Hair Reduction Treatments

Pre-Care

It is important that the you avoid the following within a **30 day*** period prior to treatment:

- Do NOT sunbathe
- Do NOT use sun beds
- Avoid self-tanning products
- Do NOT have electrolysis
- Do NOT wax
- Do NOT pull out hair with tweezers
- Do NOT thread the hairs
- Do NOT bleach the hair
- Do NOT use depilatory creams

Shave as close to treatment time as possible, leaving a small patch with approximately 2mm or 2 days of hair growth for visual assessment.

Aftercare and Maintaining Growth

We would advise that you should do the following for the next **30 days** after the Ellipse SWT treatment.

- Avoid sun exposure or sun beds
- Wear at least a SPF 30 or higher when outside

You should avoid the following for the next **24-48 hours** after the treatment.

- No perfumed products or make–up
- No excessive heat e.g.: saunas, steam rooms or hot baths
- No swimming or gym
- No touching, picking or scratching the area

Please note: The only method of hair removal which is suitable for in between treatments is shaving
Do not:

- Wax, tweeze, thread or pull hairs
- Do not use a bleaching cream
- Do not use a depilatory cream

Pure Aloe Vera gel must be used for the next 48 hours after the treatment if any inflammation persists.

You can shave or exfoliate the area 4 days after the treatment to encourage the hairs to shed