

Laser Hair Removal with Candela GentleMax Pro Laser

Laser hair removal with the Candela GentleMax Pro is a fast, effective, and virtually painless method of permanently reducing unwanted hair. This state-of-the-art device uses advanced laser technology to target and destroy hair follicles, preventing future hair growth. It's safe for all skin types and works on various areas of the body.

WHAT TO EXPECT DURING YOUR TREATMENT

- **Consultation:** A consultation is required to assess your skin type, hair colour, and the areas you wish to treat. Your provider will customize your treatment for optimal results.
- **Treatment Process:** The treatment will typically last 15-30 minutes, depending on the size of the area being treated. The Candela GentleMax Pro uses a cooling system to minimize discomfort during the treatment.
- **Sensation:** You may feel a slight snapping sensation, similar to the feeling of a rubber band gently snapping against your skin. This is completely normal and temporary.
- **Multiple Sessions:** Laser hair removal typically requires a series of treatments to achieve the best results, as hair grows in different cycles.

BEFORE YOUR LASER HAIR REMOVAL TREATMENT

- **Avoid Sun Exposure:** For at least 2 weeks before your treatment, avoid direct sun exposure and tanning beds. This minimizes the risk of hyperpigmentation or irritation.
- **Shave The Area to be Treated:** Shave the treatment area the night before or the morning of your session. Do not wax or tweeze, as the laser targets the hair follicle beneath the skin's surface.
- **Avoid Other Hair Removal Methods:** Do not use waxing, plucking, or threading for at least 4 weeks before your treatment.
- **Stop Using Self-Tanners:** Refrain from using self-tanning products for 2 weeks prior to treatment to ensure the laser can effectively target the hair follicles.
- **Avoid Certain Skincare Products:** For 48 hours before your treatment, avoid using harsh skincare products like retinoids, acids, or any products that may irritate the skin.
- **Hydrate:** Drink plenty of water before your treatment to keep your skin hydrated.

- **Consultation Required:** If this is your first time having laser hair removal, a consultation is required to ensure this treatment is right for you.

AFTER YOUR LASER HAIR REMOVAL TREATMENT

- **Redness & Sensitivity:** Some redness and mild swelling around the treated area is common. This usually fades within a few hours but may last up to a day.
- **Avoid Sun Exposure:** Protect the treated area from the sun by wearing a broad-spectrum sunscreen (SPF 30 or higher) for at least 2 weeks after treatment.
- **No Waxing or Tweezing:** Do not wax, tweeze, or remove the hair by any method other than shaving between sessions, as it can disrupt the treatment's effectiveness.
- **Use Gentle Skincare:** Avoid using any harsh skincare products or exfoliants for a few days after treatment. Stick to gentle, hydrating moisturizers.
- **Avoid Hot Showers & Saunas:** For 24-48 hours, avoid hot showers, saunas, or intense heat to minimize irritation.
- **Hair Shedding:** You may notice that the hair in the treated area starts to shed in the days following treatment. This is normal and is part of the process.
- **Results Timeline:** Full results typically take 4-6 weeks to show, as hair grows in cycles. Most clients require 6-8 sessions for optimal results, spaced 4-6 weeks apart.

WHAT TO EXPECT POST-TREATMENT

- **Gradual Hair Reduction:** You'll begin to notice a reduction in hair growth after each session. Over the course of your treatments, hair will become finer and less dense.
- **Continued Improvement:** For best results, multiple treatments are necessary to target all hair growth cycles, with complete hair reduction typically achieved after 6-8 sessions.
- **Maintenance:** After completing your initial series of treatments, maintenance sessions may be required every 6-12 months to keep the area hair-free.

If you have any questions or concerns before or after your treatment, don't hesitate to reach out. We are here to ensure that your laser hair removal experience is comfortable, safe, and effective!