

IPL (Intense Pulse Light)

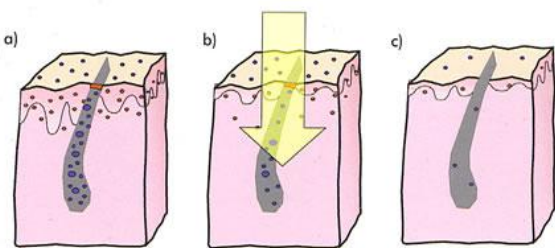
Intense pulsed light Systems release precisely controlled strong pulses of filtered light that treat skin imperfections. IPL activates natural collagen and elastin production in the active skin cells (fibroblasts), improving the skin's overall texture and complexion. Skin rejuvenation treatments overall improve the skin's colour and texture, reduce fine lines and wrinkles and minimises open pores.

How it works

Acne

Acne occurs when tiny oil glands in the skin are over active, typically dead skin cells block the top of the skin pore and the oil builds up. The blocked pore becomes the perfect breeding environment for bacteria and the pore becomes infected and inflamed.

IPL light targets the acne (the heat generated by the light in this case not only degrades the oil gland but also destroys the bacteria).



- Blocked pores cause a build up of the acne bacteria, which leads to comedones and inflammation of the skin.
- Light destroys the bacteria and causes a shrinkage of the inflamed sebaceous glands.
- Pustules begin to clear and the skin condition improves.

ACNE

Before



After
6 Treatments



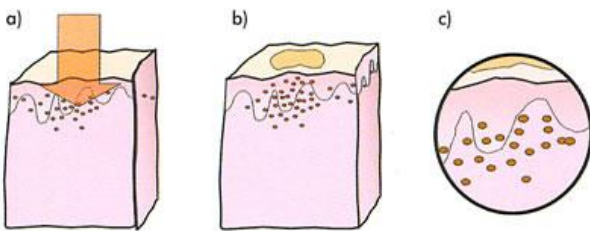
Stretch marks

Intense Pulse Light phototherapy helps to reduce the appearance of red and white stretch marks. Photorejuvenation (phototherapy) works by improving stretch mark texture and return back the damaged pigmentation caused by scar cracks inside dermis. IPL is not a laser, it's a pulsed light applied to skin that was treated with gel prior the treatment. When IPL is applied it stimulates cell multiplication through its penetrating light that gets deep in hard to reach areas in layers of skin, thus reducing the appearance of stretch marks.

Pigmentation

The IPL release precisely controlled strong pulses of filtered light that are absorbed by the melanin in freckles, sun spots or liver spots. The pigmented area absorbs the light and is heated, and is removed by skin renewal. Following treatment, the pigmented area turns darker and may crust. Over the following weeks the pigmented area will gradually flake away from the skin leaving little trace of the original mark.

WRINKLE AND PIGMENTATION REDUCTION



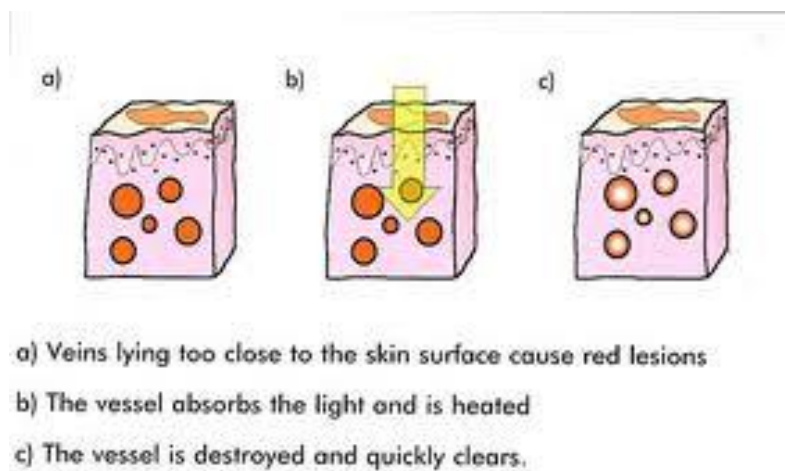
- Areas of pigment absorb the light and are heated
- The pigmented skin darkens initially and renews over the next 5 days
- The excess pigment can continue to fade for several weeks afterwards.



Spider veins

Non-invasive Intense Pulse Light is absorbed by hemoglobin and converted to heat energy. Blood coagulates and the vessel wall collapses. Over time the vessel is reabsorbed by the body and disappears.

Treatable conditions include vascular conditions: Blood vessels visible on the surface of the skin, vascular lesions that appear as tiny blood filled blisters or even a constant flush of facial redness.



SPIDER VEINS

Before

**After
5 Treatments**



Skin rejuvenation

Skin rejuvenation is a treatment to resurface your skin, or to improve the texture, clarity and overall appearance of your skin.

Conditions that can be treated include:

- Pigmentation: Freckles, sun spots, melasma, or other darkened patches of skin result mainly from sun exposure.
- Vascular conditions: Blood vessels visible on the surface of the skin, vascular lesions that appear as tiny blood filled blisters or even a constant flush of facial redness.

The treatment works by directing pulses of light into the epidermis. The light is absorbed by the haemoglobin in the blood vessels that feed the sebaceous glands.

Haemoglobin converts the light energy into heat, which damages the walls of the vessels supplying blood to the glands. This technique is called "Selective Photothermolysis".

SKIN REJUVENATION

**After
3 Treatments**

Before



Skin after IPL irradiation will have two effects:

① **Bio-stimulation:** the role of intense pulsed light on the skin produced by photochemical effects, so dermal layer of collagen fibers and elastic fibers within the molecular structure of chemical change, to restore the original flexibility. In addition, it generates light and heat, and enhancing vascular function, improve the circulation to remove wrinkles, shrink pores of treatment.

② **Pyrogenation theory:** Because the tumor tissue content of the pigment group is far more than the normal skin, after its absorption of light produced is also higher than skin temperature. Temperature difference between the use of their vascular lesions, closed rupture of pigment decomposition, but not damage normal tissue.

Multi-wavelength, intense pulse, broad spectrum phototherapy quantify the decomposition will form a light quantum, with the quantitative decomposition of the light quantum light skin, it can reach the skin at all levels, decompose abnormal pigment cells; destruction of hair follicles; close abnormal vessels; while stimulating collagen protein hyperplasia, elastic fiber rearrange to reach freckle, hair removal, eliminate redness, whitening effect.

Health warning

People with serious diseases are asked to please take caution and discuss the effect that the treatment might have on their health with their physician.

People are considered non-candidates if they have cancer, are epileptic, have recently been through surgery, have Hepatitis C, have kidney disease of any kind, are menstruating, pregnant or nursing.

Other health risks include hormone treatment, heart disease, high blood pressure, diabetes, skin diseases and bleeding disorders.

Any persons with medical / electronic / metal / plastic / silicone implants and or instruments are at risk when treated with radio frequency.

PLEASE ENSURE THAT TREATED AREAS ARE **NOT** EXPOSED TO: SUNLIGHT, HEAT, CHEMICALS and/or ALCOHOL.

Pre-treatment requirements:

- Discontinue sun exposure 4 weeks prior to your treatment.
- Do not use fake tan 2 weeks prior to your treatment.
- Use an SPF 50 daily.
- If you have a history of herpes close to the area being treated, it is recommended that you take antiviral medication before the treatment.



What are the side effects?

The treated area can become quite red immediately after treatment. However, most clients experience no side effects and the redness usually disappears within a couple of hours. Very rarely the skin may become lighter or darker, or a small blister may form. It is possible that some hair loss will occur in the area treated, and it could be permanent, so men should consider this possibility before agreeing to treatment of their beard area.

Contra-indications – when **not** to have a treatment:

- Recent sunburn
- Unprotected sun exposure or solarium use 4 weeks prior to treatment

- Pregnancy
- History of seizures
- Severe dermatitis or eczema (within the treatment area)
- Active infections
- Roaccutane use in the last 6 months
- Herpes 1 or 2 (within the treatment area)
- Very dark skin
- Removing hair by the root e.g. waxing or tweezing 4 weeks prior to treatment (hair removal only)
- Photo sensitising medications are best avoided
- Steroids: Skin photorejuvenation induces a wound healing process to improve the production of collagen. Steroids, however, decrease the synthesis of collagen, and thus interfere with treatment.

FAQ's

Q: Before we start...

A: Prior to any treatment we will provide a full consultation. The consultation identifies your expectations and provides a complete explanation of the treatment.

A medical history is taken to confirm suitability for treatment and if you wish to proceed a written informed consent is obtained and a test patch is performed to confirm there are no adverse skin reactions to the light

Filters in the handpiece change the wavelength range allowing it to be optimized for different applications and skin types. The light penetrates the tissue and absorbed by either the blood when treating vascular lesions or the melanin when treating pigmented lesions damaging them. The body's natural processes then remove the injured tissue giving the skin a more even and youthful appearance. The treatment regimen typically consists of 4-6 treatments administered at 2 week intervals. Clients should start seeing results within a very short time.

Q: How is the treatment carried out?

A: You will be asked to put on goggles to protect your eyes. A layer of chilled gel is applied to the area to cool the skin and guide the light. The light applicator is placed onto the skin and a short pulse of light is released. The applicator is then moved to the neighbouring area and the process is repeated until the whole area is treated. The chilled gel is removed and the area is moisturised.

Q: Am I suitable to have treatments?

A: Almost everyone can be treated, excluding tanned individuals, pregnant women or people taking the acne treatment Roaccutane. However, not all pigmented lesions can be treated. Large, dark moles should not be treated, nor should lesions covering a large part of the body. The pigmented marks that respond the best are superficial lesions such as those caused by sun damage (sun spots) and freckles .

Q: How does the treatment feel?

A: The light energy is absorbed by the skin, and heats it up very quickly, creating a sharp, short-lived pinprick sensation. No anaesthesia is required, other than cooling the skin with icepacks. Most Clients describe the discomfort as moderate and acceptable. You might experience a sunburn-like sensation that lasts 2 to 5 hours which is often associated with mild to moderate redness. The treated area is generally sensitive to heat for 2 days following treatment.

Q: What should I expect after the treatment?

A: Redness and a slight warming sensation are normal after treatment. A cooling pack will be applied to the skin to ease these symptoms. The lesions will darken after treatment and may appear more obvious at first, but gradually the marks will 'flake' away. Continued sun exposure may result in recurrence of the original mark and sunscreen should be used to prevent this happening. It will be necessary to avoid sun exposure or use a high protection sunscreen for 2 weeks after the treatment.

After hair removal the skin may appear spotty, this is inflammation caused from the heat absorbed in the hair follicle and can last 2 to 24 hours.

After treatment of pigmented lesions the lesion will go darker sometimes almost black, then will fall off within 7 to 28 days (depending on the area of the body) or it will just gradually fade.

After treatment of vascular lesions they will either disappear immediately or appear grey or purplish in colour. Diffuse redness immediately appears more red, then gradually lightens within 2-3 weeks. Vascular treatments generally require 3-4 weekly treatments for best results.

Q: How long does each treatment take?

A: A typical treatment session will take 30 minutes.

Q: How many treatments are necessary?

A: The number of treatments necessary varies from person to person, but typically 5 treatments will result in significant improvement, depending on the severity of the condition. IPL treatments should take place fortnightly.

Q: Is your skin suitable for IPL treatments ?

A: The table below is used to select the correct settings for each skin type according to the melanin (pigment) content and the skins reaction to the sun. The lighter the skin type, the more suitable it is for IPL treatment.

Skin Type	Classification	Colour	Indication for IPL
I	Always burns easily and never tans	White	Best skin for IPL treatment
II	Burns easily and tans minimally	White	Good skin for IPL treatment
III	Sometimes burns and tans gradually	White	Good skin for IPL treatment
IV	Burns minimally and always tans	Moderate	Acceptable skin for IPL treatment
V+	Rarely burns, naturally dark skin	Dark brown+	Not recommended for IPL treatment

What other non-surgical workstations do we offer:

- Ultrasonic Cavitation Fat and Cellulite reduction
Bipolar and Tripolar RF Anti-ageing, Wrinkle reduction and Skin tightening
- IPL – Intense Pulsed Light Visible reduction of Acne, Spider Veins and Pigmentation,
Skin rejuvenation and Hair removal (including dark skin)
Bipolar and Tripolar RF Anti-ageing, Wrinkle reduction and Skin tightening
- Teeth Whitening Accelerator Three light sources: Blue, Red or Blue/Red

Find out more:

- Cavitation: <http://www.youtube.com/watch?v=544oDmiWq-E&feature=youtu.be>
<http://youtu.be/gYNRe8YojDc>
- Melting pork fat: http://www.youtube.com/watch?v=eKC_9tk0sul
- RF: <http://www.youtube.com/watch?v=459xCPxanvk>
- IPL Hair removal: <http://www.youtube.com/watch?v=ip9XoVBxpXo>
- How the skin ages: http://www.youtube.com/watch?v=4Qs6INtqe_8