

## **Is At-home Laser Hair Removal Effective?**

“I love how prickly your skin feels.” said no one ever! Did you know that the average modern woman shaves 7,718 times in one lifetime? That’s a whole lot of bristling, ingrown hairs, and skin irritation. Thankfully laser treatments have rendered razors obsolete.

If you’re already a firm laser believer, the marketability of handy at-home DIY products can be appealing. But many are left perplexed at their effectiveness. Here are some unbiased professional opinions to zap away your FAQs.

## **How does laser hair removal work?**

Laser hair removal uses a concentrated beam of light to target melanin, also known as your natural pigment. Through this, the follicle that produces hair is damaged. This delays the future growth of hairs.

## **Do at-home laser hair removal gadgets work?**

NYC’s dermatology professionals answer the million-dollar question with a very cautionary yes. Dr. Nikhil Dhringra claims that results vary according to individuals. Success is dependant on the contrast between your hair and skin color. Light skin and dark hair produce the best outcomes, while other combinations can prove them ineffective. Generally, at-home products are more suitable for use on smaller areas such as your lip and underarms. They can also be beneficial for maintenance after in-office treatments.

## **Are there any risks involved?**

There is a risk of hyperpigmentation and skin damage if the device is used inappropriately. Although so, SKINNY Medspa esthetician, Josie Holes claims that FDA approved home devices are generally safe. She said that they are however not as effective as in-office treatments. It is important to thoroughly understand the product before using it. For example, most products are not suitable for breastfeeding or pregnant mothers.

## **Is there a difference in the effectiveness of at-home versus in-office hair removal treatment?**

The consensus across the board of professionals is a resounding yes! Laser hair removal is an extremely targeted treatment. It requires calibrated settings that account for both your hair and skin color.

Because of safety concerns, most DIY gadgets use Intense Pulse Light (IPL) which is comparatively underpowered and not as effective as a visit to a specialist. Furthermore, with IPL, the less contrast you have between your hair and skin pigment, the higher the risk of skin damage. If you're melanin-blessed, it's best to stay away from at-home devices and seek professional treatment. The difference being, they know what are doing, and can treat all skin tones!

## **A last word of advice?**

No matter which you choose, it's important to avoid, tweezing hairs, tanning lotions, antibiotics, and retinoids two weeks prior and post-treatment. Life is too short for anyone to be at war with hair woes. If you don't use it, just lose it!