

LASER HAIR REMOVAL After Care



Keep the treated area cool and clean for 24-48 hours



Avoid hot baths, showers, saunas, and steam rooms for 24-48 hours



Apply aloe vera gel or a soothing, fragrance-free balm 2-3 times daily to calm redness



Don't use tanning beds, fake tan, or direct sun exposure for at least 2 weeks



Avoid heat — no excessively hot showers, baths, saunas, or steam rooms for 24-48 hours



Avoid perfumed products, deodorant, or harsh scrubs on the treated area for 24-48 hours



Apply SPF 50 daily on exposed areas to protect from pigmentation



Don't wax, pluck, or epilate between sessions — only shave



After 5-7 days (when skin feels normal), gently exfoliate to help shed treated hairs



Avoid intense exercise or anything that causes excessive sweating for 24 hours