



Hand Book  
on  
**Permanent Hair Removal  
And Skin Treatment**

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# REMOVE UNWANTED HAIR WITH LASER HAIR REMOVAL

You will be amazed to know that approximately 22% of the women in North America have excessive or unwanted facial hair. For many individuals, this unwanted facial hair and the resulting bad looks negatively affect the quality of life. Even men are compelled to rid themselves of unwanted body hair, mainly due to the popular fashion appeal and appearance anxieties. If removing unwanted hair is the aim, why use the painful waxing procedure or the skin-damaging removal creams? Shaving damages the smoothness of the skin. In this century, the best way to get rid of unwanted hair is laser hair removal treatments.

Unwanted body hair is undesirable for various cultural, social, cosmetic, or psychological reasons. Unwanted body hair usually results in feelings of embarrassment or emotional burden that may further impede relationships and daily activities. Why carry this emotional burden when laser hair removal treatment is so effective to cure your problem?

The first lasers were approved for the use of hair removal in 1996. At that time, there wasn't much use of this technology. However, today, dramatic advancement have occurred in laser technology. Along with [laser hair removal treatments](#), many more effective cooling devices are used to treat individuals with light skin and dark hair. Long-pulsed lasers are also used today to safely and effectively treat patients with darker skin types.

Before undergoing this laser hair removal treatment, the candidate is instructed to avoid direct sunlight and active tanning for sometime. The patient's skin is then bleached with retinoic acid or hydroquinone to lighten it. Reliable clinics performing laser hair treatment does various tests to understand the skin qualities and conditions, and accordingly performs the laser treatment.

If you are in Chicago and looking for [laser hair removal in Chicago](#), Advanced Laser Clinics is near at hand. Advanced Laser Clinics is a Chicago based skin clinic providing a wide range of skin treatments. We are reliable, effective, and care for your skin as much as you do. For more information, visit [www.advancedlaserskin.com](http://www.advancedlaserskin.com). This is the best online source for knowing more about laser hair removal Chicago, cost of laser hair removal treatments, permanent hair removal solutions, and everything else on laser hair removal treatment.



# BEST SKIN CARE TREATMENTS AT ADVANCED LASER CLINIC

Acne is a common problem, and is not confined to adolescence only. It is generally seen that more than sixty percent of people are troubled with acne, blackheads, whiteheads, and pimples. If acne is your problem, cheer up as it can be effectively treated and almost completely cured by acne skin care treatment. Acne skin care treatment is very useful as it involves not only internal and external therapies but also reduces the possibility of scarring, and lessens greasy, shiny look.

There are various reasons that cause acne, but hormonal imbalances and heredity are certainly major factors. They are further aggravated by stress and lifestyle choices. In acne, the main catalyst is often overactive sebaceous glands that secrete too much sebum. Sebum is a lubricant that helps retain moisture over our skin. Finally oil clogs the pores of the skin causing breakouts mostly on the face and sometimes on the back, chest, and upper arms.

Oily skin, pimples, blackheads, enlarged pores, and redness are the most common symptoms of acne and they are exacerbated by diet, pregnancy, birth control pills, cosmetics, and humidity. Acne should never be confused with rosacea. Rosacea is another facial skin condition that occurs in the middle years and causes blotchy red skin.

[In acne skin care treatment](#), the upper layer of the skin is treated with lasers. Acne skin care treatment reduces acne, minimize the risk of scars and stains and improve your skin's tone and appearance. The treatment mainly begins with discovering your acne triggers and learning what treatments will help you control the condition. A thorough analysis is performed on your skin condition.

Along with acne skin care treatment, it is wise to choose appropriate cosmetics for your skin. This laser treatment is not restricted to cleansers, topical gels, and creams for mild acne but it also includes antibiotic or hormonal pills for moderate cases. If you are suffering from acne staining, then it can be treated with exfoliating creams and facials. However, scarring may require the use of fillers, [microdermabrasion](#) or specific laser treatment.

Advanced Laser Clinics is one of the most trusted skin clinics offering acne skin care treatment. A team of skin technicians makes sure that your acne is treated and cured at its earliest. [www.advancedlaserskin.com](http://www.advancedlaserskin.com) offers not just acne skin care treatment and laser hair removal treatment, but also microdermabrasion, chemical peels, photo rejuvenation acne skin, and IPL Photofacials. For any treatment of the skin and laser, visit us now.



# LIGHT PULSE SKIN RENEWAL TREATMENT

Light pulse skin renewal treatment is a new concept developed by Advanced Laser Clinics. This unique therapy works effectively without laser resurfacing or painful chemical peels. The therapy is popularly tagged as an 'age-defying' technique. The light pulse skin renewal therapy combines of three proven ways in its treatment mode. Intense Pulsed Light (IPL), Microdermabrasion, and specially formulated skin care processes are combined to develop the system.

The [light pulse skin renewal therapy](#) has got three distinct and effective therapies:

A- IPL or Intense Pulsed Light: IPL or Intense Pulsed Light is a technology that emits a non-coherent, broad spectrum light. This light is attracted to cells with abnormal amounts of color, which is absorbed by melanin or hemoglobin. In this therapy the heat from the light injures the abnormally pigmented cells, resulting in a more evenly toned complexion. Light pulse skin renewal therapy is one of the most effective solutions for age or sunspots, freckles, mottled pigmentation or melasma, flushing or ruddy complexions, broken capillaries, and facial veins. Also it makes the skin texture not just smooth but also diminishes the appearance of enlarged pores and fine lines.

B- Microdermabrasion: After Intense Pulsed Light, the next therapy done is Microdermabrasion. Microdermabrasion is a treatment performed by a closed vacuum system delivering aluminum oxide crystals to the skin. This whole process exfoliates the thickened epidermis and vacuums away the crystals. This form of light pulse skin renewal therapy also aids in improving the skin's texture and enlarged pores. Simultaneously it diminishes the appearance of abnormal pigmentation by allowing your skin to absorb and utilize the skin care regimen.

C- Skin care regime: Last but not the least is skin care regime. In this step, Advanced Laser Clinics' offers a skin care regimen that is completely compatible with the IPL and Microdermabrasion therapies. Advanced Laser Clinics' skin technicians understand that not all skin care products are formulated for use before and after combination therapies. Thus, Advanced Laser Clinics' skin care uses the relevant and tested high quality ingredients suited to aid in cellular rejuvenation.

After undergoing the light pulse skin renewal therapy, it takes approximately two to four maintenance treatments to achieve the desired results. The nature and amount of subsequent maintenance treatments depend on the patient's skin texture.

Advanced Laser Clinics is a Chicago based skin clinic providing a wide range of skin therapies. Before performing any treatment, the specialists at the clinic will analyze your skin. Based on the analysis it will prepare a requirement chart and start performing the adequate therapy. If you wish to get more detailed information on light pulse skin renewal, skin renewal, IPL Photofacials, and [photo rejuvenation](#) acne skin log on to [www.advancedlaserskin.com](http://www.advancedlaserskin.com) and interact with our experts.



# LASER HAIR REMOVAL TREATMENT IN CHICAGO

In current times, 'laser hair removal treatment' is becoming very popular in Chicago. There can be a number of questions that cross our minds when we contemplate laser treatment. For example, how is this treatment carried out? What can be the possible side-effects? Whether the hair removal done is permanent? What is the cost of the treatment? How much time does it take? If you are looking for the right answers to these questions, visit us at [www.advancedlaserskin.com](http://www.advancedlaserskin.com) to know in depth. Advanced Laser Clinics is a leading clinic in treatments of skin and hair, and is one of the most preferred destinations in laser techniques.

Performing laser hair removal in Chicago takes approximately about an hour for both legs. In this technique, as the laser beam is moved over your legs, it passes through your skin and it is absorbed by the melanin in the hair follicles. The heat generated by the laser breaks apart the follicle and reduces the growth of hair. Before undergoing laser hair removal, skin specialists will need to analyze your skin tone and color, to decide upon the nature, duration, and type of your laser treatment. This pre-treatment analysis is crucial and Advanced Laser Clinics has an experienced group of specialists for such purposes.

[Laser hair removal treatments](#) tend to work best on fair-skinned people with dark hair. For darker skin tone, this treatment is less effective because the laser gets absorbed by pigment in the skin and often doesn't reach the hair follicle. Laser hair removal treatment also doesn't seem to work very well on light-haired people or whose hair contains little melanin.

To experience desired results, you ought to undergo three or four treatments, six to eight weeks apart. Such continuous treatment results in meaningful reduction in the amount of hair on your body. After undergoing this treatment, you have to treat the particular area carefully. Since the treated area remains sensitive for a few days, it is advisable to wear protective clothing and sun block whenever you're outside.

Try to limit the sun exposure for a day or two after the treatment. Some slight swelling and redness may be experienced as noticed generally. These side-effects disappear within a day and can be soothed with ice or a mild anti-inflammatory cream. More rare side-effects can be peeling, blistering, and burning of the skin as well as brown spots.

Advanced Laser Clinics is one of the best places to undergo [laser hair removal in Chicago](#). Visit [www.advancedlaserskin.com](http://www.advancedlaserskin.com) to know more about laser hair removal in Chicago, laser hair removal treatment, Chicago laser hair removal, and permanent hair removal.



# DIODE LASER HAIR REMOVAL TREATMENT

For most of us, shaving might seem to be an irritating activity. Shaving particularly on legs and underarms can be more cumbersome. The recent years have seen the emergence of a popular technique "diode laser hair removal". This process is commonly used to get rid of unwanted body hair from legs, face, underarms, or bikini area. Before starting a diode laser hair removal treatment there still might be some doubts and questions in your mind. It is advisable to know more about the technique and carefully choose the specialists. Most skin specialists' advice people to go for diode laser hair removal these days as it is not only safe but also fast in showing results.

Firstly, let's see how [diode laser hair removal](#) works. In diode laser hair removal treatment a skin specialist presses a hand-held laser instrument to your skin. The light energy from the laser torch enters the hair follicles through the skin. The laser light causes permanent damage to the hair follicles and further disables its tendency to grow. In a diode laser hair removal treatment, the laser light only affects actively growing hair. Since our hair grows in different phases over time, diode laser hair removal requires multiple treatments for desired results.

Apart from diode laser treatment, 'alexandrite' is also a popular tool for hair removal. Alexandrite basically inhibits hair growth by deeply penetrating the hair follicles in the dermis of the skin. In a diode laser hair removal treatment, along with laser, use of temperature is there. They both together immobilize the hair follicle eliminating its ability to produce hair.

It is often assumed that laser hair removal leads to the permanent removal of hair. This is partially correct since a patient can expect 90% reduction of hair. Diode laser hair removal treatment is an attractive alternative to shaving, waxing, depilatories, or electrolysis. However, it may not be the right choice for everyone.

People with naturally dark pigmented skin or deep tans are not fit for diode laser hair removal treatment. This is mainly due to their darker skin, which has the tendency of absorbing too much of the laser energy resulting in blistering or permanent skin discoloration. Although improvements have been made in diode laser hair removal treatment techniques, people with darker skin still require multiple careful sessions to achieve a desired result. This treatment also doesn't work well on individuals with light colored hair containing very little melanin. [Diode laser hair removal treatment](#) is ideally suited for people with lighter skin and dark hair because they require fewer treatments and achieve faster results. It is always wise to consult a skin specialist or your doctor before deciding on a hair removal treatment.

There are various companies offering diode laser hair removal treatment in Chicago and Advanced Laser Clinics is a popular, reliable, and well quipped place for such treatments. It is one of the leading clinics with specialists and skin care physicians. For more detailed information on diode laser hair removal, laser hair removal treatment, and laser hair removal Chicago just click [www.advancedlaserskin.com](http://www.advancedlaserskin.com) now.



# PHOTO REJUVENATION: EASY & EFFECTIVE SKIN CARE TREATMENT

We all want to have smooth skin and clear complexion. When pimples come out, in young ages we all tend to squeeze and flatten them out. While many of us do this, it is not a good practice as this may lead to short and long-term problems such as persistent redness, large brown stains, and scarring. The best way to avoid having scars from pimples or getting rid of them is undergoing a photo rejuvenation skin care treatment. It has been seen that stains and scars are often confused or misinterpreted. Stains are pale or brown flat marks whereas scars are indentations or pock marks in the skin. Scars develop from small as well as large lumpy pimples.

To avoid both scars and stains, [photo rejuvenation skin care](#) is an effective treatment. This treatment prevents the acne in the first place and also treats it early by avoiding picking or squeezing the spots. Photo rejuvenation skin care treatment mainly uses pulses of visible therapeutic light over many wavelengths. They usually deliver energy to all layers of the skin. This magical treatment mainly last about 30 minutes. However, its duration can vary depending on the skin type. The emitted light energy is absorbed by color and the associated heat helps cure the spot.

In photo rejuvenation skin care treatment, the vein or pigmented skin area is damaged by the heat and slowly peels off or disappears. This results in a clear patch of skin. Photo rejuvenation skin care treatment's stimulation also increases collagen and elastin production. This result in the cells continuous activation, the collagen comes to the surface filling in fine lines and wrinkles.

There is a belief that photo rejuvenation skin care treatment isn't totally safe. However, such believes are wrong as the treatment is safe and painless. Within few treatments you can experience a smooth and clear skin. If you are in Chicago and looking for [photo rejuvenation skin care treatment](#), look no further as Advanced Laser Clinics is at your service.

Advanced Laser Clinics is a Chicago based skin care clinic offering a wide range of skin care treatments. Before beginning with your photo rejuvenation skin care treatment, Advanced Laser Clinics' skin technicians will analyze your skin to make a treatment chart. This treatment chart depicts the number of treatments you will be undergoing for how many weeks. If you wish to have smooth skin or want to know more about photo rejuvenation skin care, photo rejuvenation acne skin, and acne skin care treatment click [www.advancedlaserskin.com](http://www.advancedlaserskin.com) now.

