

The Science of Smooth: How Modern Laser Hair Removal Works

Modern laser hair removal uses selective photothermolysis to target hair follicles with precision. Because the body's hair grows in distinct cycles, a systematic, multi-session approach is required to achieve long-lasting hair reduction safely and effectively.

The Science of Selective Photothermolysis

Selective Heat Absorption
Melanin in the hair shaft absorbs laser energy, converting it into follicle-disrupting heat.



Integrated Cooling Technology
Advanced systems use cooling technology to protect skin and ensure a comfortable treatment experience.

Precision Protection
Controlled pulses target the hair follicle while minimizing effects on the surrounding skin.

Laser energy is most effective during the Anagen phase when hair connects to follicles.

The Active Growth Phase (Anagen)



The Biological Timing of Treatment



Strategic Session Spacing
Appointments are spaced weeks apart to catch new groups of hair entering active growth.

HAIR GROWTH CYCLE & LASER EFFECTIVENESS

Growth Phase	Status	Laser Effectiveness
Anagen	Active Growth	High (Target candidate)
Catagen	Transitional	Low
Telogen	Resting	Low

Catagen (Transitional)



Telogen (Resting)



Systematic Hair Reduction
Multiple sessions ensure that every follicle is eventually treated during its responsive growth stage.