

## IPL Hair Reduction

### Hair grows in 3 phases.

IPL is only effective within the hairs growth phase (anagen phase) in which normal hair grows around half an inch a month (faster in the summer than in winter). During this anagen phase the hair is growing and is actively dividing cells in the hair follicle, it lasts an average of 35 years, so a full-length hair averages 18 to 30 inches. Note: The anagen phase is generally longer in persons of Asians descent, and can last as much as 7 years with hair being able to grow to 1 metre.

The second phase is the catagen phase; this occurs at the end of the anagen phase. It is a short transitional phase that lasts approximately 10 days. Lastly, hair enters the telogen phase, a resting phase when your hair is released and falls out. The follicle then remains inactive for 3 months after which the whole process is repeated. Each hair follicle is independent and goes through the growth cycle at different times, otherwise all hair would fall out at once. Instead of only shedding a certain number of hairs a day up to 80 hairs on a healthy head of hair

Finally, at any given time there is only a certain percentage of hair in the anagen phase and that the best hair reduction results require ongoing IPL being performed over a number of sessions with a measured time span between treatments.

IPL hair reduction uses focused intense light to rapidly heat and vaporise the hair follicles. To minimise skin burns, other collateral heat related damage and drastically minimise the pain normally associated with IPL hair reduction. Our Starlux System cools the area being treated to 4°C prior to pulsing and then recycles any reflected light back into the hair follicles during the pulse maximising the light dose per shot. This allows the therapist to maximise the treatments effectiveness by increasing the IPL dose according to individual pain tolerances

As it depends on hair strength, colour skin type, the patient assessment questionnaire and the individuals tolerance to pain, The therapists will discuss the number of sessions that may be required to achieve your hair reduction goals...

## Post IPL Hair Reduction

1. The hair will continue to grow for 2-3 weeks (this is the treated hair being pushed out of the follicle)

and will then shed.

2. You will have a hair free period for 3-6 weeks.
3. New growth will occur though there will be a certain percentage of hairs that don't grow back. This percentage will increase with each session.
4. Between treatments, hair can be shaved but not waxed or tweezed.

## Why come to Elegant Image for Light Treatments?

1. Not all machines are equivalent: At Elegant Image ACT we choose to treat our IPL clients with the Palomar StarLux system. The StarLux technology stands alone as the world's most powerful and safest medical grade IPL system. Although the initial purchase price and ongoing maintenance costs are very high we chose Starlux as it is the system of choice by many leading specialist cosmetic and other medical practitioners, it allows us to provide superior treatment results that are safe, quick, comfortable and cost effective.
2. Elegant Image have standardised on the clinically proven Omnilux PDT System. With over 30 published peer reviewed studies and regulatory approvals from countries including US, Japan, China, Korea and Australia, it is the gold standard in PDT technology.
3. Safety is our first and overriding consideration; e.g. To ensure that you are suitable for IPL treatments, we provide a complimentary initial consultation to assess the suitability of you and your skin for IPL treatments during this consultation we perform a small exposure patch to test for any adverse reactions to IPL exposure.

Taking these base consideration into account should assist you and Elegant Image in deciding whether to proceed with the Light procedure, and if the decision is to go ahead, it also allow us to better manage your Light Therapy experience and deliver the best outcome.

  


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# Light Therapies



## What are Light Therapies and how do they work?

Broadly speaking Elegant Image provides 2 distinct light therapies:

**Intense Pulsed Light (IPL)**, are well established non-invasive treatments that use a broad spectrum wavelengths of intense light to effectively treat specific body concerns. A regulated intensity of the light is absorbed by dark pigment in the hair and skin (melanin) and the red colour in your blood (hemoglobin) as heat and ablates the target and as such it is a safe and effective method to permanently reducing unwanted hair and/or correct skin problems such as; Pigmented lesions e.g. freckles, sunspots and melasma; Facial blood vessels such as spider veins and broken capillaries or facial flushing and Rosacea.

**Photodynamic Therapy (PDT)**, based on the research carried out by Manchester University and Cancer Research UK, it stimulates targeted cell activity by saturating the skin with different waves lengths of concentrated pure light. At Elegant Image we use the clinically proven Omnilux PDT System. With over 30 published peer reviewed studies and regulatory approvals from countries including US, Japan, China, Korea and Australia, it is the gold standard in PDT.

Omnilux comprises 3 inter-changeable heads that when used individually or in combination have been clinically proven to provide skin rejuvenation, clearing of acne vulgaris, pre & post surgical wound healing, adjunct therapies to improve the results of IPL, microdermabrasion, micro-needling, anti-wrinkle and dermal filler injections along with a range other non-invasive skin treatments.

# IPL & PDT Menu

IPL Hair Removal	Time	Price	x3
<b>Head &amp; Neck</b>			
Upper Lip	10	20.00	16.00
Chin	10	20.00	16.00
Upper Lip & Chin	15	35.00	28.00
Side of Face	15	50.00	40.00
Beard	20	49.00	39.00
Full Face	30	65.00	52.00
Chin & Side Face	20	65.00	52.00
Neck Front or Back	15	49.00	39.00
Full Neck (F&B)	25	79.00	63.00
<b>Trunk</b>			
Breast	10	49.00	39.00
Chest	30	99.00	79.00
Abdomen	30	79.00	63.00
Tummy Line	10	45.00	36.00
Chest & Abdomen	40	170.00	136.00
Shoulders	30	60.00	48.00
Back	30	199.00	159.00
Back Ch & Sh	45	290.00	232.00
Lower Back	30	90.00	72.00
<b>Lower Limb</b>			
Bikini Line Std	20	45.00	36.00
Bikini Line Ext	30	55.00	44.00
Full Brazilian	30	59.00	47.00
Buttock Full	30	99.00	79.00
Natal Cleft	15	49.00	39.00
Up Legs (w/o Bik)	30	149.00	119.00
Lower Legs	30	149.00	119.00
Full Leg (w/o Bik)	45	170.00	136.00
Feet & Toes	10	49.00	39.00
<b>Upper Limb</b>			
Under Arms (Both)	10	49.00	39.00
Upper Arms (both)	30	110.00	88.00
Forearms (both)	30	110.00	88.00
Whole Arms	40	155.00	124.00
Full Arm (inc Hds)	45	170.00	136.00

IPL Photorejuvenation	Time	Price	x3
<b>Head &amp; Neck</b>			
Full Face	45	150.00	120.00
Neck	20	75.00	60.00
Decolletage	30	120.00	96.00
Face & Neck	45	200.00	160.00
Face Neck Decollet	60	230.00	184.00
Hands	20	100.00	80.00
Forearms	45	130.00	104.00
Hands & Forearms	60	200.00	160.00
Back	60	350.00	280.00

IPL Capillaries & Vessels	Time	Price	x3
Nose	15	95.00	76.00
Cheeks	20	140.00	112.00
Cheeks & Nose	30	170.00	136.00
Chin	10	100.00	80.00
Full Face	30	300.00	240.00
Decolletage	30	270.00	216.00

Omnilux PDT	Time	Price	x10
Omnilux Revive (Red)	20	110.00	88.00
Omnilux blue (Blue)	20	110.00	88.00
Omnilux Plus (infra Red)	20	110.00	88.00
Any Omnilux taken with any other treatment	20	50.00	

**Please be aware that there are some reasons why IPL and PDT may not be suitable for you, these can include:**

- IPL/PDT - Recent sunburn unprotected sun exposure*
- IPL/PDT -Pregnancy*
- IPL - Severe dermatitis or eczema*
- IPL - History of seizures*
- IPL - Active infections*
- IPL/PDT Using Photo sensitising medications e.g. Roaccutane, Aspirin, Antihistamines*
- IPL - Herpes 1 or 2 (within the treatment area)*
- IPL - Very dark skin*

If you are unsure please speak with our team and/or consult with your physician.

## Pigmented Lesions Freckles/Sunspots & Redness

Pigmented lesions may be present on your skin due to a number of reasons including:

1. Genetics eg.. freckling,
2. Sunspots or photo damage from UV rays and
3. Melasma can be present as a result of hormonal changes, pregnancy or the contraceptive pill

Pigmentation is commonly more predominant and exacerbated on those areas of our bodies that are consistently exposed to the damaging effects of UV rays; it is typically found on any of the following areas: Face, Neck, Décolletage, Arms and Legs.

IPL lightens pigmentation as melanin will absorb the light as heat energy, as a result destroy the melanin containing skin cells. Initially the treated pigmentation will appear darker however within approximately 2-4 weeks this it sloughs away to leave a clearer complexion. You may require multiple sessions until the desired result is achieved as well as maintenance treatments. An effective skin care regime is also essential to maintain results, especially an effective sunscreen.

## The Clearing of Capillaries and Vessels

IPL is able to treat skin and hair as the light is attracted to melanin (the dark pigment in your hair and skin) and the red colour in your blood vessels without affecting the surrounding skin. Therefore making StarLux IPL a safe and very effective method of reducing or removing facial blood vessels such as spider veins, and broken capillaries including facial flushing and Rosacea.

## Is your skin suitable for IPL treatment?

In order to select the correct skin type for IPL treatment, we need to classify your skin according to its melanin (pigment) content and its reaction to the sun. The lighter the skin type, the more appropriate it is for IPL treatment.

We then test the skin with a short IPL pulse and we will only proceed with the desired IPL procedure if there is no reaction to the test patch.

## How Do You Maintain The Results?

Daily use of your recommended active skin care and sun protection, along with monthly treatments such as Herbal Peels to help maintain healthy skin. These will be recommended by your therapist.

Additional IPL treatments can be administered when necessary, if the pigment or redness returns or can also be performed monthly to maintain results and continue improving the overall appearance and firmness of the skin.

All Times are approximate - All prices are per treatment and are based on an average body size