



**LIGHT AND HEAT ENERGY (LHE)  
TREATMENT INFORMATION AND CONSENT FORM**

LHE is the latest technology in the treatment of Skin Rejuvenation and Hair Reduction. It is important that you are fully informed, please take your time to read the following information and feel free to ask any questions you may have.

**Consent**

It is important that you are provided with full and accurate information and that you have received a copy of this form (4 pages). Signing this form indicates you have received all this information and that you have been fully informed and understand the treatment, technology and procedures involved. You also agree to inform the clinic if there are any changes in your health or medications and to follow all the pre and post care guidelines.

Client Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

Consultant Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_



## LIGHT AND HEAT ENERGY (LHE)

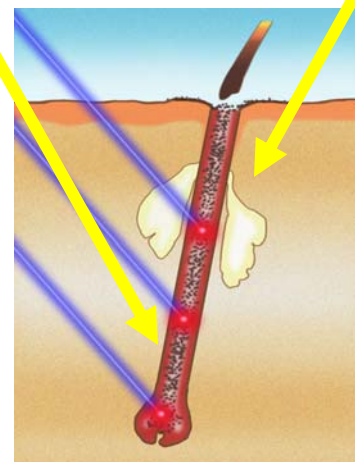
### How Does it work?

**Hair Reduction** – LHE directly targets melanin in the hair shaft. With light as its guide, heat is directed to the hair shaft and then the follicle itself.

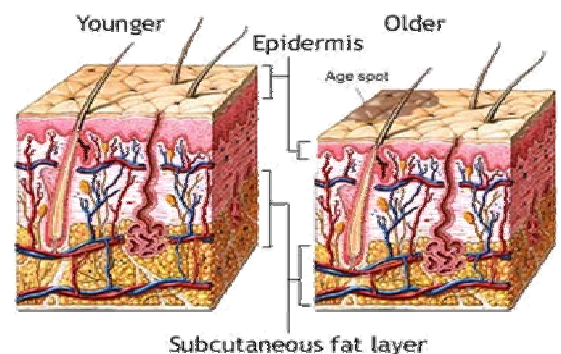
The patented open lamp and internal filter system used, employs a directed heat process that results in a much lower and safer level of energy for the client. By harnessing the heat instead of discarding it, LHE creates a more efficient photothermal process that gently raises the temperature in the hair shaft and effectively destroys the hair bulb and follicle without harming the surrounding tissue. The energy level is adjusted prior to the treatment based on the skin type and hair colour, flashes of broad spectrum light and heat are applied to the target area. The light selectively targets the melanin in the hair, elevating the temperature of the hair follicle. Heat is deposited into the skin and conducted down the hair shaft which further increases the hair follicle temperature needed to destroy the hair. The combined energy of the light and heat results in subsequent destruction of the hair follicle. The destroyed hair is eliminated by a natural process. The result, long term hair removal and hair free skin.

Light Energy

Heat Energy



**Skin Rejuvenation** – To reverse sun damage and remove lesions like age spots and spider veins, a very low and ultra safe wave of light is emitted onto the skin. The light is drawn to the higher concentration of melanin and hemoglobin found in the targeted lesions. Direct heat then joins the light, gently raising the temperature inside the lesion. LHE causes the rebuilding and restructuring of new collagen under the outer layer of the skin. This effectively tightens the skin and smoothes fine lines and wrinkles. Fine lines, wrinkles, pigmentation/age spots and red veins can be treated.





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### **Who will administer my treatment?**

Only fully qualified Beauty Therapists/Operators who have attended LHE training and have been deemed competent in the operation and technology of the machine.

### **Is the treatment suitable for everyone?**

Most skin types and hair colours can be treated using LHE technology, unfortunately, there is a small percentage of the population that will find this treatment to be unsuitable. We cannot guarantee results on red, blond and grey hair, however, it is possible to administer the treatment and see some level of result.

Skin that has been recently exposed to U.V cannot be treated, it is necessary to wait 4 – 6 weeks after exposure to commence treatment.

Certain medical conditions and some medications may prevent treatment from being carried out. It is vital that you inform your therapist straight away if you change medications as this can affect your skin's response. It is not possible to perform treatment on women who are pregnant or breastfeeding.

### **How Many Treatments Will I Need?**

Several treatments will be required to get the best result. Each individual will respond differently and due to hormones, colour of hair, skin colour and general health, each result will vary. General guidelines apply as follows:

Hair Reduction requires on average 6 – 8 treatments, with 4-6 week intervals. After this time any residual hair will tend to be fine, softer and lighter and will grow at a slower rate. It is also possible to continue with further treatments if you wish. It is important to remember that there are always more hairs in the area that can be seen at one time, it is vital to treat the hair while is in its "Growing" stage to achieve successful results. The strength, number and cause of hair growth will vary between individuals.

Skin Rejuvenation requires on average 4 – 6 treatments with 3 – 4 week intervals. As the skin's cell renewal process is stimulated, the skin will become smoother, fresher with a more even skin tone. Different skin will respond at different rates with varied results.



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### **Results**

Immediately after a hair reduction treatment, the skin may feel hot, small red bumps may appear at the opening of the hair follicle and some hairs may still be seen on the skin's surface. 7 – 14 days following treatment, some of the treated hairs will begin to be pushed out of the hair follicle, this is not new hair growth. It is feasible to expect to see a reduction in the hair growth after 3 or 4 treatments, it is not possible to remove 100% of the hair growing in the treated area.

Following a skin rejuvenation treatment, the skin may be red and feel hot, this is a normal reaction and will reduce quickly, cool compresses or cooling gels can be used to relieve this feeling. The skin will then go through a healing process, it is possible to see dark crusty patches in some areas, this will be naturally shed from the skin and must not be picked.

### **Skin Reactions**

Whilst we take the utmost care to reduce any risk or injury to your skin, it is possible that due to different factors you may experience some side effects. These are extremely rare but can occur, such as prolonged redness and heat, blisters and pigmentation changes. It is important that you contact your operator immediately if you experience any of these reactions, this will allow us to monitor your skin and give you instructions or how to care for it. Through time, these reactions can heal without any permanent marks.

### **Is the treatment painful?**

The sensation experienced does vary from client to client and also depends on what area is being treated. It is usual to feel a sensation similar to a rubber band ping on the skin and also some associated heat.

### **Pre Treatment Recommendations**

It is essential to avoid sun exposure for 4 – 6 weeks prior to treatment. If the skin has been exposed to the sun prior to this timeframe it is possible that an aggressive reaction or even burning may occur following treatment. Any type of hair removal or depilatory treatment, such as waxing, plucking, bleaching, depilatory cream or electrolysis should be avoided 4 – 6 weeks prior to treatment as the hair growth cycle may be interfered with and reduce the efficacy of your treatment. It is also advisable to avoid using any topical treatments that may cause irritation to the skin or sun sensitivity e.g Retin A/Vitamin A products, glycolic acid etc.

Prior to hair removal treatments we or clip the hair so that a length of surface of the skin.



recommend, where possible, to shave approximately 2-3mm is left on the

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### **Post Treatment Recommendations**

Cool compresses, ice packs and cooling gels can be used to cool the skin if feeling uncomfortable. Following a treatment the skin may also be heat sensitive, it is therefore necessary to avoid any heat treatments such as sauna, steam etc. The skin must NOT be exposed to the sun or artificial U.V light at any time during a course of treatments. It is necessary to avoid harsh exfoliants, peels, AHA products or any other scrubbing product until the skin is fully healed.