PENNY JAYNE
AESTHETICS

FREE CLIENT GUIDE

IPL Hair Removal: Your Guide to *Best Results*

By Penny Jayne Aesthetics | Hinckley

Thank you for choosing Penny Jayne Aesthetics. IPL hair removal is an investment in smooth, long-lasting results. Because IPL targets hair in specific growth phases, following these simple guidelines before and after each session ensures your treatments remain safe, comfortable, and highly effective.

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1. Preparing for Your Session

2 WEEKS OUT TO DAY-OF

To get the absolute most out of every pulse, your skin and hair follicles need to be in the ideal state:

- **No Waxing, Plucking, or Epilating:** Stop these methods entirely at least 4 weeks before starting and throughout your entire course. IPL relies on the hair root remaining intact under the skin.
- **Avoid Sun & Fake Tan (2 Weeks Prior):** Tanned, sunburnt, or fake-tanned skin absorbs excess light energy, raising the risk of skin irritation or pigmentation changes.
- **Shave 24 Hours Before:** Carefully shave the target area the day before your appointment. This leaves the root intact underground while preventing surface hair from singeing on the skin's surface.
- **Keep Skin Bare:** On the day of your session, arrive with clean skin free of deodorants, lotions, makeup, or body oils in the treatment area.

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2. Medical & Skin Health Checklist

Your safety is our top priority. Please inform us before your appointment if you experience any of the following, as we may need to adjust your settings or reschedule:

- **Medications:** Any new prescription or over-the-counter drugs, especially antibiotics, retinoids (Roaccutane/Topical Retin-A) or photo-sensitising treatments.
- **Skin Changes:** Active breakouts, rashes, open wounds, eczema flare-ups, or new sunburn in the treatment area.
- **Body Updates:** Pregnancy, breastfeeding, or any new tattoos/semi-permanent makeup near the treatment area.

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3. What to Expect During Your Visit

Treatments are quick, focused, and precise. Here are typical session durations so you can plan your day:

Treatment Area	Approximate Duration
Upper Lip or Chin	5–10 minutes
Underarms	10–15 minutes
Bikini Area	15–20 minutes
Full Legs	45–60 minutes
Full Body	Dedicated extended slot

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4. Post-Treatment Aftercare

FIRST 48 HOURS & BEYOND

Mild redness and slight bumpiness (perifollicular oedema) right after your session are completely normal and usually calm down within 24–48 hours.

- **Cool & Calm (First 24–48 Hours):** Avoid hot showers, saunas, steam rooms, swimming pools, and intense workouts. Heat and sweat trap irritation in freshly treated follicles.
- **Soothe the Skin:** Apply gentle, unperfumed aloe vera gel or a light moisturiser if needed. Avoid active skincare ingredients (AHAs, BHAs, Retinol) and scented body products for 3 days.
- **Daily Sun Protection:** Wear broad-spectrum SPF 30–50 daily on exposed treated areas for the duration of your course to prevent UV-induced hyperpigmentation.
- **Between Sessions:** Only shave. Never pluck, wax, or thread stray hairs between appointments.

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5. Why Consistency Matters

Hair grows in three distinct phases: Anagen (growing), Catagen (transitioning), and Telogen (resting). IPL treatment is only effective on hair in the active Anagen phase.

Because only a portion of your hair is in this phase at any given time, treatments are spaced deliberately every 4 to 8 weeks to catch each batch of hair at the right moment. Delaying or skipping appointments disrupts this cycle and can prolong the total number of sessions required.

Ready to book or have questions?

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BOOK ONLINE

IPL hair removal memberships coming soon. Spread the cost of your course monthly. Message **SMOOTH** to @pennyjayne_aesthetics on Instagram to join the waitlist.