

THE LASER FOR...

tattoo removal

Q-SWITCHED YAG LASER AND ALEXANDRITE LASER

There are two lasers: one for coloured and one for black ink. Light waves are attracted to the colours, absorbing into the ink and shattering the pigment into tiny pieces, which the immune system then gets rid of.

"You can't really feel the laser – the local they give you before it is the painful part, especially if the tattoo is on a bone. Days later, it blows up into a blood blister, then an itchy scab. It can be a long process." – Justine, 35

INTENSITY LEVEL: **//////**

Suitable for any skin type – it's the only way to remove permanent designs. And it's worth the trouble to avoid living with your ex-boyfriend's name forever.

Most professional tattoos can require six to 16 sessions, with black ink versions usually needing less than multi-coloured ones. Tattooing can irritate skin cells, causing whitening under the ink. When removed, it can reveal the paler skin (more obvious in olive complexions).

- » The in-between stages will leave you with muddy-looking colour – invest in super-strength cover-up make-up like M.A.C Studio Sculpt Concealer, \$36, 1800 613 828, maccosmetics.com.au.
- » As with hair removal, make sure your skin is fake tan-free.

From \$285 per session, Neutral Bay Laser and Dermatology Clinic, (02) 9953 9522.

THE LASER FOR...

dullness

CLEAR + BRILLIANT LASER

Creates microscopic columns in the upper layer of the skin, which the body's immune system fills with collagen and elastin. There's little downtime, and the results are immediate and cumulative.


"Numbing cream prevented it from really hurting, and it was over so fast that it was bearable. The next day my face still felt sensitive, and it stayed on the irritated side for around three days." – Alicia, 26

INTENSITY LEVEL: **////**

The process only takes five to 10 minutes, however, the whole appointment can be around an hour because of the numbing cream applied to your face beforehand. Skin may feel sensitive afterwards and you'll look pink, but only in a just-been-to-the-gym way.

Your face may be a tad puffy-looking but this, along with redness, should have disappeared by the next day. Like Fraxel, if you're prone to cold sores, take lysine tablets as a precaution.

- » To prevent puffiness, sleep with a few pillows under your head the next night.
- » If you feel any roughness by day five, use a fruit acid-based exfoliator and leave it on for five minutes to remove dead skin. (Try Jan Marini Instant Refining Exfoliator, \$110, 1800 330 855.)

From \$250 per session, All Saints Cosmedical Clinic, (02) 9357 7557. 



Aloha! Limited edition collectable double duty beauty kits for face and body! Great gifts, hot summer offers, in store now, but just like a holiday... gone before you know it!

\$19.95

Available at **MYER** stores nationally and selected pharmacies.

www.sugarbaby.com.au