Skin Care Tips After Your Laser Hair Removal

by Stella Richard

Article published on March 15th 2012 | Health

Hair removal using laser techniques is a popular method often used to get rid of unwanted hair on the face and the body. Not only is this a permanent solution, but it also frees you of the shaving, plucking and waxing routine that you had to go through every month. However, there are chances that the use of these highly concentrated and powered lasers can make your skin a lot more sensitive, giving you a little redness or small bumps in areas that you got treated.

You need to sooth your skin and take care of it to ensure that it heals quickly and comes back to its natural form easily. Here are some simple skin care tips that can help you through this â€“

1. Using the Correct time of Lotion

Many skin experts recommend the use of lotion and other products that contact milk. This helps in the reduction of any irritation and is also commonly used on skin that is sunburnt or swollen. Additionally, try looking for body lotions which also contain green tea extracts and rosemary.

2. Sinful Chocolate

Lucky for you, skin care professionals believe that skin care products which contain chocolate consists of a number of anti-inflammatory and skin softening properties which quicken the soothing of your skin.

3. Avoiding the Sun

As we have already understood that right after going through a laser hair removal treatment your skin is highly sensitive. This means that it is more susceptible to damage when exposed to sunlight and heat. Your skin is believed to remain so for about a week after you have conducted your treatment and thus, it is strongly recommended that you avoid staying out in the sun for too long during this period up until your skin has been able to create newer and healthier cells.

4. Body Wrap Treatments

Undergoing a body wrap treatment allows you to provide your skin with moisture and other elements that help make your skin healthier and soft after your treatment. Even though you need to use a moisturizer frequently and immediately after the treatment, a body wrap can boost your skin to such as extent that it responds well to your home based treatments.

5. Avoiding Use of Makeup

It is strongly recommended that after your hair removal treatment, you do not bombard your face with any chemicals or artificial materials in the form of makeup. Your delicate skin is prone to more irritation and breakouts during this period so it is important that you keep your skin clean, clear and fresh. If you must wear some makeup for a social outing, try to use mineral makeup which is a natural alternative and much safer.

In addition to this, carry on with all the regular skin care exercises that you conduct on a regular basis. Remember to exfoliate your skin to get rid of all the dead skin cells to facilitate the easy healing of the skin. It is very likely that you may have to go through your hair removal treatment over multiple sittings, so it is important that you do as much as you can to take care of your skin in

between treatments.

Article Source:
http://www.articleside.com/health-articles/skin-care-tips-after-your-laser-hair-removal.htm - Article Side

Stella Richard - About Author:
Established in 2004, South Granville Laser and a Skin Clinic Vancouver Centre is located in the heart of the South Granville Rise. We have been recognized in the Georgia Straight as one of the leading laser treatment centres in the Lower Mainland.

Article Keywords:
Skin Clinic Vancouver, Skin Care Vancouver, Vancouver Massage, Laser Hair Removal Vancouver

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!