



Maybe Corpaci and Nicole Newman start their journey to (hairless) freedom with *laser hair-removal treatments*

1. IPL LASER REMOVAL AT LEGS ELEVEN, FROM R230 PER SESSION

Nicole Newman, Junior Fashion Editor

What is IPL? Intense Pulse Lighting is a form of permanent hair removal that works by means of controlled flashes of light. After your therapist has shaved the treatment area, a gel is applied. A handpiece is then positioned over the area and, with each pulse, light travels down your individual hair shaft and into its root – the heat destroys the follicle, preventing further growth. The treatment session ends with a cooling gel spread over the treated area.

Who can have it done? The latest IPL can be done on men and women on almost any part of the body and on all skin tones. However, as it targets the hair pigment, it doesn't work on red, grey or true blonde hair.

How long will it take? You will generally need between six and eight treatments over a period of 18 months to remove up to 90 percent of unwanted hair. At first, you'll require sessions every eight weeks, but as hair takes longer to reappear, sessions can be spaced further apart, at intervals of four months.

How should one prepare? I usually wax my underarms but when I went for my consultation, I was told not to wax, tweeze, thread, epilate or have electrolysis for at least four weeks before my first IPL treatment and in between treatments, as these methods pull the hair out of the root.

Hair needs to be present for the IPL laser to work. Don't worry – you can shave between treatments.

Results so far: I have had two sessions and the results are already noticeable. My underarm hair (which usually appears within two days after shaving) began to regrow only about four days after the treatment. The hair also seems to be sparser. I look forward to further positive results as I continue the treatment.

ELLE
CO.ZA

GO ONLINE
for our edit of the best
laser salons

2. SOPRANO ICE LASER HAIR REMOVAL AT THE LASER BEAUTIQUE, FROM R510 PER SESSION

Maybe Corpaci, Junior Beauty Editor

What is Soprano Ice? The Soprano Ice method applies low-level energy via a burst of rapid pulses in constant motion on the treated area. The feeling during the treatment is a rise in temperature and a slight prickle on the skin. The denser the hair, the more intense the prickle becomes (it felt a little uncomfortable, but not unbearable). The laser device has a pleasantly cooling effect on the skin.

Who is it for? This type of laser is perfect for clients who like to expose skin to the sun between sessions, as well as for people with very sensitive skin and a low pain threshold. The treatment works on the basis of a gradual increase of energy, similar to a hot stone massage (but not quite as pleasant). **How long will it take?** The average number of sessions for small areas is eight, but it depends on the area and on the individual. Treatments are booked every four weeks to allow new hair to grow out. The upside is that the treatment itself (when done on small areas) doesn't take more than 10 minutes.

How should one prepare? Shaving is the only method allowed on the treated area between treatments, but don't shave immediately before your consultation or first treatment, as your hair pigment and density need to be assessed. Also, moisturising, using essential oils or having a massage 24 hours before your treatment is a no-no, as any of these will leave oil on the surface of your skin.

Results so far: I'm three sessions in and the results are great. I've treated the little hair between my bosom. The treatment isn't painful and the sessions are super-quick, so you can fit them into your lunch break. □