

## Intense Pulsed Light (IPL)

**IPL systems release precisely controlled short pulses of light which offer breakthrough treatments in permanent hair removal, skin rejuvenation, thread vein and pigment removal, containing some and much more. Treatments are non-invasive, quick and easy, and proven to be effective especially when combined with specialist salon regimes. Results can be seen in just a few sessions but also offer long term solutions.**

### How many treatments are necessary?

The number of treatments will vary from person to person and on the particular treatment you are undergoing and the severity of the problem. This will be discussed thoroughly at your consultation.

### Is it safe?

No anaesthesia is required and most clients experience no side effects and any skin reaction usually disappears within a few hours. Clients describe the discomfort as moderate and comparable with the sensation as similar to that of a very strong sun.

### Am I suitable for treatment?

After every treatment our qualified specialist will provide a full consultation. The consultation identifies your requirements and provides a complete explanation of the specific treatment. A medical history is taken to confirm suitability for treatment and if you wish to proceed a written informed consent is obtained and a test patch is performed to ensure there are no adverse skin reactions to the light.

## hair removal



- The IPL system emits the light
- The hair shaft is heated, damaging the cells in the hair follicle
- The hair falls out and sensitive grows from the same bulb

### What will you see after treatment?

The hair follicles are damaged by heat but the hairs remain in the follicles. The hair will fall out after 1-2 weeks as the systems remove. During this period the hair will seem to 'grow' as they are pushed out by the new systems.

The sun-protectants must not immediately after treatment. However most clients experience no side effects and any skin reaction usually disappears within a few hours. Very rarely the skin may become lighter or darker or a small stain may form.

### Precautions

Sun avoidance is essential. Only use of a high factor broad spectrum sun block is strongly advised.



Before treatment

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After 3 treatments

### How long does each treatment take?

Treatment can take from 15 minutes to 30 minutes depending on the area being treated.

Treatment is conducted every 4-6 weeks until satisfactory results are seen. Cryotherapy has no means to cannot be treated effectively.

## skin rejuvenation

**IPL is used along with microdermatomation to stimulate Collagen and Elastin producing cells within the skin to give a more youthful and uniform complexion.**

### What should I expect after the treatment?

Redness and a slight warming sensation are normal after treatment. A cooling pack will be applied to the skin to ease these symptoms. You may see a darkening of any pigmentation spots/brown freckles etc, fading to or moving of skin tone. Tightening of the skin should increase over the following months as new collagen is deposited within the

dermis. Some patients notice a slight swelling over the chestbones, which may last for up to 24 hours.

### How long does each treatment take?

A facial treatment, including a skin peel or microdermatomation usually takes about 30-45 minutes.



Before treatment

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After treatment

Treatments are carried out every 3-4 weeks and 6 treatments are recommended for maximum results. Top-up sessions are performed as required.

## treating acne

**Light and heat generated by the IPL system can combat overactive sebaceous glands and destroy bacteria.**

### What should I expect after the treatment?

Redness and a slight warming sensation are normal after treatment. A cooling pack will be applied to the skin to ease these symptoms. It will be necessary to avoid sun exposure or use a high protection sunscreen for 2 weeks after the treatment.

Very rarely the skin may become lighter or darker, or a small stain may form. It is possible that some hair loss will occur on the area treated, which could be permanent, so there should consider the possibility before agreeing to treatment of that area.

### How long does each treatment take?

A typical treatment session will take in the region of 30 minutes. Typically Intense Pulsed Light treatment is combined with glycolic acid face peel treatments or microdermatomation for maximum results.

Typically Intense Pulsed Light and Glycolic acid peel treatments will result in significant improvement, depending on the severity of the condition. Intense Pulsed Light treatments should be used fortnightly, with microdermatomation

## pigment removal

**Intense Pulsed Light offers a very effective treatment for pigmented marks such as age/liver spots and freckles, that appear on the face and hands.**

Not all pigmented lesions can be treated, large, dark moles should never be treated, nor should lesions covering a large part of the body. The pigmented marks that respond the best are superficial lesions such as those caused by sun damage (sun spots) and freckles.

### What should I expect after treatment?

The area will be tender for several days after treatment. After Intense Pulsed Light treatment the skin will darken and may appear more obvious, but will gradually fade and 'fall' off over the following weeks.

Very rarely the skin may become lighter or darker, or a small stain may form.



Before treatment

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After 1 treatment

### How long does each treatment take?

The length of each treatment will depend on the size and site of lesion/treatment, but a typical session will take 15-20 minutes.

Typically 1-2 treatments are needed - these should be done every 4-6 weeks.

## thread vein removal

A variety of conditions which result in unwanted red colouration, including broken capillaries, spider veins and superficial leg veins fall within the category of vascular lesions which can be treated.

The light emitted by the IPL system is absorbed by the blood within the vessel, stopping the blood flow and causing vessel death and falling over the following weeks.

### What should I expect after treatment?

After treatment the area will be quite red and it may take a few hours to subside. The vessels should fade over the following weeks as they are reabsorbed by the body. Typically 1 to 3 treatments are required for removal. In some cases slight bruising or swelling in the vessel area may occur.

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