

SILKY SKIN

BRING ON THE BIKINI!

Get smooth, fuzz-free skin all summer with a series of IPL (Intense Pulsed Light) or laser treatments to reduce your body hair – for good. By **Grace Timothy**

What is it?

- Laser and IPL zap hair with light, heating the follicle to destroy it.
- You won't be hair-free forever, but you will see a serious reduction in fuzz.
- You may feel some discomfort, but far less pain than a wax – mostly, you'll feel a little snap like an elastic band.

Who can get it?

- There is a procedure to suit most skintones – check with your clinic.

How long will it take?

- Hair grows in a three-stage cycle, so a course of treatments is advised to get all hairs at their varying stages.
- You should have one treatment every six weeks, but the total number needed depends on your hair.

Aberdeen

Cynosure Elite Aesthetic Workstation

at **The Sk:n Clinics, 261 Union Street AB11 6BR (0800 028 7222; Sknclinics.co.uk)**

Initially, your consultant will take a medical history and perform a skin test. At your next appointment, the follicle is zapped to stop growth. (Tip: Sk:n Clinics open on Sundays – ideal if you're struggling to fit in a treatment.)
Usual price from £80 per treatment

Berkshire

Soprano XL Laser Hair Removal

at **Court House Clinics Maidenhead, The Hunting Clinic, 55 St Lukes Road, Maidenhead SL6 7DN (01628 507480; Courthouseclinics.com)**

If you have dark skin, laser hair removal can be tricky (dark hair on

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HAIR-REMOVAL TREATMENTS

HAIR-REMOVAL DOS & DON'TS

- Ensure that your practitioner holds BTEC or NVQ qualifications in light-based treatments and that the clinic is registered with the CQC (Care Quality Commission).
- Do not let the area treated be exposed to the sun or self-tanning products for at least two weeks before, and a week after, your treatment, to avoid white marks, blistering and dark spots.
- Tell the clinic about any medication you are on – including antibiotics and supplements, such as St John's Wort.
- Check with your clinic regarding shaving prior to your appointment, but don't wax or pluck.
- Avoid using deodorants or cosmetics on the area on the day of your appointment.

dark skin isn't as good a target for the beam). But Soprano XL has success with all skintones – plus it's virtually painless due to its ultra-fast delivery of light. After a consultation, you'll have 15 to 60 minutes' treatment, depending on the area to be treated. And after four to six sessions, you'll be ready to bare all.
Usual price from £55 per treatment

Brighton

IPL Chromolite and Aculight Permanent Hair Reduction

at **The Treatment Rooms, 21 New Road BN1 1UF (01273 818444; Thetreatmentrooms.co.uk)**

Want a permanent Brazilian or a baby-soft underarm? These IPL treatments get the best results from hair that is darker than the skin, so are perfect for bikini and armpit areas. You can expect hair to shed one to two weeks after each session.

Usual price from £42 per treatment, plus £50 for consultation and patch test

Essex

IPL Hair Removal

at **The Constable Clinic, Heath Road, East Bergholt CO7 6RT (0870 458 5483; Glanceymedical.co.uk)**

Dr Glancey oversees all IPL treatments at her clinic, so you feel very cared for. After a free



consultation, your practitioner will decide the best course of treatment to rid you of hair over six to 12 sessions. Four to seven days later, you'll start to see results.
Usual price from £50 per treatment

Hampshire

Intense Pulsed Light Treatments

at **The Skin Clinic, Prior's Corner, North Warnborough RG29 1EA (01256 703345; The-skin-clinic.com)**

If you can't hit the surf without a razor in your beach bag, IPL could set you free. A consultation and patch test will assess your skin, then a spectrum of light is shot through hair repeatedly until growth is dramatically reduced.
Usual price from £40 per treatment

London

Nd:YAG, Alexandrite and Diode Lasers

at **Renew Medica, 28 Maddox Street W1S 1PR (0844 576 8308; Renewmedica.com)**

Just 24 hours after a free consultation, you can return for your first treatment, if your skin is suitable. Each practitioner will choose from a range of lasers to suit all skin types – plus a numbing cream for the nerve. And it's super-quick – bikini lines can take as little as 20 minutes.
Usual price from £40 per treatment

Ellipse I²PL

at **Knightsbridge Laser Clinic, 39-41 Brompton Road SW3 1DE (020 7052 9797; Knightsbridgelaserclinic.co.uk)**

Ellipse I²PL contains a dual-mode filtering system, ensuring only the pigment in the hair is targeted, so it's a quick and very safe way to get rid of unwelcome fluff. You'll need to go for a patch test a week before your first treatment, then let the zapping commence.
Usual price from £70 per treatment

Wiltshire

IPL Hair Reduction

at **1 Neates Yard, High Street, Marlborough SN8 1LZ (01672 511137; No1aesthetics.co.uk)**

You can expect a friendly welcome from this clinic's experienced nurses. A week after a consultation, your practitioner will use a multi-spectrum light to treat all hairs. After eight to ten sessions, you'll be chucking out your razor.

Usual price from £45 per treatment, plus £50 for a consultation, refundable on the first treatment

DON'T FEEL THE BURN

Before your first appointment, put some **Aloe Vera Gel**

£4.99
Holland & Barrett in the fridge to apply to the area afterwards – it will cool your skin and calm any irritation.



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