

# skin DEEP

Winter is the perfect time to try procedures such as chin augmentation, laser hair removal and chemical peels, says Sam Lewis



## Chin jobs — p60

Chin augmentation can dramatically change the shape of your face and rebalance your facial features. While some people may need implants, others could benefit from less invasive procedures such as dermal fillers or new bio-stimulator Sculptra.

## Chemical peels — p61

A peel can help remove the top layer of aged skin, open pores and stimulate collagen production. However, skin will be more sensitive to sunlight six to eight weeks post-treatment, which is why winter is a good time to consider a peel. >

## Laser hair removal — p62

Advancements in laser technology mean some treatments are now virtually painless and suitable for a wider range of skin types.

## LASER HAIR REMOVAL

### ► What is it?

Lasers produce a beam of highly concentrated light that's targeted at and absorbed by the melanin, or pigment, located in hair follicles. Upon absorption, the light's converted to heat. This intense action breaks down the hair follicle and hair regrowth is eliminated. This technique is good for both facial hair removal — the chin and upper lip, for example — and body hair removal — specifically the legs and underarms.

### ► What does it involve? And is it painful?

The laser passing over the area to be treated causes a sensation often compared to a rubber band pinging against the skin. However, those with darker skin tones often experience more discomfort or even pain during treatment. As hair grows in three different cycles, the laser can only successfully treat hair during its growth stage, therefore it's often necessary to undergo a course of six to eight treatments, ensuring six to eight weeks are left between each session initially. Advancements in laser technology are being made all the time, however: Court House Clinics use a Soprano XL laser-based hair removal system they claim is virtually painless, even for those with dark skin.

### ► What does it cost?

Court House Clinics, which has branches throughout England, charge from £55 or £265 for a course of six sessions on the upper lip. A high bikini line treatment costs £120 or £575 for six sessions.

### ► Are there any alternatives?

Intense pulsed light (IPL) emits light of all visible wavelengths — as opposed to a laser which emits a single beam of light. IPL is typically even less painful than a normal laser treatment and is suitable for a wider variation of skin types. It's offered by the Knightsbridge Laser Clinic in London from £70 with three to six sessions recommended. □

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### Tips for hair removal

- Laser works best on untanned skin when there's the maximum colour contrast between hair and skin — which is why treatment in winter is recommended.
- Neither laser or IPL hair removal is effective where there's no pigmentation, so white, grey and red-haired people aren't suitable for this treatment; if that's the case, hair can be removed through other means, such as electrolysis or IPL in conjunction with radio frequency treatment.
- There are different types of laser treatments suitable for different kinds of skin, so what worked for a friend may not necessarily be the best treatment for you. Consult a professional clinic for advice.
- Although you're not supposed to wax between treatments, shaving can actually be beneficial.
- The Philips Lumea (£399) is a home-use IPL system designed to eliminate body — but not facial — hair. It has five light energy settings for different skin tones and hair colours but it's ineffective on black skin or red, grey or light-coloured hair.

## CONTACTS

### ► Court House Clinics

[www.courthouseclinics.com](http://www.courthouseclinics.com)

### ► The Knightsbridge Laser Clinic

<http://knightsbridgelaserclinic.ellipseipl.co.uk>









