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## ~ Ditch the Razor – Delight in Smooth Skin ~

Ladies – are you tired of shaving or waxing your underarms and legs? Men – do you or does your significant other wish you had less hair on your chest or back?

Laser hair removal is an easy and permanent solution to dealing with unwanted hair. In just a few short sessions, typically a package of six, you can be on your way to smoother skin and forget about those cuts and nicks from shaving.

The reason several treatments are needed is that your hair grows in cycles and the laser light only targets hair follicles in the active stage of growth. Typically treatments are scheduled four to six weeks apart, but you will see a reduction of hair with each treatment.

What can you expect during a treatment? Treatments usually only take about 15 to 30 minutes depending on the area being treated. Patients wear goggles to protect their eyes and are offered a topical numbing cream to make the process more comfortable and it takes about 15 minutes for the numbing cream to set in. The laser itself feels a little like a

snapping rubber band. It doesn't hurt, but it may sting the first time until you get used to the laser pulses. Since the laser light produces heat, patients are given a cool pack they can apply to the treated area between rounds of pulses.



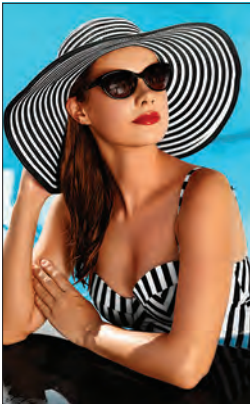
The first step is a consultation to determine the areas in which you want laser hair removal and to develop a specific treatment plan for you. The Laser Center at Contour Dermatology has two lasers which are specifically designed for laser hair removal – the Gentle YAG Pro-U and the Gentle LASE.

The Gentle YAG is safe even for olive and darker skin. This laser also can treat lighter hair, although blonde and gray hairs do not respond as well as dark hair.

“Women especially love to have their upper lip and chin hair lasered,” said Kylie William, Contour Dermatology Director of Marketing and Cosmetic Consultant who meets with patients. “The bikini area is also very popular and now is a great time to get laser hair removal to begin seeing results for bathing suit season.”

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## ~ Seven Skin Protection Tips for Summer ~



3. **Apply sunscreen** - broad spectrum SPF 30+ sunscreen - and reapply it every two hours or more frequently if swimming or exercising. Also, remember to put

1. **Wear a hat** – but not just any hat. Wear a broad-brimmed hat for maximum sun protection.

2. **Protect your eyes** and the delicate skin around your eyes with sunglasses.

sunscreen on these often forgotten areas: back of your neck, your ears, lips, top of your feet and hands.

4. **Wear sun-protective clothing** and swim wear with built-in UPF protection.

5. **Seek shade** when possible and avoid peak hours of sun 10 a.m. to 4 p.m. for any length of time outside.

6. **Find fun indoor things to do** or go to the pool in the evening.

7. **Get rid of sun damage** – summer can be a good time to get rid of existing sun damage. Chemical peels and laser procedures are an affordable and effective way to remove years of sun damage.