

## **PATIENT FAQs**

### **HARMONY HAIR REMOVAL**

#### **How does the Harmony get rid of my hair?**

The Harmony uses gentle light to damage the hair follicle. This disables the follicle from growing hair, which means that gradually over several treatments, there is a permanent reduction in the amount of hair in that area.

#### **Is treatment with the Harmony safe?**

Treatment is very safe for the skin. There are many advances in the Harmony technology that make it one of the safest hair removal systems available for all skin colors. There are no long term health hazards from light used in the Harmony. It has been used for decades in medicine, surgery, and aesthetics without adversity.

#### **What kind of results can I expect from Harmony treatment?**

Each Harmony treatment will result in less hair coming back, as well as hair growing progressively lighter in color, finer, and slower-growing with each treatment. It takes more than 1 treatment to affect all the follicles growing in an area. Most people achieve satisfactory clearance after 4-8 treatments, but individual results vary depending on medical and genetic factors. Lighter colored hair may require more treatments than darker colored hair.

#### **How frequently do I need treatments?**

The treatments are usually performed every 2-3 months, but this depends on individual factors that your harmony clinician will discuss with you during consultation.

#### **Does the treatment hurt?**

The sensation is often described as “hot pinch”, or “snapping” feeling. The sensation only lasts for fraction of a second, and you may feel warmth or a tingling sensation for a short time afterward. Most people tolerate treatment without any topical anaesthetic cream, which may be used to numb the skin from feeling sensation for very sensitive individuals.

#### **What happens after each treatment?**

Temporary pinkness in the skin lasts a very short time, and most people return to work or normal activities immediately after treatment. The treated area will “shed” some hairs over the next 3-4 weeks, and you may experience a period of hairlessness in the area while you wait for your next treatment.

#### **Who should get Harmony treatment for Hair Removal?**

Anyone who wants a solution to shaving, waxing, plucking, or electrolysis. There are a few medical conditions that contraindicate people from treatment which will be discussed with your Harmony clinician during consultation.