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IPL AND SHR HAIR REMOVAL

What is SHR?

SHR stands for Super Hair Removal. It is one of the latest forms of hair removal technology. To describe what SHR is, we must first talk about IPL. IPL works by emitting light energy which is absorbed by the hair follicle. The darker the hair, the more it will absorb. This energy is converted into heat, which then damages the hair follicle. SHR adds another level of hair removal. Not only does it heat and damage the hair follicle, but it also targets the stem cells responsible for hair growth. With SHR, the skin is heated gently but with a higher frequency than IPL. In this way, it can target finer and lighter coloured hair.

What other treatments can SHR / IPL provide?

Apart from hair removal, we also offer the following:

- Skin pigmentation correction including sun spots, age spots and freckles
- Vascular reduction
- Skin rejuvenation
- Stretch marks / birth marks (vascular only)

What about LASER hair removal?

We have chosen not to offer LASER treatment as it has been superseded by more advanced technology. LASER machines emit a very specific wavelength of light for a specific target. It targets the melanin in the hair follicle, just like SHR / IPL. While it's effective in dark or pigmented hair, its results are less favourable with lighter coloured hair e.g. blonde, red, etc. Furthermore, it can only be used effectively in lighter skin types. Treatment may also be painful.

What does the SHR / IPL treatment involve?

You must not have had unprotected UV exposure (sun, tanning beds, etc) to the **treatment area** for 4 weeks leading up to the test patch and treatment. For example, you can get your back treated even if your face has been exposed to the sun, as we are treating different areas. If you've had a spray tan, we can not treat you with IPL / SHR for at least 2 weeks.

You should shave the area prior to your appointment. Otherwise it will be shaved during your appointment, and this may incur extra cost.

Prior to undergoing the actual treatment, a test-patch is performed. Multiple test patches may be performed at the same time. This allows us to calibrate the setting specific to you, to achieve the best results. We then see you in 24-48 hours to examine the test patch, and then treatment begins.

Is it painful?

You may experience a slight discomfort during the treatment. Should you experience significant discomfort during the treatment, we can alter the settings to suit.

How will I look following my treatment?

In nearly all cases, there is no visible reaction after hair removal treatment. Some people report a temporary redness in the treated area. The skin at the base of the follicle can also have a “goosebumps” appearance. This can last up to 24 hours.

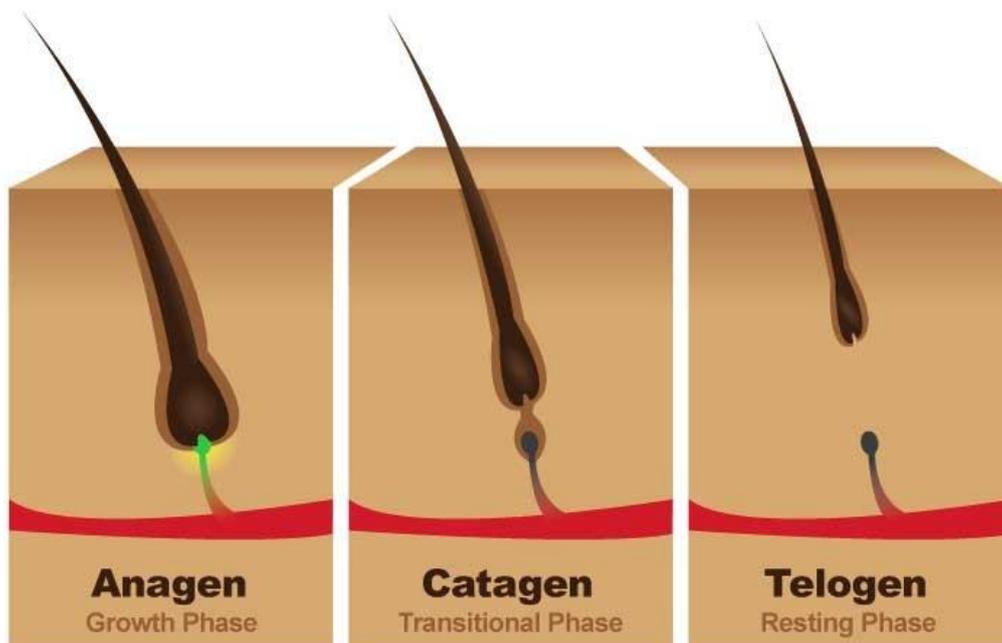
How many treatments sessions do I require?

To answer this question properly, we need to talk about the hair growth cycle. There are 3 cycles in human hair growth: anagen, catagen and telogen.

Anagen phase: Active hair growth phase

Catagen phase: Transitional phase. Hair detaches from its blood supply.

Telogen phase: This is the resting / shedding phase.



Depending on the part of your body, at any one time you will have a different proportion of hair at different stages. To achieve the best results, you need to target the hair follicle at its anagen phase.

Body Area	% in Anagen	Telogen duration	Treatment Interval (weeks)	Average Treatment
Scalp	85	3 months	2 - 6	4
Beard	40	10 weeks	2 - 4	6
Upper Lip	10	6 weeks	2 - 4	12
Underarms	15	3 months	4 - 6	8
Pubic Region	15	3 months	4 - 6	8
Arms	25	5 months	6 - 8	6
Breasts	20	3 months	6 - 10	6
Chest / Back	20	3 months	8 - 10	8
Legs	20	6 months	8 - 10	6

The suggested treatment interval is outlined in the table above. Fairer hair requires more treatment sessions. Apart from the average treatments shown in the table, **maintenance** treatments may be required from time to time. This is because new hair growth can occur because of hormonal changes, influence of stress, drugs, or illness.

Don't forget to read our post-treatment instructions.