Microdermabrasion or Radio Frequency at site of treatment - wait 4 weeks before starting treatments and do not have in the area during your treatment course.
- Medical Chemical Peels, Dermabrasion, Laser Skin Resurfacing or Face Lift at site of treatment - wait 6 months before starting treatments and do not have in the area during your treatment course.
- Area being treated with Botox® - wait 3 months
- Area being treated with dermal fillers - wait 2 weeks
- Depilatory creams - wait 2 weeks
- Recent waxing/plucking (all laser based hair removal treatments require there to be a follicle to target so wait until hair has grown back)
- Open lesions - wait until completely healed
- Infection - wait until the infection has completely healed
- Inflammation - wait until the area has completely calmed down
- Tattoos in the treatment area - the area has to be avoided



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# PREPERATION

**Make sure that you disclose the following before your appointment:**  
**ANY medical conditions that you have**  
**ANY medication/s that you're taking**

## IMPORTANT:

- Hair may only be removed by shaving throughout the epilation course.
- Waxing, sugaring, tweezers or electrical epilators must not be used for hair removal.
- Sunbathing is not allowed 7 days before and after the laser epilation.

## PRE-TREATMENT CARE

- Please shave the area to be treated 1-2 days prior to your treatment (do not use tweezers or wax for 4 weeks prior to treatment.)
- No fake tan 2 weeks prior to your treatment.
- Take anti-viral medication if you have had recent herpes close to the area.
- No cosmetics (cream, oil, deodorant, makeup, alcohol- or acid-containing products and scrubs) must be applied to the area of epilation.
- Spicy food, alcohol, coffee and medications must be avoided 24 hours before your treatment.



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# AFTERCARE 1

- Only the following medical soothing creams and ointments (in cases of necessity) can be used in the first few days after the procedure: Aloe Vera, Bepanthen, Panthenol.
- Acid- or alcohol-containing cosmetics (deodorants, lotions, etc.) must be avoided for 24 hours after the procedure.
- Cold compresses (not ice) may be useful if there is any swelling and erythema or general discomfort. Erythema may last for several hours.
- You may take over-the-counter pain or anti-inflammatory medication.
- Your skin will be fragile for 2 to 3 days. Use gentle cleansers, but do not rub the skin vigorously and avoid cleaning with very hot water during this time. Skin moisturisers may be used.
- Avoid sun exposure and tanning creams during the entire course of treatments. Use SPF 30 or greater on the treatment area at all times.



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# AFTERCARE 2

- The treatment area may be left open and uncovered. Do not use any products on the treated area without first consulting your therapist.
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools or baths, but showers are allowed if tepid water is used.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.
- Avoid irritants such as Retin-A, Retinol, Renova, glycolics, bleaching creams and exfoliants for one week.
- Refrain from alcohol for 24 hours.
- Keep well hydrated.
- Avoid photosensitivity inducing foods (notably Celery & Leek,)
- Makeup can be applied after 2 hours.
- Scrub can be used 2 weeks after the procedure to enhance the loss of epilated hair.

**Between your sessions:**

**Hair may only be removed with a razor or a trimmer!**



**WhatsApp us: 074 851 2274**

**Book online: [www.elle-esthetics.com](http://www.elle-esthetics.com)**

**Address: 5 Wit Kareeboom Street, Brackenfell**

**EE**

*Elle Esthetics*

SKINCARE | LASER | SLIMMING

# LASER HAIR REMOVAL



EE

*Elle Esthetics*

SKINCARE | LASER | SLIMMING