



Get to the root of the problem



Laser hair removal treatments give great results — and provide a permanent solution, says **Deirdre Reynolds**

ONE OF the biggest pampering breakthroughs of recent years, laser guns are no longer just the stuff of sci-fi movies. These days they're also being used in salons across the country to blitz thread veins, acne and wrinkles. While shaving, plucking or waxing won't stop new hairs from sprouting, laser hair removal is, in almost all cases, for life.

The hand-held wand works by shooting high-repetition pulses into the skin, which

heat up the offending follicles to stop re-growth. And ruining the root prevents hairs from springing up again, so after around six treatments you should be able to bin your razor once and for all.

Dublin-based salon *Thérapie* (www.therapie.ie) uses *Candela GentleEase*, thought to be the most modern version of the solution available here. But elsewhere across the country, women — and men — are going under the gun to get rid of unruly body hair.

Advanced Laser Light (www.advanced-laserlight.com) is one such establishment saying no to the surgical knife and utilising laser for cosmetic treatments instead. The fast-growing chain of clinics, spanning Dublin, Cork and Limerick, uses the light system for everything from hair removal to skin rejuvenation.

Also bridging the gap between beauty and science is *Arasys* (www.arasys.ie), aesthetics specialists dotted throughout the country at locations including Kildare, Meath, Waterford and Kerry. A cosmetic surgery clinic without the surgery, it offers a plethora of laser treatments, peels and photo rejuvenation.

Meanwhile, *Cork Laser Care Clinic* (www.corklasercare.ie) is working to keep girls in the south silky smooth this summer and beyond.

As with most long-lasting beauty treatments, though, it's a case of no pain, no gain. The laser feels a little like an elastic band being whipped against skin — albeit just for a few seconds. And it seems there's no such thing as hair today, gone tomorrow; while most will see a result after six sessions, genetic make-up can prolong the progressive treatment.

Brunettes will be stocking up on sleeveless tops and high-leg bikinis thanks to the treatment as the machine targets pitch-black hair best. But if you're a traditional red-headed beauty, you may want to stick to the bathroom when defuzzing as the pigmentation in red hair makes it almost impossible to laser into oblivion.

DIY alternatives to the laser that won't leave you with razor rash include *The*