



Laser Hair Removal Aftercare Instructions

Your Pre-Care Checklist

To get the best and safest results from your laser hair removal treatment, please follow these guidelines before your session:

- Avoid sun exposure, tanning beds, and self-tanner for at least 3 weeks prior to your laser session.
- No waxing, threading, or plucking for 4 weeks before treatment — shaving only.
- Shave the treatment area the night before or the morning of your appointment for the most effective results.
- Avoid makeup, tinted lotions, and self-bronzers (like MAC or airbrush products) for 3 days before treatment. These can block the laser's ability to target the hair follicle.

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After your laser session, following these steps will help soothe your skin and protect your results:

- Soothe the skin. Apply aloe vera gel or a laser enzyme gel to calm any redness or sensitivity.
- Avoid heat exposure. Skip saunas, hot yoga, tight clothing, and beach or pool days for 24 hours after treatment.
- Let the treated hair shed naturally. Hair may take up to 2 weeks to work its way out.
 - Gentle exfoliation after 1 week can help speed up shedding, but keep it light and avoid aggressive scrubbing.

Consistency = Results!

Stick to your recommended treatment plan to see up to 75–90% hair reduction and achieve long-lasting smoothness.