

# Get Ready For Summer at the Medical Spa at Nova

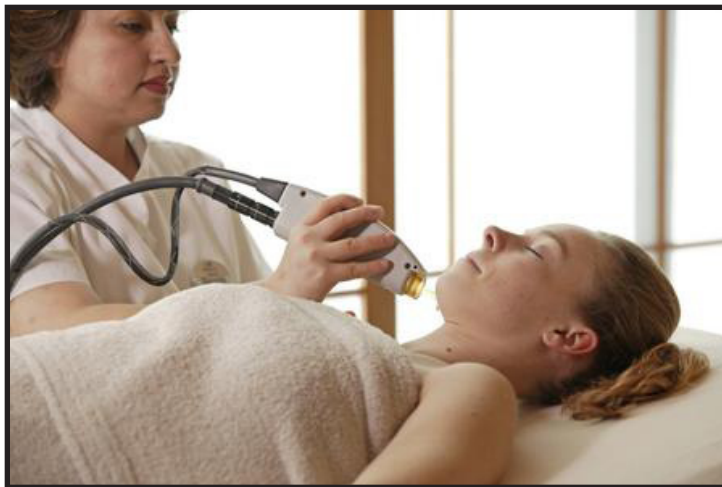
Summer is coming and we are looking forward to hot weather. For many, this means that more skin will be showing and the means for obtaining smooth, hair free skin are being explored. Removing unwanted hair is something that everyone faces, male or female and this is the perfect time of year to start thinking about Laser Hair Removal.

Today there are many different methods to remove unwanted hair, but few have such lasting effects as Laser Hair Removal. Traditional techniques such as shaving, plucking, threading and waxing, only remove hair temporarily. Other methods including electrolysis, are permanent hair removal methods but can be very painful and require an excessive amount of time to remove large areas of hair such as legs.

The idea of lasers does concern some people, but lasers have been used for many years for a variety of medical cosmetic procedures including treatment of facial and leg veins, age spots and facial rejuvenation. The Medical Spa at Nova has the GentleLase's system. This long-pulse high energy alexandrite laser emits a gentle beam of light and is FDA-approved. The laser emits in brief pulsations that minimize the opportunity to cause skin damage and has a special contact-cooling hand piece aiding in patient comfort. There is no down time after Laser Hair Removal.

Hair removal with the laser is much faster than with other methods and when performed by a trained professional is relatively painless. The laser is pulsed once per second across the surface of the skin being treated. This is not a small red beam, as seen in action movies, but instead, a small handpiece that touches the skin produces a natural looking light in an area that is no larger than 18 millimeter wide. A light spray of cool liquid upon the skin and will be felt immediately before each laser pulse. The pulse of laser light travels through the skin and is absorbed by the pigment in the hair follicle below the skin's surface. The hair's pigment absorbs the light and turns it into heat.

The heat destroys the hair follicle leaving the surrounding skin unaffected. Each time the laser is pulsed, large numbers of the hair follicles are destroyed and will



no longer produce hair, including hair follicles with no visible hairs. Laser Hair Removal, unlike other hair removal methods, does not require the hair to be visible to the naked eye for treatment to occur.

A series of six treatments are required for successful results. Hair grows in cycles and some hair is dormant, while other hair is growing. The laser only removes hair

that is in its growth phase. A client's skin color and hair type play a role in the time it will take to remove hair. It is important to have a consultation with a professional esthetician prior to your service. During the evaluation the client's skin type, hair color and the area to be treated are discussed. A single session can require as little time as 10 minutes or up to an hour, depending on the client. The treated area may become pink or red within 30 minutes of treatment. This may last from a few hours, but is relieved with the application of ice or cooling gels.

It is important to think about Laser Hair Removal now, while the weather remained cold, as it is best to avoid sun exposure for four to six weeks before and after treatment. Depending on the area, the esthetician may permit sun exposure sooner, with proper sunscreen use of course!

