



Zap me, baby, one more time...

zapped and happy

KATE WATSON HAS BEEN UNDERGOING LASER HAIR REMOVAL AND NOW SHE'S TELLING ANYONE WHO'S INTERESTED EXACTLY WHAT IT'S LIKE.

REGULAR READERS may remember a story way back in July when I declared war on my fuzz, fought back my fears and marched into Medi Light to get "zapped". At the time, I couldn't believe it wasn't going to hurt, and was amazed how little it did.

I let Medi Light work their magic on my underarms and wrote of the experience, "I could see flashes through my eyelids and felt something like little rubber bands (but not as painful) flicking my skin".

The treatment lasted a matter of minutes (I had it in my lunch break) and I decided that if I saw any results at all, it would've been worth it. When I saw how patchy the regrowth was within a few days, I was very excited – but nowhere near as excited as my Medi Light therapist, Emma, when I returned six weeks later for my second treatment.

She says she's often more excited by her clients' progress than the clients are themselves, which made me laugh but also got me thinking that you can find passionate

people in any business, and what a gift it is when you do. Emma's lively chat and genuine interest in her job puts me at ease.

She explained that some people respond better than others to laser hair removal, and some forms really only work with dark hair on light skin. She went on to say the type of technology Medi Light uses (ELOS, or electro-optical synergy) is suitable for most hair and skin types but, as my treatments progressed and only the lighter hairs were left, she'd have to "turn it up a bit".

This means increasing the intensity of the electrical pulses that shoot down each hair to damage the follicle and prevent future growth. It's these pulses that produce the rubber-band-flicking sensation.

I've been returning every six weeks for about five months now. After each session, I notice more hairs wilting and dropping out of their follicles. Medi Light recommends a minimum of six sessions in order to catch as many hairs as possible at the right stage of

growth for zapping, and Emma says most people take at least 10 sessions to feel they've truly won the battle.

Now, I've been receiving my underarm treatments free in order to write about the experience, so I guess the best possible recommendation I can give is to say I've been so impressed that I've extended my treatment areas at my own expense.

I've found the treatments do become ever-so-slightly more painful as the intensity of the electrical pulses increases, and most people with lighter hairs will probably find the same thing. It's too late for me, though. I'm hooked, and just keep going back for more.

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