

# Spirit Day Spa

## 01420 82882

### IPL – FREQUENTLY ASKED QUESTIONS

Laser and Intense Pulsed light (IPL) treatments lead to permanent hair reduction through the destruction of the hair follicle.

To deliver this highly effective answer to the long term reduction of unwanted hair Spirit uses the latest IPL technology from Lumenis, the world leader in laser and light based technologies for aesthetic and medical applications. IPL technology proven in over ten years of clinical use.

It is natural when undergoing a new treatment that you would want to know what to expect. Below we have answered some of the most commonly asked questions but feel free to call us on 01420 82882 and discuss any queries you have, or book an initial consultation so we can discuss your requirements.

#### **How long does it take for the hair to be reduced?**

Hair has three growth phases; growth, transitional and resting, IPL targets the hair in the growth (Anagen) phase. Some find the treatment to be effective after a short course with a reduction in hair apparent more quickly, the majority require a longer course of treatment although this does depend to some extent on the size of the area, larger areas may require more sessions.

#### **How frequently can I have an IPL treatment?**

Every four to six weeks dependant on your response to the treatment.

#### **Will the hair return after the treatment is complete?**

Hormones effect hair growth and it is possible that re-growth may occur after a period of time. This can usually be treated with a single session to remove the re-growth.

#### **Are there any reasons why I should not have an IPL treatment?**

At your initial consultation we will ask you to complete a health questionnaire and run through a list of contra-indicated medications which includes antidepressants, antihistamines, and antibiotics. We will also assess skin and hair suitability. If appropriate we will then offer you a patch test, to check skin and hair reactions, the results of which will need to be reviewed in the salon, seven days later. Only once we have a successful patch test result can we commence treatment in the desired area.

Please be aware any sun exposure or self tan products will raise melanin in your skin leading to increased sensitivity of the skin. This will delay the date we can begin treatment due to the risk of skin damage.

If you would like a list of contra-indicated medications or medical conditions, that may prevent you from receiving IPL treatments, please call 01420 82882 or email [info@spiritdayspa.co.uk](mailto:info@spiritdayspa.co.uk)

CANCER – unfortunately we are unable to treat clients that have had or are being treated for any form of Cancer.

## **Do you have any more information on what I must do before and after the treatment?**

As a part of your initial consultation we will provide you with information on pre-treatment and after care instructions plus give you copies of these to take away. If you would like copies of our pre and post treatment care instructions please call 01420 82882 or email [info@spiritdayspa.co.uk](mailto:info@spiritdayspa.co.uk)

## **How do I get started?**

Come and meet us for an initial consultation with one of our IPL therapists, discuss your requirements and allow us to assess skin and hair suitability. If appropriate we will then offer you a patch test, to check skin and hair reactions, the results of which will need to be reviewed in the salon, seven days later. Assuming a successful outcome we can then book your sessions and commence treatment in the desired area.

## **How does it work?**

IPL hair removal targets Melanin in the hair follicle. The light pulse destroys the hair by transforming the absorbed light into heat and burning the hair. Pulsing the light ensures that the hair is heated and that the surrounding skin is not damaged. For this reason IPL and laser are not effective on fair hair. Those with darker skin need to be cautious as the contrast between skin and hair is reduced. Pre and post cooling is essential to reduce damage to the dermis.

## **What does it cost?**

Treatments start at £45. Prices are based on the size of the area to be treated. Please download our Patient's Guide for information on the services available and pricing details.

## **Can I shave in-between or before a treatment?**

You can shave between treatments, please do not shave within a 7 day period prior to a treatment.

## **Can I wax, have electrolysis or use a depilatory cream in-between or before a treatment?**

You cannot wax, have electrolysis or use a depilatory cream within a 30 day period prior to the initial treatment or throughout the entire treatment period.

## **Can I bleach the hairs?**

Do not bleach the hair within a 30 day period prior to the initial treatment or throughout the entire treatment period.