

Is Laser Therapy sore?

Dr Maureen Allem, owner of **Skin Renewal Clinics**, reveals whether laser therapy hurts (ouch!), and what to do if you don't like it.



“Laser hair removal treatments require an average of eight to 10 treatments, about a month apart, so you can be virtually “hair-free” in a year and may require a maintenance session once a year thereafter. It’s typically experienced as “hot” or “prickly” but compare that to the pain of shaving rash, ingrown hairs or having wax ripped off your skin and it’s worth the result.

Some clients are concerned that trends may change. If anything, consumers keep trying to get less and less hairy. It’s unlikely that there will come a time when having long, uncomfortable armpits or bikini lines will become fashionable again.”

To read the full article visit: <http://womenshealthsa.co.za/beauty/beauty-qa/is-laser-therapy-sore/>