



# Dermohealth Clinic

Advanced laser treatments for a natural beauty

## LASER HAIR REMOVAL

### A Comprehensive guide to a Safe and Effective Treatment

*Just like you, I had many questions about laser hair removal treatments before starting my own laser journey. With this guide I hope to give you a better insight into this wonderful world of advanced self care, and maybe, you will find it as fascinating as I did.*

*But let's start from the basics!*

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Laser hair removal is a non-invasive aesthetic treatment, approved by the NHS, designed to permanently reduce unwanted hair

## 1. THE SCIENCE BEHIND LASER HAIR REMOVAL

Laser hair removal works by delivering targeted light energy to the dark pigment (melanin) within the hair. **The heat generated by the laser beam damages the hair root, preventing regrowth** while leaving the surrounding skin unharmed. Unlike waxing or shaving, laser hair removal offers a long-term solution and a smoother skin, while **reducing the time and money spent on traditional hair reduction methods** over the course of a lifetime.

It is important to note that laser hair removal is highly effective on brown and black hair colours, whereas white, clear blond, and red hair colours will result unsuitable for the treatment.

### THE TECHNOLOGY

At Dermohealth Clinic, I use **the Alma Soprano Titanium laser**, the most advanced laser system available today. What makes it exceptional?

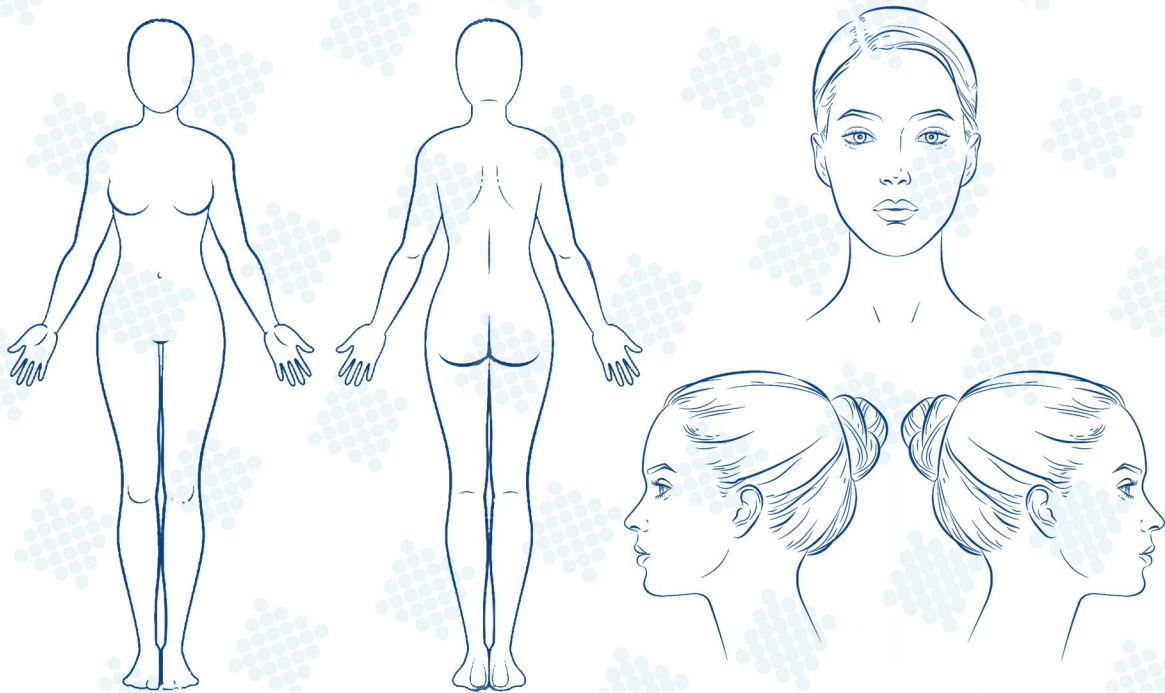
- ◆ **Not an IPL(Intense Pulsed Light)** – Although IPL can be beneficial for certain skin treatments, it generally performs with less precision and less effectiveness in hair reduction than laser technologies.
- ◆ **The advanced ICE Sapphire Cooling system** – provides continuous cooling through direct contact with the skin for a virtually pain free experience.
- ◆ **The Super Hair Removal (SHR) Technology** – gradually heats the dermis to a temperature that effectively damages hair follicles without harming the surrounding skin, resulting in a reduced risk of side effects and a more comfortable experience.



## 2. WHAT AREAS CAN BE TREATED?

Our advanced technology can treat almost any area of the body, including:

- ◆ Face & neck (excluding the lips, inside of nostrils, inner part of the ears and within the orbicular area- the eyes)
- ◆ Arm & underarms
- ◆ Chest, abdomen & back (excluding the areolas, also referred to as nipples)
- ◆ Legs & bikini



Treatments are safe, quick and effective with little to no downtime, making them perfect for busy women balancing work, family, and self care.



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### 3. IS LASER HAIR REMOVAL RIGHT FOR YOUR SKIN TYPE?

**Absolutely!**

Whether you have a fair, tanned or darker skin tone, the Alma technology allows the selection of the right wavelength for your specific skin and hair type, making it safe for all skin complexions.



### 4. CAN LASER HAIR REMOVAL TREAT OVER TATTOOS AND FAKE TANS?

The Alma Soprano Titanium technology **can treat tanned skin with success**. Nonetheless, I always recommend avoiding fake tans for at least a couple of days before and after the treatment in order to:

- ◆ avoid chemical reactions induced by the fake tan lotion
- ◆ allow higher laser settings to be used, which can improve the treatment effectiveness and reduce the number of sessions required.

Laser hair removal **CANNOT** be performed over tattoos.



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## 5. NUMBER OF SESSIONS REQUIRED

Laser hair removal requires multiple sessions to obtain optimal results because hair grows in different phases. On average, most clients need:



6 to 8 sessions spaced 4 to 6 weeks apart

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Factors such as hormones, hair type, and skin tone can affect the number of sessions needed. These details will be assessed and discussed during your first Consultation where I am going to perform a patch test directly on your skin.

## 6. WHY DO I NEED A CONSULTATION?

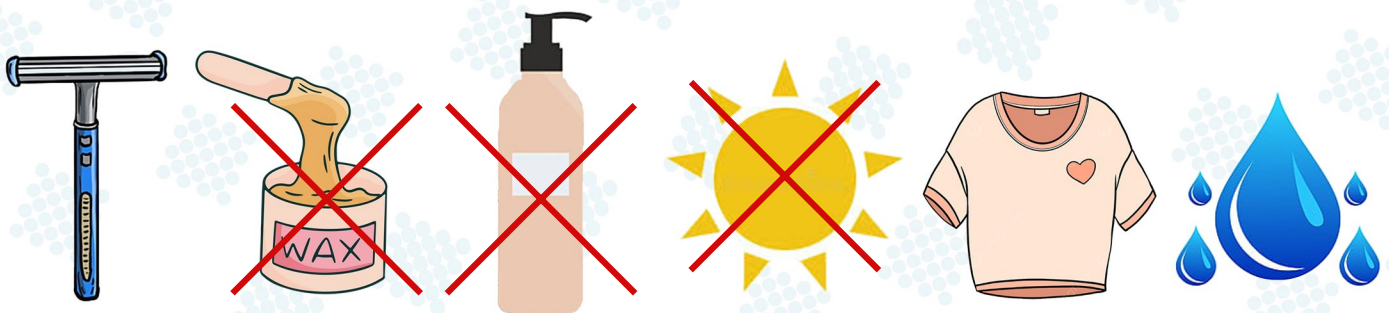
The Consultation is an essential part of the process which helps me to create a treatment plan that is tailored to you. During the Consultation we will discuss your goals and expectations, your medical history and lifestyle, I will analyze your skin and hair type and you will have the chance to test the laser on your own skin with a patch test.



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## 7. WHAT TO DO BEFORE YOUR LASER HAIR REMOVAL APPOINTMENT

- ◆ Shave the treatment area within 12h before the appointment.
- ◆ Avoid alternative hair removal methods for at least 4 weeks before the appointment.
- ◆ Avoid chemical products on the treatment area, including perfumes, deodorant, make up, fake tans, SPF and active creams for at least 48h before the appointment.
- ◆ Avoid intense sun exposure, including sunbeds, for at least 48h prior to the appointment.
- ◆ Wear loose and soft clothing at your appointment.
- ◆ Ensure good skin hydration by drinking plenty of water.



## 8. WHAT TO EXPECT DURING YOUR LASER HAIR REMOVAL APPOINTMENT

At the beginning of each session I will quickly **review your treatment plan** to make sure it still aligns to your preferences.

If your treatment does not involve the face area, a warm **cup of coffee** will be offered to you to be enjoyed throughout the procedure.

I will provide you with **eye goggles** for face treatments, and more comfortable protective glasses if the treatment is carried out below the neck area.

**Tattoos will have to be covered** with adequate protections in order to avoid burns.

A **cooling gel** is applied over the treatment area for more comfort.

The **laser handpiece will be passed** over the treatment area with continuous motion, gradually heating the follicles until the treatment end point is reached—meaning your skin and pores will indicate when the hair has absorbed enough heat.

Most clients describe the sensation as a **mild warmth**. A **prickling sensation** would be ideal for best results, but can be avoided if desired.

The **treatment area will be cleaned** and a **soothing gel** of your choice is applied.



## 9. WHAT TO DO AFTER YOUR LASER HAIR REMOVAL APPOINTMENT

- ◆ Keep the treated area dry and clean. You can apply Aloe Vera, aArnica Gel and mineral moisturisers.
- ◆ Wear SPF 30+ until 48h before your next appointment.
- ◆ Avoid intense heat exposure on the treated area for at least 3 days, including direct sunlight, hot baths, saunas, steam rooms and intense exercising.
- ◆ Avoid swimming in highly chlorinated water for at least 48h or until redness disappears.
- ◆ Keep avoiding chemical products for at least 3 days or until redness disappears.
- ◆ Keep avoiding alternative hair removal methods, except for shaving.
- ◆ Do not exfoliate for at least 3 days or until redness disappears.

(A comprehensive aftercare guide will be forwarded to you after the treatment).



## 10. WHEN IS THE BEST TIME TO START LASER HAIR REMOVAL TREATMENTS?

Conventional laser hair removal devices work best on non-tanned skin, suggesting October as an optimal month to start the treatment.

Whereas, the Alma Soprano Titanium laser has proven optimal results whether you are tanned or not. Making it a suitable treatment all year round.

However, as mentioned in point 1, white hair is not suitable for this treatment. Therefore, if you're considering starting your laser hair removal journey, I recommend beginning sooner rather than later.



## 11. COMMON MYTHS & FACTS

**Myth:** laser hair removal is extremely painful

**Fact:** Laser hair removal used to be painful. Thankfully, the modern technology has significantly advanced, making treatments less painful than either waxing or plucking. For an enhanced experience, at Dermohealth Clinic I invested in last generation technology which reached the virtually painless treatment experience.

**Myth:** Laser hair removal doesn't work on darker skin tones.

**Fact:** older lasers had limitations, but the advanced Diode and ND:YAG lasers are designed to treat all skin tones safely.

**Myth:** Laser hair removal doesn't work long-term.

**Fact:** once the laser beam reaches the hair root and destroys the cells responsible for hair growth, the process is irreversible and the hair will stop growing.

However, our body is also composed of dormant hair follicles that MAY be activated through a change in hormonal balance such as pregnancy, menopause or intense stress. But the chances of this happening are very low, and the majority of people will experience between 80 to 90% of long-term hair reduction, potentially requiring a 1 session touch-up every few years.



## 12. WHY CHOOSING DERMOHEALTH CLINIC?

At Dermohealth Clinic, I provide a **professional, high-standard approach** to laser hair removal.

I always go above and beyond to:

- ◆ Make you feel comfortable on each step of the process.
- ◆ Ensure high standards of practice.
- ◆ Employ the most advanced laser technology.

**You are my top priority. Your treatment success is my success!**

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## 13. HOW TO BOOK A CONSULTATION

If you are considering laser hair removal, you can book a **FREE** consultation to discuss your goals and create a treatment plan that is right for you!

Book your appointment now at  
[Dermohealthclinic.co.uk](http://Dermohealthclinic.co.uk)

You will find the Clinic right in front of Livingston Shopping Centre  
at New Cheviot House, Almondvale Blvd, Livingston EH54 6QN

Phone number: 07479901415

Email at [contact@dermohealthclinic.co.uk](mailto:contact@dermohealthclinic.co.uk)



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