

The Face Bar aesthetics

IPL Hair Reduction

What is IPL Hair Removal?

IPL (Intense Pulsed Light) Hair Removal is a non-invasive treatment that uses light energy to target and disable hair follicles, reducing unwanted hair growth over time. This method provides long-term hair reduction while being gentle on the skin.

How Does It Work?

IPL works by emitting controlled pulses of light that are absorbed by the melanin (pigment) in the hair. The energy from the light is converted into heat, which travels down the hair shaft and into the follicle. This controlled heat damages the follicle's ability to produce new hair without harming the surrounding skin. Over a series of treatments, hair growth slows, and the hair that does regrow becomes finer and lighter.

Because hair grows in cycles, IPL is most effective when treating hair in the **anagen (active growth) phase**. At any given time, only a percentage of your hairs are in this phase, which is why multiple treatments are required to achieve long-term hair reduction.

What Happens to the Treated Hair?

After treatment, the damaged hairs remain in the follicles but will gradually fall out over the next 1-4 weeks. Some hairs may seem to grow before shedding, which is a natural process as the follicle pushes them out. With continued sessions, the density and thickness of the hair reduce, and eventually, many follicles stop producing hair altogether.

Benefits:

- Long-term hair reduction
- Suitable for various skin types and hair colours (except very light or grey hair)
- Reduces ingrown hairs and irritation
- Smoother skin with minimal discomfort

Treatment Types:

- **SHR (Super Hair Removal):** Uses gradual heat buildup with continuous pulses, making it a virtually painless option. SHR is ideal for sensitive areas and darker skin tones.
- **Normal IPL:** A traditional IPL method that delivers short bursts of light to target hair follicles directly. Best suited for lighter skin tones with dark hair.
- **Dual Mode IPL:** Combines SHR and Normal IPL, allowing customized treatment for different hair types and areas, ensuring optimal results.

Treatment Frequency

For best results, a course of **6-10 treatments** spaced **4-6 weeks apart** is recommended. Hair grows in cycles, and IPL is most effective during the active growth phase. Maintenance sessions may be needed annually.

Does It Hurt?

Most clients describe the sensation as a mild warmth or a light snap, similar to a rubber band. SHR mode offers a more comfortable experience with minimal discomfort.

What to Expect During and After Treatment

What to Expect Post-Treatment:

- Mild sunburn-like sensation.
- Peri-follicular oedema (swelling of hair follicles) appearing as small red bumps.
- Itching or dryness.
- Temporary "stubble" as hair is expelled from the follicle. This hair shedding typically occurs within 1-3 weeks as the treated hairs fall out naturally.
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- Itching or dryness.
- Temporary "stubble" as hair is expelled from the follicle.

IPL Hair Reduction: Treatment Preparation & Aftercare

Pre-Treatment Preparation:

Pre-treatment preparation is essential to ensure safe and effective results. Please follow the guidelines below:

Daily:

- Apply SPF 30 or higher to protect against UV damage and maintain skin barrier function.

8 Weeks Pre-Treatment:

- Avoid waxing, plucking, threading, or hair removal from the follicle, as these methods disrupt the hair growth cycle necessary for IPL to be effective.
- Refrain from sun exposure and tanning, including fake tan.

4 Weeks Pre-Treatment:

- Avoid filler injections in the treatment area.
- Protect the skin from the sun with SPF and physical barriers.

2 Weeks Pre-Treatment:

- Use skincare recommended for your skin type (including tyrosinase inhibitors if needed).
- Avoid prescription-strength exfoliants and anti-wrinkle injections.

1 Week Pre-Treatment:

- Avoid benzoyl peroxide and speak to your pharmacist about preventative antiviral medication if prone to cold sores.

3 Days Pre-Treatment:

- Stop using products with AHA, BHA, or Vitamin C.

1 Day Pre-Treatment:

- Shave the treatment area thoroughly.

During the Treatment: You may feel mild to moderate heat or discomfort, often described as a "rubber band flicking" sensation. This is normal and should be tolerable.

Post-Treatment Aftercare:

Daily:

- Apply SPF 30+ and avoid sun exposure.

First 24 Hours:

- Apply chilled aloe vera gel up to three times.
- Use cold compresses as needed (avoid direct ice contact).
- Avoid exercise, pools, spas, saunas, hot showers, and deodorant in the treated area.

Up to 5 Days Post-Treatment:

- Avoid scented soaps and cosmeceutical ingredients like Vitamin A, AHA, BHA, or Vitamin C.

1 to 4 Weeks Post-Treatment:

- Avoid prescription-strength exfoliants and injectables.
- After one week, start gentle exfoliation with a loofah or mitt.

Important: Contact us if you notice any abnormal reactions like excessive redness, swelling, blistering, or pigmentation changes. Do not pick or scratch the area.

Ongoing Care: Inform us of any medication changes, health conditions, or pregnancy plans during your treatment course. Maintenance treatments are typically recommended every 6 to 12 months, depending on individual hair growth patterns. Maintenance treatments will be required to maintain results