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Excess facial and body hair can be embarrassing both for men and women. Although there are a number of methods to remove hair, most of them are either temporary or cumbersome. In Belfast, laser hair removal is an advanced method that is convenient, safe and long lasting.

Abnormal hair growth can be due to many reasons such as genetic predisposition, medications, hormone imbalance, improper nutrition and others. There are different techniques of laser hair removal in Belfast performed by qualified professionals in their office. Lasers and light sources are effective in treating large areas to remove hair comfortably. There is a cooling device to minimize the discomfort caused by its light, protecting the skin from heat and pigment changes. Since hair growth occurs in cycles, even laser hair removal must be repeated periodically.

Here is a brief overview of the most popular Belfast laser hair removal methods:

â€¢ Alexandrite

This is suitable for fair skinned and dark haired people. The continuous beam penetrates deep into the skin

â€¢ Nd: YAG

This is suitable for dark skinned people. This laser is of longer wavelength than the Alexandrite.

â€¢ Ruby

This works on light skinned people. Other laser hair removal techniques are more advanced than this.

â€¢ Diode

These are used on people with light to medium skin and tanned skin.

â€¢ IPL

The Intense Pulse Light successfully removes unwanted hair and is preferred for use on the face and eyebrows. This is considered a good choice for long lasting effects.

â€¢ At home, Do It Yourself

These use diode technology. But because they are not as effective or as safe as in office treatments, they are better to avoid.

Of the above, the Ruby, Alexandrite, Diode and IPL systems are USFDA approved for use.

In general the laser hair removal method in Belfast is usually recommended for light skin tones since the systemâ€™s lights are not fully absorbed by the surrounding dark skin.

Where is the procedure performed?

In Belfast, Laser hair removal is offered in different settings, but it is advisable to approach an experienced and qualified professional. The procedure must preferably be supervised by a trained dermatologist. The treatment usually works best on dark hair. More than one session may be required, depending on the area to be covered. The clinic will usually offer a list of precautions to follow starting a few weeks before the treatment, such as avoiding tanners, using a sunscreen and so on. There are usually no side effects except minor, temporary discomfort and some inflammation that goes away quickly. In rare cases, people do develop an infection which is treatable. Most people book an appointment during their lunch time as there is no major recovery involved.

Depending on the treatment area on the body, the length of each treatment session can vary. Areas such as the armpit and bikini area are more responsive than the back or chin. Through a few consistent sessions spaced according to the individualâ€™s needs, which is usually four to eight weeks, significant hair reduction can be achieved with laser hair removal in Belfast. When the hair grows again, the individualâ€™s hair is lighter and finer.

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Therese Laserase - About Author:
Laserase Medical Skincare Clinic is a leading skin care clinic for a Botox Belfast , Northern Ireland. Laserase Medical has extensive experience in treatments using a laser hair removal Belfast

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