

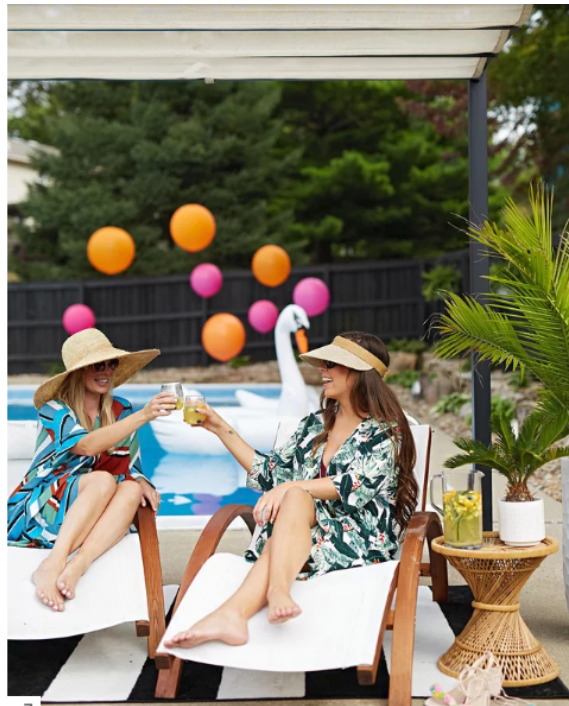


Better Homes & Gardens

6 Lessons I Learned After Laser Hair Removal

Summer is here, which means it's time for legs, underarms, and bikini lines to finally have their time in the sun. If banishing unwanted hair with laser hair removal has crossed your mind, here's what you should know before ditching the razor.

By Allison Maze Vancura. June 13, 2019



1. Shop Around for a Reputable Clinic (It's Important!)

Before you commit to a laser hair removal clinic, do your homework by talking to friends and asking for recommendations, reading reviews, and shopping around to find a fit that's right for you. Treat the process just like finding a new doctor or dentist. The place that treats you should have a board-certified dermatologist at the head of the team, says **Anna Guanche, M.D.**, and celebrity beauty expert. It should also be clean, comfortable, and have trained professionals administering treatments.

4. It's Not a One-and-Done Situation

Sure, you'll start to lose hair and notice less regrowth after a couple of treatments, but the process takes time. Expect to return to the clinic for a treatment every few weeks for several months. "The reason the treatments are spaced four to six weeks apart is that all of your hair follicles aren't at the same stage of the growth cycle, so we have to repeatedly target the follicles to eliminate them," Klein says.

After completing regular treatments (about six), it's common to go in for a touch-up appointment once or twice a year for maintenance. "Lower facial hair and pubic hair growth is more hormonally-driven



and more likely to grow back," says Guanche. When you're selecting a clinic, you may want to consider one that offers a lifetime guarantee. That way, should you notice regrowth after your regular treatments conclude, you can manage it without incurring additional costs.

i. Treatments Can Be Pricey

It's normal to pay hundreds or thousands of dollars for professionally-administered laser hair removal. Guanche says each treatment costs roughly \$100 to \$1,000 depending on the area. It's a big chunk of change, though if you're one to regularly get waxes (and tip!) you may break even or save some dough over the course of a lifetime. But even if your current at-home hair removal routine is easy on your wallet, consider the benefits of laser hair removal: no more embarrassing razor burn, painful ingrown hair, or routine upkeep.

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