

IPL PhotoFacial & Permanent Hair Reduction

Intense Pulse Light, also known as IPL Therapy, uses filtered light energy to provide multiple services such as permanent hair reduction on the face and body and photofacial treatments. PhotoFacials effectively and comfortably minimize skin discolorations associated with accumulated sun damage and age spots on the face, hands, and décolleté. PhotoFacials also help reduce moderate inflammatory acne and reduce redness caused by capillaries and rosacea. A series of IPL treatments will leave your skin smoother and clearer with a tighter, more youthful appearance.

Contraindications:

- Pregnancy
- Recent sun exposure, tanned skin, or self-tanning cream (Within the last month)
- Heart disease, pacemaker
- Photosensitivity / Photodermatosis
- History of keloid scarring
- Diabetes, unless under control
- Cancer – in particular, skin cancer
- Severe dermatitis or eczema (within the treatment area)
- Immune system deficiencies
- Anticoagulants
- Cellulite treatments (wait a few weeks after the last treatment)
- Active infections
- Accutane use in the last 6 months, Retin A, topical acne medications
- Herpes simplex (cold sores within the treatment area)
- Very dark skin
- Waxing or tweezing 4 weeks prior to treatment (hair removal only)
- Photosensitizing medications are best avoided
- Vitiligo
- Botox/Fillers (3 weeks pre and post-IPL)
- Cannot be performed over tattooed areas

Introductory Price List for IPL – Permanent Hair Reduction

Prices starting at:

| | |
|-------------------------------------|-------|
| Upper Lip, Chin, or Cheek | \$50 |
| Neck | \$100 |
| Full Back | \$250 |
| Half Back | \$125 |
| Chest | \$150 |
| Bikini | \$125 |
| Underarms | \$100 |
| Half Arm | \$125 |
| Full Arm | \$200 |
| Half Leg | \$150 |
| Full Leg | \$300 |

(6 – 8 sessions are required for optimal results)

Introductory Prices for PhotoFacials

Prices starting at:

| | |
|--|-------|
| Face (includes hydrating Mask) | \$180 |
| Neck | \$60 |
| Décolleté | \$90 |
| Hands | \$100 |

(3 – 6 sessions are required for optimal results)

Frequently Asked Questions

How do IPL PhotoFacials work?

Light is used to promote the production of collagen, which helps to fill in wrinkles, fine lines, and scars, while also reducing redness and brown spots. The targeted skin tissue is eventually removed by the body through a natural process. Depending on what is treated, the exact wavelength of the light can be adjusted to optimize your results.

What should I expect with hair reduction?

Hair grows in 3 phases. IPL can only treat the hair within one of these phases called anagen. This is when the hair is growing and there are actively dividing cells in the hair follicle. At any given time, there is only a certain percentage of hair in anagen. Therefore, IPL must be performed over several sessions within a certain time span between treatments to achieve the best result. However, we can only achieve approximately 70% to 90% hair reduction, no IPL system can achieve 100% hair removal though what is remaining is generally lighter and finer. The number of sessions required depends on your hair and skin color and how your body responds to the treatments.

What can I expect during the treatments?

During the procedure, intense light from a range of wavelengths is focused on the targeted areas of your skin. The IPL device is gently pressed against the skin, with a smooth, transparent surface emitting light. You will wear eye protection either glasses or adhesive eye pads to protect your eyes during the procedure. A topical gel is applied to prevent overheating of the skin. You will feel the warmth of the light creating heat within the targeted chromophores, sometimes it's more intense over deeply pigmented spots. The service length of time to perform each treatment will depend on the specific area that is being treated generally 30 – 60 minutes.

Is there any downtime?

Once the procedure has been completed, you may have some redness, mild edema, and feel a sensation of warmth and/or slight tingling (mild sunburn), this is normal and temporary and should resolve quickly. You should avoid direct, prolonged sun exposure for 2-5 days following your procedure.

Client Aftercare Instructions - Skin Rejuvenation

IPL for Skin Rejuvenation

Bare Necessities offers a skin rejuvenation treatment that will improve skin tone and texture. This treatment will refine and refresh by increasing the production of collagen and elastin in the skin. Fine lines and wrinkles may soften, as well as redness and pigmentation.

Treatment Plan:

- Results are accumulative, 4-6 sessions are needed 2-3 weeks apart for optimum results.

What to Expect:

- Some redness may be present and could last for a day or so.
- Any pigmented areas may darken slightly before fading after a few weeks.

Care of the Treated Area:

- Use a cold compress periodically throughout the first few days to reduce swelling or discomfort **if needed**.
- Apply aftercare/healing products such as suggested, (aloe).
- Treat the treated area gently, with no rubbing or scratching.

Precautions:

- Do not scratch or pick the area.
- Do not have a hot shower (tepid only) during the first 24 hours post-treatment.
- Wear SPF 30 sun protection.
- Do not exfoliate or apply products with active ingredients such as retinol, glycolic, or salicylic acid for several days/weeks. Use a gentle cleanser and moisturizer with peptides.
- Do not expose the area to direct sun for up to 4 weeks post-treatment.
- Do not do a heavy, sweaty workout in the first 24 hours post-treatment.
- Avoid contact with petroleum, perfume, or alcohol-based products.

Client Aftercare Instructions - Hair Reduction

IPL for Hair Reduction

Bare Necessities offers permanent hair reduction. This means that in most cases most of the hair will not return after a short series of treatments. The hair that is going to disappear for good will usually stop growing within the initial course, with any residual hair growth being finer, softer, lighter in color, and regrowing at a dramatically slower rate. This residual hair growth can be left alone, or you can have occasional maintenance treatments.

Treatment Plan:

- This course of treatments will usually be 6-8 treatments generally 4-6 weeks apart.

What to Expect:

- Because treated hair follicles have been heated, the area may swell sometimes for a day or so. Swelling results from heat, not infection, and is therefore normal and expected.
- Crusts can occasionally form in some spots, as well as darkening of pigmentation. Do not pick at these areas.
- You may notice dead hair surfacing from 1 – 2 weeks after treatment. This process is called purging and will take time to complete. You can wipe away these hairs with a damp cloth or exfoliate with a loofah once the sensitivity of the treated area resolves, usually one week after treatment.

Care of the Treated Area:

- Apply a cold compress if needed after treatment to relieve swelling or heat sensation.
- Apply soothing/healing products such as aloe as suggested.

Precautions:

- Do not scratch or pick the area.
- Do not have a hot shower (tepid only), and avoid saunas and hot tubs during the first 24 hours post-treatment.
- Avoid any friction.
- Wear protective clothing or use SPF 30+ to keep the area away from sun exposure.
- Do not do a heavy, sweaty workout in the first 24 hours post-treatment.
- Avoid contact with petroleum, perfume, or alcohol-based products
- For the underarm area do not use deodorant during the 24-hour pre and post-treatment.
- Bikini area, it is preferable to wear white cotton underwear during the treatment and for the first 72 hours after.

Client Aftercare Instructions – Acne Treatment

IPL for Acne Treatment

Bare Necessities offers an acne management treatment that uses a specific filter that heats the follicle and kills the acne-causing bacteria (Propionibacterium) deep within the pore. IPL acne treatment is usually indicated for inflammatory acne having minor to average sensitivity. This treatment can be performed on the face and shoulders. Results will vary, however, significant improvements will be seen especially combined with appropriate acne skincare products.

Treatment Plan:

- The number of sessions varies due to the severity of the acne. Treatments can be done 1x week or as needed.

What to Expect:

- Some redness may be present and could last for a day or so.

Care of the Treated Area:

- Use a cold compress if needed after treatment to relieve any inflammation.
- Apply aftercare/healing products such as suggested, (aloe).
- Treat the treated area gently, with no rubbing or scratching.

Precautions:

- Do not scratch or pick the area.
- Do not have a hot shower (tepid only) during the first 24 hours post-treatment.
- Wear SPF 30 sun protection.
- Do not exfoliate or apply products with active ingredients such as retinol, glycolic, or salicylic acid for several days/weeks. Use a gentle cleanser and moisturizer.
- Do not expose the area to direct sun for up to 4 weeks post-treatment.
- Do not do a heavy, sweaty workout in the first 24 hours post-treatment.
- Avoid contact with petroleum, perfume, or alcohol-based products.

Client Aftercare Instructions – Pigmentation & Vascular Treatment

IPL for Pigmentation Treatment

Bare Necessities offers a treatment to reduce the color of pigmented lesions caused by sun damage. IPL will provide a gradual and natural improvement to the skin that is long-lasting. Sun damage typically seen on the backs of hands, décolleté, and face responds well.

IPL for Vascular Treatment

This treatment will reduce the facial vascular blemishes like fine thread-like vessels found on the cheeks, chin, and around the nose.

Treatment Plan:

- **Pigment:** One treatment can show stunning results although it is recommended to have 3-4 treatments at 3-4 week intervals for optimal results. Applying a topical skincare product that is a tyrosinase inhibitor before treatments will benefit the outcome, for example, Glymed Living Cell Clarifier.
- **Vascular:** The number of sessions varies depending on the size of the vessels to be treated. One to four treatments at 3-4 week intervals if needed for optimal results.

What to Expect:

- **Vascular:** Some redness may be present and could last for a day or so.
- **Pigment:** Some redness may be present and could last for a day or so, Pigmented areas will darken (appear like coffee grinds) within a few hours post-treatment and slough away from 7-14 days, in some cases this can happen up to 21 days after treatment. Gradual fading for areas that did not become darker will result in leaving the skin with a more homogenized appearance.

Care of the Treated Area:

- Use a cold compress if needed after treatment to relieve any inflammation.
- Apply aftercare/healing products such as suggested, (aloe).
- Treat the treated area gently, with no rubbing or scratching.

Precautions:

- Do not scratch or pick the area.
- Do not have a hot shower (tepid only) during the first 24 hours post-treatment.
- Wear SPF 30 sun protection.
- Do not exfoliate or apply products with active ingredients such as retinol, glycolic, or salicylic acid for several days/weeks. Use a gentle cleanser and moisturizer with peptides.
- Do not expose the area to direct sun for up to 4 weeks post-treatment.
- Do not do a heavy, sweaty workout in the first 24 hours post-treatment.
- Avoid contact with petroleum, perfume, or alcohol-based products.