



Shines & Shimmers

Where science meets nature

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your complete guide to IPL hair removal and skin rejuvenation procedures

This guide was researched and written exclusively for Shines & Shimmers clients after 4 years of comprehensive research and hands on experience in the field. It is frequently revised and updated and every effort is made to ensure information presented here is accurate and current.

DISCLAIMER: Authors of this paper are not physicians and the ideas, procedures and suggestions presented here are intended to supplement medical advice of trained professionals. All matters including those regarding your health require medical supervision. Consult your medical professional before adopting any of the suggestions on this site as well as about any drug or condition that may require diagnosis or medical attention. The authors have made every effort to ensure the information on this site is correct and up to date at the time of printing. Authors cannot accept responsibility for any accident, injury, or damage that results from using the ideas, information or advice offered. Shines & Shimmers' staff although fully trained in their field, does not recommend or prescribes any drugs nor do they diagnose any medical conditions.

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IPL technology and permanent hair reduction

Intense Pulsed Light (IPL) is an **advanced light-based technology**. It works by delivering shots of light of many different wavelengths over the area being treated. Similarly to Laser treatments, for example for Hair Removal, light is absorbed by the pigment in the hair [melanin] causing hair follicles to heat up. This results in destruction of hair follicles. Different sets of configurations are used to treat various hair and skin types and conditions. At Shines & Shimmers, we use the latest state-of-the-art European equipment (**SPL** and **VPL**).

While keeping your budget in mind we offer fast, comfortable, effective treatments for

- progressive **permanent hair** reduction
- **vascular** treatments (damaged capillaries and spider veins; fine diffused redness)
- **skin rejuvenation** treatments (powerful collagen boosters resulting in fresher, younger, firmer looking skin)
- **pigmentation** treatments (sun damage; age spots; freckles)

Please note: Laser hair removal treatments, acne treatments, vascular treatments, skin pigmentation treatments can all be performed using this amazing technology. However different parameters are used for each treatment, for every patient.

IPL, SPL, VPL, SLPL...I am confused - what is the difference

There are many variations of IPL machines currently available and new ones arrive every day. The problem is all distributors claim their machine is the best. Claims like "Third (forth, fifth etc) generation laser/IPL". We are not quite sure what exactly these words mean as they probably have different meaning for different people... Some machines are simple IPLs, others are SPLs or VPLs.. then there are SLPLs... All this can be very confusing not only to the consumer but to the potential therapist. The important thing to remember is that many new names can be simply made up by the manufacturers themselves for the purposes of describing the point of difference of their equipment against their competitors'. The truth is that majority of them [excluding those that claim to treat blond, red and white hair] work on the same principle, that is: Light is absorbed by the hair follicle where it creates heat. Hairs are destroyed by this heat. Simple, really.... To help you understand it all a bit better, S&S staff have attempted to write explanations for some of the most common abbreviations for different IPL equipments you may come across in the media.

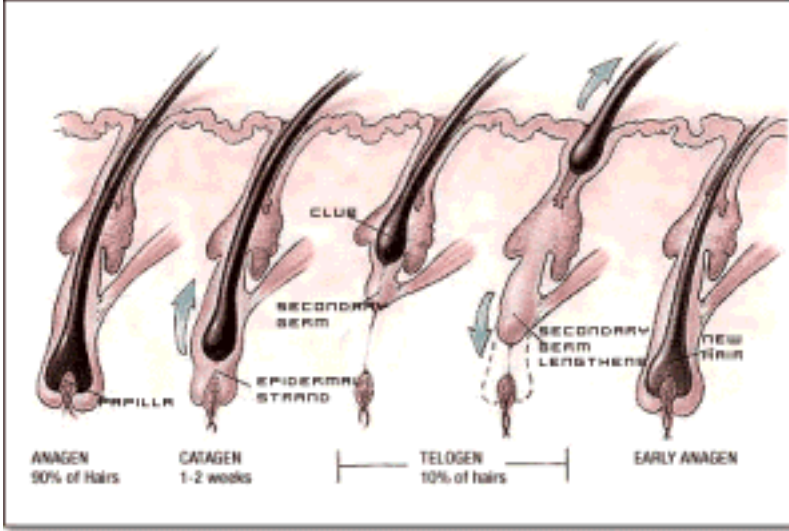
IPL – Intense Pulsed Light is the name of the technology.

SPL – **S**, in this example, stands for **Square** pulse. This means the light is equally disbursed under the skin and it takes a lot less energy to achieve the same effect as it would with a "standard" pulse. SPLs are usually lower energy machines but this doesn't mean they are less effective. Some of these machines achieve fantastic results, others though, will only produce a mediocre effect. The exact results will depend on various other properties of equipment. It is advisable to research your chosen IPL clinic and its equipment thoroughly.

VPL – **V** stands for **Variable** [pulse]. This allows for multi-pulsing (several pulses of light within each shot) and higher skin protection, making the treatments safer for darker skin types.

SLPL – This abbreviation stands for Super Long Pulsed Light. As the name obviously suggests pulses or shots are longer in duration. However, this does not necessarily mean better results. In many cases you would want a shorter pulse but higher energy delivered in that pulse, as it means greater force of light and potentially better response. Good quality VPL machines are able to mimic the "Super Long" part because of their flexibility - operator can change parameters allowing a longer duration of pulse if it becomes necessary. Once again, we strongly encourage you to spend some time researching your chosen Laser hair removal clinic and the equipment it uses

Please note: Laser hair removal treatments, acne treatments, vascular treatments, skin pigmentation treatments can all be performed using this amazing light-based technology. However different parameters are used for each treatment, for every patient. The end result of your hair removal treatment plan will depend on many factors including the skill of your laser hair removal therapist, the kind of equipment your skin clinic uses as well as you hair and skin type.



Permanent hair reduction – What to consider

If you would like to determine whether your hair is suitable for Laser hair removal or IPL hair removal you need to consider several variables.

Most hair types, including lighter shades usually contain pigment and therefore can be treated by IPL. Even though so far our clients have been **thrilled with the results**, it is almost impossible to predict the exact outcome any

individual will achieve. For this reason we do not make any guarantees or claims.

Hair Color and Density:

The **darker** the hair - the **better** the response. The **thicker** the hair – the **quicker** the results. **Lighter** hair is possible, but **difficult to treat**. This is mainly due to the fact light hair usually contains pheo-melanin, which absorbs light energy less avidly than the eu-melanin pigment which is present in black or brown hair. White hairs do not contain any melanin and the best form of treatment for grey hair is still electrolysis. Drop us a line if you need a referral)

Skin Color:

Light skin makes IPL hair removal easier to perform. **Fewer treatments** are required, and better, faster results are obtained. People with **darker skin** can be treated, but results are slower and more sessions may be recorded. In other words **the better the contrast between the hair and the skin – the better and quicker the outcome.**

Treatment Plan:

Although one treatment session can produce a noticeable long-term result, as a rule multiple treatment sessions are necessary to obtain optimal effects. General recommendation is between **5 and 10 treatments**. Breaks between treatments should be from **3 to 8 weeks** (depending on area treated, hair removal methods previously used, and quality of your hair). Frequency of treatments gradually decreases.

Hair Growth Cycle:

The main reason multiple sessions are necessary is that hair growth cycles vary and not all hair grows at the same time. Only hairs in the **active growing (anagen)** stage are treated effectively. There is also more melanin present at this stage in the hair follicle, therefore light absorption is greater. Over the course of treatments you are able to catch all or most of the hairs in the active (anagen) growing stage.





Laser Hair Removal vs IPL Hair Removal

Lasers and IPLs have been used for permanent hair reduction and skin rejuvenation treatments for many years. Although both IPL and Laser are light-based technologies, there are distinct differences between the two.

SCIENCE BEHIND LASER:

Lasers use a single wavelength of coherent light while IPLs utilize various wavelengths of incoherent light. There is a large assortment of laser machines operating in clinics and salons. Different Laser equipment would usually operate on different wavelengths and parameters. Various wavelengths of light absorb into (and effect) different substances [chromophores] in our skin and body differently and this can make it **very difficult for the consumer to choose the correct laser machine**. The machine would have to suit their particular skin and hair type and tone as well as be suitable for treatment of that person's particular condition [hair removal or pigmentation treatment etc]. This means that two different people may respond to treatment on the same Laser equipment completely differently, even if they are similar in the way they look.

SCIENCE BEHIND IPL:

IPLs offer **fast, comfortable, effective with long term** results and **minimal side effects** (when performed by trained experienced technician). This brilliant light-based technology was first introduced to the world in early to mid nineties and **was invented (by a laser manufacturer) with the sole purpose of replacing laser equipment for cosmetic producers**. The idea was to make various treatments (hair removal, capillaries, and skin rejuvenation and pigmentation treatments) possible with just the one machine, rather than using different laser machines to treat each problem.

PRICE:

Historically, laser equipment has been more expensive than IPL equipment; this could **potentially affect the price** of treatments.

SAFETY: IPL machines typically do not require the high levels of power or energy fluence necessary for lasers. High levels of power or energy fluence **can be associated with** such **side effects** as skin discoloration, crusting and burns/blisters.

PAIN FACTOR: Most people feel a stronger sensation with laser treatments than with IPLs.

SESSIONS REQUIRED: Although a lot depends on the practitioner, lasers generally work a little faster. However, the end result will vary for different people due to skin and hair types as well as their individual body's response and the level skill of the therapist.

TIME EACH SESSION: As a rule **laser treatments are more time consuming** than IPL sessions. This is due to the fact Laser machines usually have a significantly smaller size of crystal, therefore the area treated per shot is much smaller.



SESSIONS REQUIRED: Although one Laser or IPL session can produce a noticeable long-term result, as a rule multiple treatment sessions are necessary to obtain optimal effects. Depending on various factors you may need anywhere between **4 and 10 sessions**. Breaks between treatments should be from **3 to 8 weeks** (depending on area treated, hair removal methods previously used, and quality of your hair). Frequency of treatments gradually decreases. Number of facial hair removal sessions is generally greater where a hormonal imbalance is present in the body.

WHY SO MANY SESSIONS: The main reason multiple sessions are necessary is that hair growth cycles vary and not all hair grows at the same time. Only hairs in the **active growing (anagen)** stage are treated effectively. There is also more melanin present at this stage in the hair follicle, therefore light absorption is greater. Over the course of treatments you are able to catch all or most of the hairs in anagen stage.

HAIR/ SKIN SUITABILITY: If you would like to determine whether your hair is suitable for Laser hair removal or IPL hair removal you need to consider several variables. Most hair types, including lighter shades usually contain pigment and therefore can be treated by IPL. Even though so far our clients have been **thrilled with the results**, it is almost impossible to predict the exact outcome any individual will achieve.

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DARKER SKINS: IPLs are considered to be safer for treatment of darker skins than Lasers.





Permanent hair reduction what does it really mean?

It is not allowable by law to use the wording “**PERMANENT HAIR REMOVAL**”. This is due to the fact that when treating an area not all hairs get treated as there could be a dormant hair next to the treatable hair.

The correct and lawful wording, which all Laser and IPL clinics are required to use is “**PERMANENT HAIR REDUCTION**”. This describes the result accurately as a permanent reduction in hair growth is achieved with these treatments.

Permanent hair reduction means that a number of follicles will be damaged to the extent that they will no longer produce hair. The majority of hair [on average 80-85%] will be removed upon completion of your treatment plan. A small percentage of hair follicles [on average 15-20%] may still be able to recover (after some months) and produce new hairs. Usually hairs produced by these follicles will be a lot finer and thinner, lighter and closer to the surface, and may take a lot longer to grow, sometimes up to 12 months. This will make it a lot easier for you to manage the fine, thin, slow-growing re-growth.

Maintenance treatments may be necessary every six to eighteen months, depending on part of body treated and any underlying health issues (eg. hormones). Upper part of body, facial area in particular, usually requires more frequent maintenance sessions where as lower part of the body eg legs can go without maintenance for years

Excess hair growth, diet and hormones

Diet generally **does not influence hair removal**, except for **Beta-Carotene**, which may theoretically interfere with the treatment. Beta Carotene is found in carrots and vitamin A supplements. When consumed regularly and in large quantities, it is deposited in the skin, producing a subtle orange or yellow colour. This pigment can partially absorb light energy, increasing the absorption of it in the skin. This in turn can slow down the process of follicle destruction. Beta-carotene may persist for months after ingestion.

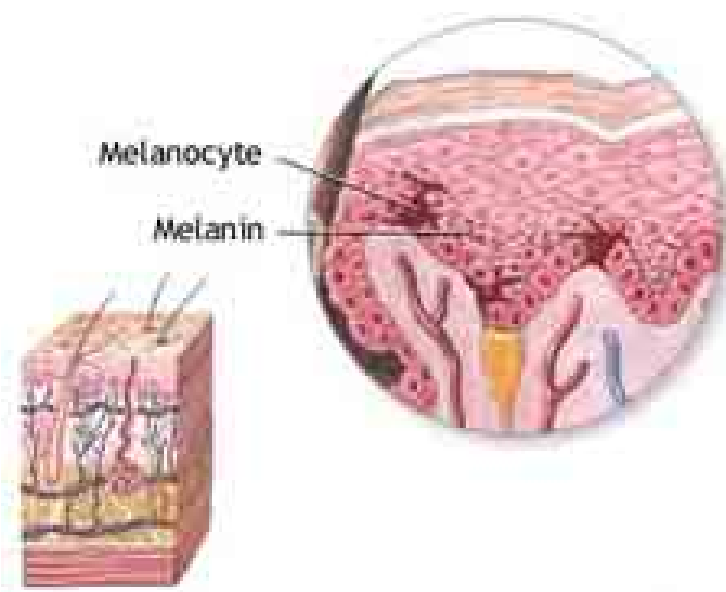
There are many factors which could potentially contribute to increased hair growth. However, research shows excess hair growth is most commonly related to **sex hormones** and/or inherited factors. Sometimes body hair is increased by a **medical problem**. There are two main types of excess body hair.

- **Increase of male-pattern hair growth in women.** It is thought to be related to male sex hormones and occurs on face, armpits, chest, and groin area. This type of hair growth is called hirsutism.
- The second type of excess body hair occurs in areas that are not related to sex hormones. It can happen anywhere on the body, be all over body, or in just one spot. This type of hair growth is called **hypertrichosis** and can occur in males or females.

These conditions (**although not necessarily**) may delay the response, requiring more treatments to achieve the desired result.

According to report on “excess body hair” By Adam Brochert, MD, - “... **Hirsutism is most often due to inherited causes.** Middle Eastern, Russian, and southern European women often have more hair than women of other ethnic origins. Hirsutism may also be due to hormone imbalances, which can have several causes: • **polycystic ovary syndrome (PCOS)** is a common condition that is often linked with obesity and abnormal menstrual periods • **Cushing syndrome**, a condition in which there is too much of a hormone called corticosteroid in the blood • **certain tumors** that can occur in the pituitary gland, the ovary, and adrenal gland. The pituitary gland is located inside the skull and is attached to the brain. The two adrenal glands are located on top of each kidney. Both glands secrete sex hormones and hormones that are important for metabolism. • some **medications**, such as oral contraceptives, testosterone or steroids, which can cause hormone imbalances. Overall excess body hair can also be seen in people who: • **were born to mothers who** drank alcohol, or took a seizure drug called diphenylhydantoin, during the pregnancy • take certain medications, such as minoxidil, danazol, corticosteroids, or diphenylhydantoin • have an underlying **cancer**, such as breast cancer or leukemia • have **chronic inflammation** of the skin, such as from eczema, trauma or infection...”





Hair removal for BLONDS and REDHEADS

Most hair types usually contain pigment and therefore can be treated. However, very light [yellow pigment], red [red pigment] or white [no pigment] hairs cannot be treated as effectively as dark [black or dark brown or light brown pigments] hairs. This is because yellow and red pigments do not absorb light as well as brown and black pigments. This means that the darkest, thickest hairs respond best to this type of hair removal treatments. It would take many more treatments to treat lighter shades with IPLs and higher energy levels may be needed, so more caution is also required to avoid damage to the surrounding tissue. Shines & Shimmers IPL clinics offer

substantially discounted prices for people who want **to try** to treat these lighter shades of hairs because **it will take much longer and nobody really know what the end result will be.**

Some therapists and clinics claim to have IPL machines that can treat light hairs effectively. According to scientific evidence it is not possible as light is (discriminatory) attracted to color and is absorbed by it. What many clinics are not telling their clients is that they use a technology which utilises RF [radio frequencies]. As far as our understanding of it goes RF absorbs into ALL substances in your skin/body (including your red blood cells, white blood cells etc) and not just the pigment (which is what a normal IPL does). May be it is this great new trend but thinking logically, if this was such an effective method many other manufacturers would be copying it, and they are not.

However, the two questions we have are: **1. Has there been enough research done into RF to say what amount of it is safe for the human body?** and **2. How effective it really is?** If you are reading this and you are a manufacturer of "RF IPL machines" or a distributor of one - we would love to hear from you. Please contact Shines & Shimmers head office on 03 - 9557 5755.

What Part Of My Face Or Body Can I Treat And What Are Side Effects

All areas of face and body, except area directly around the eyes and the inside of nose and ears can be treated safely and effectively.

IPL treatments with the equipment Shines & Shimmers uses are **safe** and all UV light is carefully filtered out. We provide protective eye-ware for you, which shields your eyes from the intense light during the treatment. Although **rare**, some temporary skin reaction to treatments is possible.

The side effects are topical and may include short-term skin sensitivity and redness (usually lasts for 30-120minutes but can sometime last for a couple of days); some people will develop acne-like breakouts (these usually disappear within several days after the treatment; light swelling around the hair follicles (which is caused by heat and not an infection and only lasts for up to 2 hours). More serious but less frequent side-effects include burns, blisters and skin color changes. Most of these side effects can be and are prevented by our experienced staff. Please discuss prevention options with your Shines & Shimmers IPL therapist on your next visit.

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Is It Painful And How Long Does It Take?

Some Shines & Shimmers clients describe '*pins and needles*' sensation, others a sensation of a 'thin rubber band flick'. Usually treatments are **comfortable** and only mildly unpleasant and there are strategies to make them even more comfortable. **Yes!** We do have a **few tricks up our sleeve!** Please discuss with your Shines & Shimmers IPL therapist if you have any concerns or had a previous unpleasant experience.

Treatments are very **fast** and are often done during **coffee or lunch breaks or before/after work**. Times required for each session would vary depending on the actual area being treated. Here is an **approximate guide** so you can plan your day better:

- Face or underarms = **10 min**
- Bikini or Brazilian = **15 min**
- 1/2 leg (both) or full back/chest = **45-60 min**.

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Initial Consultation at Shines & Shimmers

The initial consultation with Shine & Shimmers starts with a **comprehensive medical history** form which every client completes just before the session begins. Sometimes a **cosmetics history** is taken, depending on what type of treatment [acne, pigmentation] is needed.

You should **allow at least 30-45 minutes for the first visit** as all information about the client's medical background and treatment requirements is collected and discussed at this point.

This is also the perfect **opportunity to meet** with an IPL therapist and **make sure you feel comfortable** with them – hair removal treatment plans usually run over many months so **you should feel relaxed and confident** with your clinician's manner and skill level.

All IPL clinicians that are employed by Shines & Shimmers have completed their training course and hold a valid professional association membership. They are **not students**. [some clinics employ students to do their IPL treatments].

All our clients are encouraged to prepare a **list of questions** before you come to see us. Do ask as many questions as possible because we believe it is only **through complete understanding** of the **body processes as well as the technology** that one can **recognize all benefits** of having IPL treatments. Please also feel free to ask your therapist for telephone numbers of some of S&S clients so you could chat to them.





Before Your IPL Treatment:

Treatments need **minimal preparation on your behalf.**

These simple guidelines apply to every treatment, not just the first one. Prior to commencing your treatment plan with any S&S clinic please:

a) avoid tanning for at least 4-6 weeks. If you have a dark tan, your treatment may be postponed until the tan has faded.

b) You are strongly encouraged to stop waxing, plucking, and using depilatory creams or electrolysis for at least 3-5 weeks prior to commencing with us.

c) Feel free to continue shaving for up to 2-3 days prior to the days of your treatment. Some hair growth is required in order for us to assess you hair type and density correctly as well as for monitoring progress.

d) Feelings of anxiety and even stress before you are "zapped" for the first time are not uncommon. This is usually because they do not know what to expect and how it's going to feel and what goes where etc. The element of the "unknown" is what can cause this uncomfortable feeling. If you happen to feel this way – we understand and ask you to let your therapist know. **Rest assured we can use wonderful, pure techniques to make these feelings go away - these work every time!**

During Your IPL Treatment:

As you arrive at the treatment room and depending on the area being treated, you may be asked to change out of your clothing. Where needed **we provide** you with a **fresh towel gown, single use personal wet cloth** and **hygienic disposable G-string.** Most of accessories in S&S clinics are **DISPOSABLE, SINGLE-USE solutions.**

Your will need to lie or sit down and will be given **protective eye wear** which you need to have on during the treatment.

Skin on the area to be treated **is then carefully prepared** and a **special gel** (same as the one used for scans) **is applied.** (NOTE: Gel serves several purposes. Although it is not necessary to use it with our equipment, we find that when gel is used better results are achieved). IPL hand piece is then placed onto the skin and flashes of light are delivered to the required area as the hand piece is moved within the marked region.

The **appearance of the area treated immediately after** the session may vary greatly on an individual basis. Within several minutes to several hours after the session, the treated area may become slightly red and/or puffy. This quickly disappears and you can **return to your normal duties immediately.**

After Your IPL Treatment:

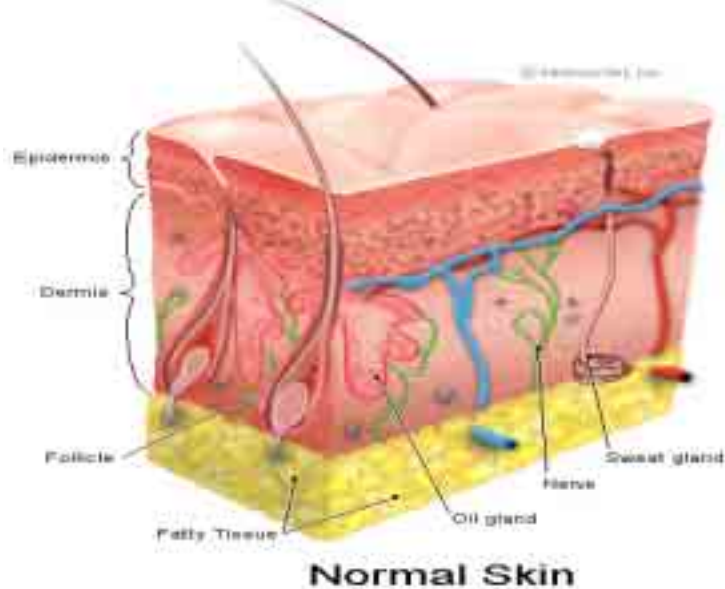
Although it is not necessary, at the end of your session S&S IPL therapist will always apply 100% organic post-treatment product. We prepare this unique pure lotion on a weekly basis and it is always fresh. This formula **will take care of your skin** by soothing it and helping it heal quicker.

A **natural organic sun block** will also be applied to those treated areas which can potentially be exposed to sun (such as face). Please **follow after care instructions** which you will receive on the day of your first treatment.

The general rules are:

a) do not expose the area to any form of heat for 24 hours. **b) do not exercise/** play sport for at least 24 hours. Sweat may cause irritation on the treated area. **c) apply recommended post-treatment cream** for 1-3 days following your treatment. **d) use natural** (you can get it at S&S clinics) **sun block** everyday during the course of your treatment. **e) avoid sun exposure** completely, if possible. **f) exfoliate** the treated area every day or two, starting from about day 7 after your treatment. 10-14 days after your visit, the roots of your hair will become visible and exfoliating will help shed the hair.





Skin Rejuvenation & Pigmentation Treatments

Skin rejuvenation treatments combine treatments for pigmentation and mild vascular conditions. If you wish to remove **pigmentation**, including **brown patches**, **freckles**, or have some types of **vascular conditions** this is the perfect type of treatment for you.

It is non-invasive, gentle and very effective. **Pigmentation** caused by exposure to sun and **Redness** from **blood vessels** sitting too close to the surface of the skin respond very well to IPL treatments.

Some people with **no** visible pigmentation or vascular condition choose to have this type of treatment solely for its rejuvenating **effects**. These treatments encourage the production of collagen, which in turn improves skin's appearance, enhances its condition and results in a wonderfully new texture, color and radiance.

People who have **acne** or **acne scars**, **fine lines** and some types of **stretch marks** also see a major improvement, usually within a few weeks after the first treatment and do not need to go for more treatments. However, some people may wish to come back for a second and, occasionally, third session for truly amazing results, which usually are seen approximately 12 weeks after the end of the last session. 1-3 treatments may be recommended, with 5 to 6 weeks intervals in between visits.

Moles and/or suspicious dark lesions cannot be treated as they may become lighter from the treatments and this may delay diagnosis in case of a problem. **You will need a doctor's referral for pigmentation treatments.** You may choose to see either your regular doctor or one of the highly competent doctors available on site.

Vascular Treatments (Capillaries, Redness, Spider Veins)

Different configurations to those that are utilized for hair removal are used to treat vascular conditions such as fine diffused redness, broken capillaries and spider veins.

The way it works is that light is absorbed into the blood vessel and the heat damages its walls. The body then reabsorbs what's left of the vessel along with its contents and replaces it with collagen.

It is sometimes possible to see results within several weeks, but may take up to 6 weeks after the treatment to appear. Generally, 3 or 4 treatments may be needed for some conditions, whereas for some only 1 or 2 treatments can be enough. Generally, 3 or 4 treatments may be needed for some conditions, whereas for some only 1 or 2 treatments can be enough

