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It's good to feel great

What is VPL?

Traditionally, most cosmetic procedures have been associated with lasers. As technology progressed, research has shown that Intense Pulsed Light units are regularly producing better results than the laser systems originally available. Variable Pulsed Light (VPL) emits a light and each light pulse comprises of a number of rapid shorter pulses. These 'variable pulses' ensure more controlled absorption by the area being treated and means that a greater range of hair and skin types can be safely and effectively treated than was previously possible.

What does it treat?

- Hair removal
- Skin rejuvenation
- Sun damage
- Thread veins
- Acne

Myth: VPL / laser hair removal is not effective

- Those with dark skin can be treated. The parameters on the VPL machine can be adjusted specifically for darker skin types.
- People with grey or blonde hair are not good candidates for treatment. Pigment is important for hair removal and those with light coloured hair are not likely to see the results they would like
- A course of treatment is recommended. Hair grows at different rates and laser /VPL treats the hair when it is in the growth cycle. Hence it is best to have a course of treatment with each session about 5 weeks apart. This is the best chance at capturing hairs in their growth cycles.

Fact: People with dark skin can get results

Recent advances in VPL / laser equipment means greater effectiveness. However, with very dark skin colour it may be difficult to obtain the best results with IPL / laser hair removal. This does not mean that people with dark skin can't get good results with VPL. It may require more treatments than the average and it is important to select the right clinic or spa with the right technology for the skin type.

Fact: Light hair is not treatable

People that have blond, red, grey or white should not have IPL / laser hair removal. This technology is attracted to the pigment in the hair. There is not enough pigment on blond, red, white or grey hair that will guarantee an effective treatment. People with dark blond or light brown hair can obtain a reduction but it would take more than the average number treatments.



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Myth: IPL / laser hair removal is very painful

VPL differs greatly from lasers and one of the biggest differences is in the pain of the treatment. You can expect to feel a mild rubber band pop or a mild pinch. Most of who have experienced the three main commercial methods of hair removal describe waxing and electrolysis as much more painful than IPL / laser hair removal.

Fact: It is impossible to guarantee results

It is impossible to predict the exact result a patient will achieve with VPL / laser hair removal, especially with regard to how many sessions a given individual will require. The results will depend on the color of your skin and the thickness and color of your hair as well as following pre and post treatment advice.

Myth: VPL / Laser is not safe

VPL / laser uses technology that targets the pigment leaving the surrounding tissue unharmed. Studies have shown that there are no long term adverse effects of the procedure. However, there are some key questions you should ask before your treatment:

- Your first visit and consultation should always involve a patch test to the areas you are having treated even if you have had laser or VPL before. You should be advised to wait for a minimum of 24 hours before progressing to the treatment. Sometimes your therapist might advise you to wait longer depending on the results of your consultation and health questionnaire.
- You should have a thorough consultation and part of the consultation should involve a health questionnaire.
- Do not be afraid to ask if the machine that is being used is maintained, serviced and regularly calibrated by a qualified laser engineer. Laser and VPL machines will all differ as the service requirements but the servicing and calibrating should be performed regularly. Ask to see the current calibration certificate relating to the machine that will be used.
- Every machine must have an EC declaration of conformity. This is a certificate issued by the manufacturer stating the machine/equipment conforms with the requirements set down by the EU
- The VPL and laser MUST be used by a qualified person with training completed by the manufacturer on the machine they are using. Ask to see the operator's training certificates from the manufacturer.
- The Care Quality Commission no longer set the standards for aesthetic laser/VPL. Each borough or council is responsible for issuing a Licence that allows the use of laser/VPL. Check that the spa or clinics hold a current treatment licence. Each clinic must have a certified Laser Protection Advisor (LPA). The LPA sets the rules and risk assessments for laser/VPL.
- Ask to see clinical studies on the manufacturers VPL machine that will be used. Machines from dubious sources are unlikely to have had recent clinical evidence.
- Ask to see before and after pictures and make sure they are treatments using the same manufacturer's machine – not simply another competitor's laser/VPL machine