

YOUR NEW SMOOTH SKIN SECRET



Feel smooth and super-confident with laser hair removal by The Harley Medical Group

Q Calling all beauty addicts: here's an address for your little black book! Sometimes, we want grooming results that lotions and potions can't deliver (we're thinking hair-free legs that last all summer, please!). And that's where The Harley Medical Group comes in. Their specially selected and trained medical professionals have long been providing the most sought after laser and skin treatments – and their laser hair removal is medically proven to give you **permanent hair reduction**. And to help you make the move to permanent 'super smooth', we asked nurse Laura Daly, non-surgical training manager from The Harley Medical Group, to answer all your questions about the treatment. The verdict? It's time to throw away that razor for good...

2 I have sensitive skin – will the treatment be suitable for me?

Laser hair removal is suitable for those with sensitive skin, as long as the skin is not compromised or sore. Soothing gels such as aloe vera are applied to the skin after treatment to reduce the associated temporary pinkness.

3 Does it work for all hair and skin colours?

We treat the majority of skintones and hair colours for hair reduction. We also have rights to an FDA-approved* product called Meladine, which helps with hair reduction and is suitable for fair-skinned patients with pale blonde, white, grey or red hair. These hair colours generally lack eumelanin, the pigment which makes hair dark. However, hair reduction using medical lasers is not possible for people with darker skins who have white or grey hair.

4 How should I care for my skin after the treatment?

Your skin needs to be kept moisturised throughout your course (we recommend aloe vera for the first day or two after each treatment). Patients also benefit

from using our Replenishing Exfoliator twice a week to help the hairs fall out and to leave skin soft (but avoid using it three days pre- and post- each treatment). Avoid UV exposure on the treated area for at least two weeks.

5 Is it suitable for facial hair?

Yes, it can work on any part of the body, including facial areas, which are one of our most popular areas.

6 What exactly does the treatment involve?

First, a consultation and test patch with one of our nurses. Courses are spaced at four-to-ten-weekly intervals, depending on the area treated. Hairs must be trimmed to an optimum length two days before your first treatment. Within two weeks, the 'active' hairs start to fall out. Each hair has its own growth cycle, so reduction is a gradual process. Avoid waxing, plucking, epilating or bleaching between treatments.

7 What qualifications do the practitioners have?

All our practitioners who work with lasers must be a registered nurse or specialised aesthetic practitioner, who will have gone through rigorous training and regular assessments.

8 Will my unwanted hair be gone forever?

Unfortunately, there is no such thing as permanent hair removal, but we can normally achieve a permanent hair *reduction*.

9 How many sessions will I need to see results?

On average, a course of four to eight treatments is advised (facial areas need the most sessions) – and maintenance treatments are needed to achieve long-term results.

10 How much does it cost per session?

Depending on the area to be treated, treatment starts from £35 for smaller areas and increases for full body areas. We offer discounted maintenance packages to clients who have laser hair removal courses.

11 Is the treatment safe if I tan?

We insist on a melanin check prior to each treatment to make sure the skin has not tanned since the previous laser session. It's very easy to pick up UV rays even just from being out shopping. So we feel it's safer to always do a melanin check to rule out any underlying tan, as treating newly tanned skin would give rise to post-treatment issues.



“LASER HAIR REMOVAL CHANGED MY LIFE”

**Georgina, 25
Treatment: Full Leg
Laser Hair Removal**

“I started to think about laser hair removal treatment because I found shaving every day a real drag – especially in summer. Who wants to be shaving your legs at 6.30am just so you can wear a cute dress? I'd tried waxing but found it too painful (especially for results that only last three weeks!), and I'd heard good things from friends who'd tried laser hair removal, so I decided to give it a go. I really wanted to make sure I got the best possible treatment, so I went to The Harley Medical Group because they're a well-known company I could trust. Before my first treatment, I was a bit worried that it might hurt – but as soon as it began, I realised it was less painful than waxing! Even better, I noticed a difference straight away. I had no visible hairs after my first visit to the clinic, so I didn't have to shave my legs at all. And now, after 4 sessions of treatment, they're completely smooth. And I loved the results so much, I've just started treatment on my underarms.”

THE HARLEY MEDICAL GROUP®
FOUNDED ON CARE

* Approved by US Food & Drug Administration. Full terms and conditions apply, please visit: harleymedical.co.uk/terms-conditions

“It works on any part of the body”

**Nurse Laura Daly,
Non-Surgical Training Manager**



1 Does laser hair removal hurt?

The treatment is generally a tolerable sensation, and usually becomes easier each session. Some say it can feel like an elastic band flicking on the skin. There tends to be no pain after treatment.