# Ellipse IPL Hair Reduction

# What you MUST do after your treatment

The following routine must be followed after your treatment...

#### First 48 hours

- Apply Aloe Vera gel
- Do NOT take hot baths, steams, exercise or swimming for 48 hours
- Do NOT use perfumed products or deodorants for 48 hours
- Do NOT touch or pick the area

### For 30 days

• Avoid direct sunlight. Use sunblock SPF30 or above

### After 2 days

Shave the treated area

## After 4 days

Exfoliate the area treated

# What should happen

Hair should take between 1 and 3 weeks to shed

# What might happen

If all the hairs in the treated area do not shed within 3 weeks, seek advice from your therapist by calling us on the number below.

#### What to do between treatments

- Book your next appointment 4 to 6 weeks after your previous appointment, otherwise the hair cycle may be disturbed
- Do NOT pluck, wax or thread hairs on treated areas. You may remove the hairs from the surface by shaving or cutting
- Avoid sunbeds and fake tans
- Avoid direct sunlight for 30 days before your next treatment
- Tell your therapist before your next appointment if there is any change in your medical history or you are currently taking any medication

If you have any questions or concerns, please do not hesitate to contact your therapist by visiting the salon or calling us on 020 8907 2090.

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