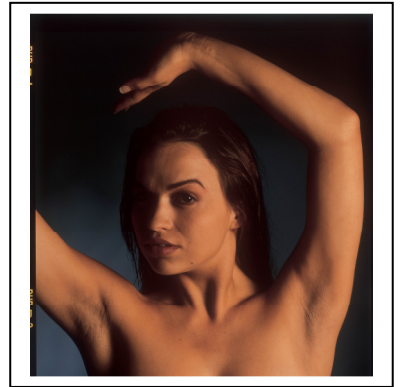


FACT SHEET

Permanent Hair Reduction

Face & Body Therapies Ulladulla is proud to offer the most advanced hair reduction technology available, using the new generation Energist Ultra VPL, an exciting, non-invasive and comfortable treatment for the reduction of unwanted hair to all areas of the body.

We hope this information sheet helps you make an informed decision in regard to permanent hair reduction by explaining some of the 'myths' about hair removal treatments on the market today.



Lasers vs. Pulsed Light (VPL)

Traditionally, most cosmetic procedures have been associated with lasers. Research has shown that intense pulsed light systems, and in particular Variable Pulsed Light (VPL), is regularly producing better results than most laser units available today.

Permanent hair reduction is achieved through a process known as photothermolysis, or more simply, selective heating through the absorption of light by the melanin in the hair. The applied light is absorbed by the melanin, the chromophore that gives hair its colour, with the result being that the hair is heated up. When sufficient intensity and the correct wavelength are applied to the area the resultant temperature rise will be sufficient to cause the surrounding cells to die. This destruction of the cells prevents the follicle from producing further hair growth.

Lasers use very high energy beams with a single wave length of light, only treating a small area at a time, therefore delivering a higher energy density and more aggressive treatment.

The Energist Ultra VPL is designed so that each shot of light comprises a sequence of rapid shorter pulses. These variable pulses ensure more controlled absorption by the appropriate structures whilst minimizing heating of the surrounding skin. This means a greater range of hair and skin types can be safely and effectively treated than was previously possible.

It's no wonder that Pulsed Light is replacing old-fashion technologies such as lasers and electrolysis.

What is the VPL advantage?

The purpose of any photo thermal treatment (laser, IPL, VPL) is to raise the temperature of the target (in this case the hair) to a critical level in order to destroy it, while still making sure that surrounding structures, like the skin stay at a safe level.

Hair needs to be heated to a temperature of 70° to destroy the bulb of the hair follicle, while leaving the skin temperature under 50°. This can only be achieved with the Energist Ultra VPL which delivers the heat in short bursts and allows the skin to cool between pulses. Side effects such as burns associated with Lasers and IPL are therefore avoided by heating the hair and not the skin.

So the use of a VPL not only protects your precious skin but also reduces client discomfort and the risk of unwanted side effects. This also allows for a greater range of skin colourings to receive effective hair removal treatments.

VPL treatments are FDA approved and no other method (laser or IPL) can match the results achieved by VPL light treatments at Face & Body Therapies Ulladulla.



Why do I need a series of treatments?

THREE STAGES OF HAIR GROWTH

Hair has three distinct growing stages:

- Anagen – active growing phase;
- Catagen – resting phase; and
- Telogen – end phase before the old hair falls out and is replaced by new growth.

It is in the Anagen phase that hair is most successfully treated as this is when the hair follicle is attached to the bulb containing the growth cells. The Energist Ultra machine destroys the bulb, resulting in permanent hair removal.

All hairs treated with the Energist Ultra machine will fall out within a week or two allowing the hairs in the Catagen and Telogen growth stages to reach Anagen by the next treatment date.

Further, successive treatments allow the damaged, but not disabled hair follicles treated in the Anagen stage to be retreated. Repeated sessions ensure that all hair follicles have maximum exposure to VPL at the right time.

The hair follicles that have been permanently disabled will not grow again. There will be some dormant hair follicles in the skin at the time of treatment and these may grow back at a later stage. You may or may not be required to return for a maintenance treatment, the choice depends on the individual hair growth and the desired long-term effect.

The quantity of treatment sessions may vary depending on your hair colour, skin type, area being treated and desired result. However, on average, clients require five to eight sessions to achieve maximum result. It is vitally important that the hair is allowed to grow between sessions therefore whilst the area may be shaved between treatments, waxing or plucking is not recommended.



Before treatments



After 3 treatments

Will I need further treatments?

Any hair in the Anagen stage that is treated will NOT return. However, with hundreds of thousands of hair follicles in our body major hormonal changes, pregnancy and disease or injury may sometimes cause the production of new hair that previously was not treatable. If this is the case, you may require further treatment; however this is generally a smaller area with reduced treatment times and costs.

What does it feel like?

Most people say that it feels like being flicked with an elastic band. Of course the sensitivity is dependant on the area being treated. I have never had anyone stop a treatment.

What do I do before a treatment?

Please shave the area 24-48 hours before the treatment. Also better results are achieved if the area is exfoliated beforehand to remove any dead skin cells.

What do I do between treatments?

Just shave the area if you wish just do not wax or pluck. Again shave the area 24-48 hours before the next treatment and exfoliate.



What if I am pregnant?

Policy in general is not to treat pregnant clients with pulsed light. While there is no scientific evidence to suggest that pulsed light can harm an unborn child, we prefer not to take the risk, especially in view of the fact that a treatment would serve little purpose as hair growth during pregnancy is hormonal and no amount of treatments will make a difference to new hair growth.

What to expect after your treatment

Immediately after your treatment you may feel some warmth in the area that has been treated. This subsides within an hour or so after treatment. Some people experience a mild tingling sensation in the area. It is important that you resist the temptation to scratch. This feeling will subside very shortly after your treatment.

For the few days following your treatment, you may notice that the hair appears to be growing. This is not the case. It is simply the hair that has been treated moving up the follicle. It will then 'fall out'. This process can take up to 10 days to occur. Exfoliation can assist in the removal of the treated hair. You may shave the area as often as you wish.

What are the benefits of the Energist Ultra

- **Permanent Hair Reduction:** Don't get caught out when wearing sleeveless tops or bathers again.
- **Painless:** Treat even sensitive areas like your lip, chin and bikini line.
- **Safe:** Reduced chance of side effects, compared to other systems on the market.
- **Effective:** The most advanced system, giving you the best results.
- **Non-Invasive:** No time off work required.
- **Rapid Treatment:** Due to the large applicator head even large areas can be treated quickly.
- **Time Saving:** No more monthly visits to the salon for years to come.

Why have my treatments at Face & Body Therapies Ulladulla?

- **Leading the way:** Face & Body Therapies Ulladulla is the only salon on the south coast to be able to offer you the very best in hair reduction with the Energist Ultra and after years of experience are experts in its use.
- **Therapist confidence:** Knowing you are in safe hands, years of experience and absolutely fully qualified in Laser and VPL Hair Reduction, Clinical and Paramedical Skin Technician.
- **Private and confidential** treatments and fully comprehensive consultation, test patching and needs analysis.
- **Affordable**

Yes, I'm interested, what now?

Simply book in a 'no obligation' consultation to discuss your concerns with our fully trained therapist. A consultation costs only \$25, lasts approximately half an hour and includes a free test patch, and absolutely fully redeemable if you decide to go ahead with the treatment. Yes, never get caught out again!

Remember this treatment is safe and effective, no down time and no discomfort. This is the most effective method on the market today for hair reduction. All areas of the face and body can be treated by professional and experienced therapists only at Face & Body Therapies Ulladulla. Why wait? Phone today to see how easy it is! Call 4454 3521

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www.faceandbodytherapies.com.au