**IPL faq page**

Is embarrassing **FACIAL OR BODY HAIR RUINING YOUR LIFE**?

Living with unwanted hair can be debilitating and isolating, but there are ways to **CONQUER IT**…**PERMANENTLY.**

**Common non-permanent hair removal methods include**hair removal creams, bleaches, shaving, threading or waxing.

**Want the Good News?**

Life doesn’t have to be this way.

IPL (Intense Pulse Light) and Electrolysis technology provide the ultimate solutions.

Both IPL and Electrolysis are treatments that are clinically proven, effective long term hair reduction or permanent eradication systems to treat unwanted hair safely and easily.

IPL and Electrolysis work similarly by heating and damaging the hair root region (papilla) of the hair follicle and causing the next generation of hairs to either be finer or no longer growing.

IPL utilises light to generate heat in the hair bulb that damages or destroys the hair papilla.

Electrolysis utilises a fine needle probe and an electrical current to generate heat in the hair bulb that damages or destroys the hair papilla.

Both treatments have advantages and limitations and when used together Images has achieved amazing successful eradication results.

If you’re curious, want more information, or want to book for a consultation to see if we can help you please call **09 278 7564** or contact imagesbeauty@xtra.co.nz
P.S. In the unlikely event we don’t deliver the results promised… we’ll give you a full 100% refund!

IPL Cost per Treatment

1 pulse                         $20 each

2 to 6 pulses                $10 each

6 to 100+ pulses          $5 each

**How Does IPL Work?**

Intense Pulsed Light – commonly called IPL is very similar to Laser, using light to penetrate and treat the skin and its contents
IPL uses **White Light**and some Infrared in a broad spectrum wavelength from 500 nano to 1200 nano to penetrate the skin.

White Light is commonly known as natural light and is from 400 to 900 nm. It is only capable of penetrating a few millimetres into the skins epidermis.

Infrared is from 900 to 1200nm and is commonly used by physiotherapists for muscle or ligament repair treatments or in infrared heaters such as in your bathroom.

Lasers only use a single wavelength, which restricts it treatment abilities.
IPL does not contain any ultra violet (UV 300 to 400 nm) wavelengths therefore does not stimulate a tan nor cause radiation damage.

The white light used in IPL is just like that of an ordinary light bulb, but at much higher energy levels (intense) in a very short flash (pulsed).

The flash of intense light penetrates the skin and it is only when it is absorbed by a dark coloured substance that heat is generated, i.e. dark hair, red veins, pigmented skin and sunspots.

The heat is only felt for a fraction of a second and then it cools.

Over the next 10 to 14 days these treated hairs will either fall out, or pigment will fall off the skin naturally, or red blood veins will be absorbed and removed by the surrounding skin tissue.

IPL in low energy levels will do little or nothing to skin cells.

New hair growth will begin to appear after 2 to 3 weeks and in most cases after 3 to 6 treatments the majority of hair won’t return.

IPL is a clinically proven, effective long term hair reduction system to treat and reduce unwanted hair safely and permanently.

IPL works by delivering a series of rapid flashes of white light directly to the skin lasting for 0.25 of a second.

The procedure is usually less painful than waxing or plucking a few hairs (often described as flicking sensation or hot pin prick).

IPL is safe, non-invasive, has minimal side effects and requires no recovery time.

IPL is gentler and faster than laser as larger surface areas can be treated with each flash.

On your first visit, a detailed consultation and assessment is completed to determine your suitability and individual requirements.

We’ll answer any questions you may have, demonstrate the equipment.

We then undertake a patch test before we recommend your personalised treatment plan… that way you can see for yourself what’s involved.

We understand that it takes courage to talk to someone… and to ask for help.

Don’t worry you’re in safe hands; we’ve helped lots of other clients overcome their embarrassing problem hair and we know we can help you too.

**IPL CONSULTATIONS**

It is very important and necessary to have a consultation before any Intense Pulsed Light treatment will be given.

During the consultation we will be establishing your medical history and skin type to determine your suitability for IPL treatments.

**Skin Type diagnosis is crucial for all laser and IPL treatments.**

Your skin type is based on the colour of your skin.

There are 6 skin types  – ranging from skin type 1 being very pale Caucasian to skin type 6 being very dark Negro or Indian / Asian.

We will also be discussing exactly how IPL works and how many treatments will be required for your needs.

It can take a couple of treatments initially to find the perfect setting that effectively kills your hair with a single pulse but once found results can be very satisfying.

Allow 60 mins. Minimum cost $50. Consultation includes 1-3 trial patches / pulses.

**IPL & SUN ISSUES**

It is very important to protect the recently IPL treated skin as it is now more sensitive to sunlight and its burning effects.

IPL works by using wavelengths of light that are attracted to oxyhaemoglobin [found in blood], Intense Pulsed Light is also attracted to melanin, the pigment [colour] found in hair and skin.

Some skins may be too dark for safe treatment, as the light can be attracted to the melanin in the skin surrounding a sun-spot or pigmented area and cause hyper or hypo pigmentation (increase or loss of colour in the skin).

A recent tan is also a potential problem as the light will be attracted to the melanin in the skin surrounding the pigmented lesion causing hyper or hypo pigmentation.

Sun beds need to be avoided in the same way as sun.

Spray on and instant tan products are pigments. These also can cause a problem. The skin should be clean of any such products before each treatment.

If you are having rejuvenation or pigmentation treatments on the hands, wear cotton gloves when driving, gardening or playing outdoor sports.

**A 30+ sun block should be applied to treatment areas if there is any likelihood of sun exposure, however strong the sun and whatever time of the year.**

**PERMANENT HAIR REDUCTION IPL TREATMENT PLAN**

**Permanent Hair Reduction** results when the hair root is heated and killed.

The hair then falls out. The next hair does not grow because the root cells in the hair follicle have been killed or damaged.

**Images** offers permanent hair reduction using Intense Pulsed Light.

This means in most cases the treated hair will not return after a short series of treatment.

A course of treatment varies from person to person, but will usually be about 6 – 8 regular sessions usually about 4 weeks to 8 weeks apart.

After 8 to 12 weeks the hairs will be too old with NO BLACK BULBS.

Total Treatment time may take 6 months to 2 years to complete.

Results depend on treatment gaps and hormonal issues.

The hair that is going to disappear for good will usually stop growing within the initial 6 month course, with any residual hair growth being finer, softer, lighter in colour and re-growing at a dramatically slower rate.

This residual hair growth can be left alone, or you can have occasional maintenance treatments, which can vary from a few months apart to once a year.

The degree of hair loss and the time taken to get results will vary from person to person as there are many factors that can influence hair growth.

IPL only works on dark hair – it does not work on blond, red or white hairs.

It is most important to understand that to permanently get rid of hair, IPL must be applied to hairs that are in the growing (or alive) part of the hair growth cycle.

A young hair has a dark bulb under the skin and it is this bulb that we target with the light. When a hair gets old the bulb changes and becomes pale and shrivels up.

If the hairs are too old IPL will not work.

Do not leave your IPL appointments too far apart as this will alter the effectiveness of IPL on hair reduction because the hairs may become too old for treatment.

For maximum results you need to follow the treatment plan as recommended by your therapist.

**RED VEIN ROSACEA VASCULAR IPL TREATMENT PLAN**

Red Vein and Roseacea and other vascular conditions can be treated with IPL because the redness of the blood inside a vein absorbs the light and heats up.

IPL uses the white light to coagulate the blood within the vein.

The heated or coagulated blood is then absorbed over the next few weeks and disappears.

IPL causes the capillary to heat to approximately 50-60 degrees centigrade which like diathermy kills the tiny capillary and the waste is slowly absorbed into the body.

Roseacea responds very well to IPL.

Images Beauty Therapy is able to offer a treatment, which will reduce facial vascular blemishes like the fine thread-like vessels found on cheeks and around the nose.

Also general diffuse redness can be significantly reduced.

The heat generated by the IPL coagulates the blood within the tiny vessels, closing them off, and then the skins repair- cells remove the debris.

Results will vary, occasionally minimal results may be obtained, but most people will see a significant improvement in the   condition.

Often at least 4 sessions are needed in an area to obtain optimal results.

Treatments should be 4 to 6 weeks apart.

You may need to come in to the clinic for periodic assessment between treatments.

Treatment of the full face is usually performed in stages rather than the whole face in a single session. Your technician will   advise on how to best treat the area.

If Veins are too big Images offers an alternative treatment of [**Diathermy Electrolysis**](http://imagesbeauty.co.nz/our-treatments/anti-agingskincare/red-vein-treatment-diathermy/) which is very effective for more obvious   veins.

A combination of both treatments may be advised.

**Skin Reaction for IPL Red Vein Treatments**

**Immediately** Area may appear slightly raised or swollen
**AFTER 24 hours** Skin appears calm- no redness or swelling.
**1 to 6 Weeks** Red Veins / Redness / Blush will have faded or disappeared.

**Home care / After care**

It is important to read the following:

* Avoid the following causes of red veins
* Sun exposure and sun beds, extreme temperatures such as cold winds or heat.
* Smoking, spice hot foods, excess alcohol, steroid medication,
* harsh treatment of area, injury to the cheek area, friction or exfoliation/scrubs,
* Avoid anything that can cause skin to flush.
* First 24 hours
* Avoid applying anti inflammatory creams to treated areas if possible
* Avoid sunlight
* The Next 3 to 6 Months
* Apply Sun Block everyday (even in winter)
* Repeat Treatment after minimum 4 weeks

**PIGMENTATION IPL TREATMENT PLAN**

Skin Pigmentation can be treated with IPL as the melanin (skin colour) attracts the IPL light and therefore heats up.

The treated skin cells that contained the pigment become darker, and then slowly lifts to the surface of the skin and falls off.

Images Beauty is able to offer a treatment to reduce the colour of pigmented lesions caused by sun damage, using IPL (Intense Pulsed Light) technology.

A doctor’s letter confirming that no skin cancers are present is required before commencing treatment.

It may be difficult to assess the degree of results before treatment commences, but one initial treatment will give an indication as to whether the pigment is likely to reduce, and then further treatments can be done if needed.

One treatment is often enough to see stunning results, but 2 or 3 may be needed for optimal results.

Treatments are performed at 4 to 6 weekly intervals.

Results will vary.

Not all pigmentation will fade.

Usually sun damage typically seen on backs of hands, forearms, décolletage and face will respond well.

Hormonal pigmentation and other pigmentation with a medical cause may not respond, or will have minimal results.

**Note:**

This treatment is **not** permanent.

IPL does not destroy the cell that produces the pigment **Melanin**.

Melanin is produced by specialised cells called melanocytes found deep in the skin.

It is a non–coloured cell, therefore IPL cannot destroy it.

Melanin moves from a Melanocyte into adjacent skin cells as a clear substance.

When skin is exposed to sunlight (UVA or UVB) the melanin substance changes from clear to brown thus changing the colour of the skin cell to brown.

IPL only treats melanin that has changed from clear to brown.

We will explain this during your consultation.

IPL will cause the melanin to coagulate inside the pigmented skin and this skin sloughs off.

**However**, if this area of skin is exposed to sunlight in the future, it will tan again.

Using sunblock and anti-pigmentation skin care can help to slow or “block” the return of this “tan/colour”. We can discuss the use of Pigment Inhibitors.

**SKIN REJUVENATION ANTI-AGING IPL TREATMENT PLAN**

Skin rejuvenation results when the skin is heated up by the IPL and the skin responds by repairing itself, similar to sun burn, (although no UV damage has occurred) and it is this repair that will naturally produce collagen that improves the skins appearance.

This process needs to be repeated several times to achieve the rejuvenation effect.

This skin rejuvenation is often a bonus treatment when hair or pigmentation or red vein treatments are performed. (I.e. multiple results from a single treatment).

**Images** is able to offer this popular treatment to improve the surface of facial and neck skin or the back of hands, or larger areas such as décolletage (chest).

IPL offers a more subtle improvement for those not wanting an aggressive ablative (removal) treatment like “laser resurfacing”.

Rejuvenation is a treatment usually performed:

* As an added bonus step to targeted areas such as the corner of the eyes or mouth during a facial. **OR**
* Over the whole face to encourage collagen production, sometimes known as collagen remodelling. It will help to improve texture, tone and refine pore size. If there are any colour irregularities (due to sun damage) then it is likely to even up as the light will affect pigment, temporarily darkening it, then it will fade out in 7 to 14 days. Vascular (blood vessels) treatment may also be needed too.

The IPL will cause a mild inflammatory response in the upper layers of the dermis causing the release of fibroblasts, which in turn produces new collagen to form in the skin. This is a slow process, taking up to three to twelve months to see full effect. A program of a series of six treatments, the first two, two weeks apart, and then monthly.

A doctor’s letter confirming that no skin cancers are present is required before commencing treatment.

**ACNE IPL TREATMENT PLAN**

Acne IPL treatments are an excellent treatment for “Propion Bacterium Acnes” the bacteria responsible for Acne.

The white light spectrum used by IPL, contains Blue light (475nm) which has been found to have a dramatic effect upon the Acne P Bacterium. The light causes the bacteria to be killed and this allows the acne to heal and the skin to clear.

* Acne can easily be treated with IPL as only the acne lesions need to be pulsed.
* The IPL light pulse does not need to be strong to be effective.
* IPL can be applied after or at the end of an acne facial treatment as a bonus step.