Laser Hair Removal or Home IPL

If you’re shopping for a home IPL device or considering laser hair removal in Montreal, start with your skin tone and hair colour.

What did studies of home devices measure?

A review of light-based home devices reported 6% to 72% hair reduction after repeated treatments. It included seven prospective studies with short follow-up, only one of which had a control group.

The sources for this guide include no direct comparison between a home IPL device and Clarity II. The range tells you what the studies observed. Your own result can’t be predicted from it.

Home IPL and Clarity II laser hair removal

What to compare	Home IPL	Clarity II at Institut V
Technology	Intense pulsed light	755 nm Alexandrite or 1064 nm Nd:YAG
Skin types	Check the manual for the model. The Philips Lumea manual, for example, excludes dark brown to dark skin tones.	Fitzpatrick I to VI with appropriate settings. Nd:YAG is generally preferred for more pigmented skin.
Number and timing of sessions	Follow the model’s schedule. The review looked at repeated treatments with short follow-up.	The American Academy of Dermatology says laser hair removal can take six or more sessions. Most patients can return every four to six weeks.
Comfort and cooling	Look up the settings and instructions in the manual.	The manufacturer documents cryogen or air cooling options.
Speed and area covered per pulse	Check the window size in the device manual.	Clarity II has several spot sizes. Ask how long your area is expected to take.
Cost	Check the purchase price with the retailer.	Underarms are $55 per session on Square.

Before you buy or book

Start with the manual if you're looking at a home device. If you're considering laser, use the consultation to talk through the areas you'd like treated and what each session will cost.

Before you buy a home IPL device

Look up the instructions and exclusions for the specific model.

- ☐ Check whether the manual covers your skin tone, hair colour and the area you want to treat.
- ☐ Read the exposure instructions and treatment schedule before planning sessions.
- ☐ Make a note of the retailer's purchase price.

Before you book laser hair removal

At Institut V, the laser consultation is free ($0) and includes a patch test.

- ☐ List the areas you're interested in and what you've already tried. Bring up any recent tan.
- ☐ Read the laser hair removal contraindications. Institut V postpones treatment during pregnancy.
- ☐ Ask about the price per session and the proposed interval between visits.
- ☐ Read how to prepare for your initial laser session and ask what to do afterward.

How do skin tone and hair colour affect the choice?

Fitzpatrick skin types I to VI help guide the choice of laser wavelength. The consultation gives us a chance to assess your skin before making that choice.

Skin types and usual wavelengths

Fitzpatrick type	General description	Usual wavelength
I to III	Untanned fair to medium skin	755 nm Alexandrite
IV to VI	More pigmented skin, such as olive, brown or black skin	1064 nm Nd:YAG with appropriate settings

Mention any recent tan before treatment. The American Academy of Dermatology says laser hair removal does not work on blond, white, grey or red hair because lasers have difficulty targeting light hair. You can have light hair, including dark blond hair, assessed at the free consultation.

Sources for this guide

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Book a laser assessment in Montreal

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Free laser consultation ($0)
https://book.squareup.com/appointments/ax2si5uurnt2oe/location/LTGGM7YRBVK2Y/services/PMYPQKQBBKZXKJBRO2K7Y7Z7