



## ETERNAL CLINIC

Love the skin you're in.

### LASER HAIR REMOVAL

#### OUTLINE

Too much facial or body hair can have a major impact on confidence and social interactions getting in a way of fulfilling your full potential. These days you can permanently reduce hair growth by taking a course of laser treatments. Other hair removal methods like shaving or waxing facilitate more hair growth and cause darkening of the skin, ingrown hair and occasionally scarring. Laser hair removal permanently reduces thickness of the hairs and is not abrasive. In fact, it also improves skin imperfections.

FOTONA Nd:YAG (1064 nm) laser uses sophisticated FRAC3® mode which permanently reduces hair growth and is safe. This laser is effective in treating skin of color and ethnicity as well as tanned skin. The laser light is converted into heat, causing thermal damage to the hair follicles. It targets a pigment called melanin in the hair follicles whilst hair is in growth stage. <https://www.fotona.com/en/treatments/2047/permanent-hair-reduction/>

Hair growth and loss occurs in cycle consisting of 4 stages: Anagen – growth lasting 2 to 7 years, 2) Catagen – transition phase lasting 10 days, 3) Telogen – resting phase lasting about 3 months and 4) Exogen – new hair growth which is part of telogen.

The efficacy of laser hair removal treatment depends on the amount of pigment present in hair which means that blonde and grey hair are resistant to laser treatment. Other lasers used for

#### INDICATIONS

Excessive or unwanted hair on the face, underarms, back, chest, intimate parts (French bikini line, Hollywood, Brazilian), hands, legs or feet and in all skin types and colors. Laser is very effective in eradicating ingrown hair

#### CONTRAINDICATIONS

Skin infection, within one week of chemical peel, within 6 months of oral Roaccutane or Retin A, within 2 weeks of topical retinol, recent ultraviolet(UV) exposure when the skin is still recovering from the inflammatory effects of sun, tanning beds, UV-curing lamps for nails, etc., or PUVA therapy.

Caution should be exercised in pregnancy, breastfeeding, inflammatory skin conditions (psoriasis), photosensitivity (porphyria, xeroderma), cancer, cardiac problems, pacemaker, tendency to keloid scarring, bleeding disorders or anticoagulant therapy, blood born infections (hepatitis, HIV), medication which causes photosensitivity to light, autoimmune conditions, severe Raynaud's disease, diabetes, pigmented skin lesions, recent surgery, allergies, over 65 years of age, polycystic ovarian syndrome.

## PATCH TEST

This treatment requires a patch test to be performed at least 24 – 72 hours before laser treatment.

## SKIN ANALYSIS

Prior to treatment you will need to have consultation to assess your skin type suitability for treatment.

## SKIN PREPARATION

Stop using retinol, glycolic acid and any other topical treatment on the area which will be treated with laser. Shave your hair from the area to be treated by laser before the procedure.

## ANAESTHESIA

Laser hair removal is not painful. Numbing cream can be applied ½ hours before laser treatment for maximum comfort in some cases depending on your pain threshold.

## PROCEDURE

The skin is cleansed with suitable antiseptic before the procedure. You will be wearing specialist goggles to protect your eyes. Laser beam will be passed over the treated area several times to assure that it reaches all the hair follicles in growth phase. Very cold air will be added during laser treatment to assure maximum comfort. The more treatment sessions you have the less uncomfortable laser treatment will become because there will be fewer hair follicles to destroy.

TIME 15 - 45 minutes

## WHAT TO EXPECT AFTER TREATMENT

Although so called “follicular oedema” (redness and swelling around hair follicles) is not an endpoint in FOTONA Nd:YAG FRAC 3 laser hair removal treatment, skin may be mildly red and tender immediately after laser treatment. This usually resolves within 12 hours. You can expect significant reduction in hair growth up to 90%.

## ADVERSE REACTIONS

Laser hair removal is very safe. Laser targets only hair follicles surrounding skin is unaffected. The most serious adverse reaction in laser hair removal is skin burn which may occur as the result of human error and is extremely rare. Our laser practitioners are trained and follow protocols to assure your safety.

Adverse reactions after laser treatment may include excessive, prolonged redness, swelling, blisters, inflammation, itching, scabbing, hyperpigmentation, hypopigmentation, bruising, infection, cellulitis, scarring. We assure that all our staff are appropriately trained and follow our clinic's protocols to minimise the likelihood of adverse reactions.

## DOWNTIME

None

## AFTERCARE

Avoid rough handling scratching treated skin and hot water for 72 hours. Keep it clean, dry and moisturized. Avoid sun exposure, use broad spectrum, mineral sunscreen with SPF 30+ and reapply it frequently. Avoid swimming, sauna, sunbeds, vigorous exercise and activity which causes sweating for 48 hours. Avoid normal make up for 4 – 5 days. Breathable, mineral make up can be used sooner. Avoid shaving or waxing, perfumed skincare products and exfoliants for 72 hours after treatment.

## NUMBER OF TREATMENTS:

Number of laser treatments varies between 6 to 8, (face, intimate parts) 4 to 8 weeks (underarms, back, chest, arms, legs)

## MAINTENANCE

Maintenance treatment once a year may be required.

## PRICE

Facial hair (forehead or upper lip and chin or sideboards) £55 x 6 = £480

Underarms £110 x 6 = £ 660.00

Full leg £220 x 6 = £ 1320.00

Full body £ 390 x 6 = £ 2340.00

Bikini, Hollywood, Brazilian £ 130 x 6 = £ 780

Add video [https://www.youtube.com/watch?v=R-WNDZ\\_iQro](https://www.youtube.com/watch?v=R-WNDZ_iQro)

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