




# Believe In Intense Pulsed Light.

Definitive Guide to  
Intense Pulsed Light



INTENSE PULSED LIGHT



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## What is IPL?

SkinBase IPL treatment uses a special flash handset, which uses wavelengths of light to target your skin to treat a range of concerns.

The SkinBase Intense Pulsed Light Therapy (IPL) offers advanced treatments for hair reduction, acne, vascular lesion removal, and photorejuvenation.



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## Why Do I Need SkinBase IPL Hair Reduction?

With an array of options available to remove unwanted hair, you may wonder why you should visit a professional instead of just doing it yourself?

IPL offers a more permanent, longer-lasting result than shaving or waxing. Numerous at-home IPL devices are available to buy and use without qualifications. While this can be tempting (to save time or money), you should always visit a professional for the best results as professional systems are more powerful. SkinBase IPL treatment features a unique cooling cryo-handset for the most comfortable treatment.



Any cosmetic treatment has the potential for side effects to occur. For IPL, this could be a burn, redness, discolouration, or pigmentation, so we recommend you avoid at-home devices.

Our SkinBase therapists have the professional training and experience to minimise any risks from treatment. They require an in-depth consultation and patch tests before treatment to ensure safety and suitability.





## How Does It Work?

The SkinBase IPL treatment uses cut-off filters to provide a range of wavelengths and treat various conditions. The filters remove the unwanted wavelengths of light, so the light remaining can be used to target your specific concerns.

When treating pigmentation and vascular lesions, the light generates heat within the structure which triggers the body's healing response. The body then removes it, leaving your skin blemish free.



## How Many IPL Treatments Do I Need?

The number of treatment sessions necessary can vary from client to client. Your SkinBase therapist will assess your needs during an initial consultation to decide how many treatments you require. For hair reduction, due to the growth cycle it takes time to target all the hairs. Clients need an average of 6-10 treatments to attain results but often will start seeing a significant change within 3-6 treatments. Those having IPL advanced, such as acne or vascular, may only require 1-3 treatments to get results.





## What Can It Treat?

IPL is effective for a range of cosmetic and therapeutic treatments. Our therapists have had fantastic results from hair reduction to acne. Read on to find out how IPL could benefit you.



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## Unwanted Hair

One of the most popular treatments for IPL is the reduction of unwanted hair. The SkinBase IPL system has proven itself time and time again for permanent hair reduction. When IPL treats hair, the light waves are absorbed by the melanin in the hair and converted to heat.

The heat permanently inhibits the hair follicle's ability to produce more hair. It is necessary to consider the density and colour of hair, skin colour, and where the treatment area is on the body before beginning.



## Acne and Acne Scarring

The SkinBase IPL system effectively treats skin concerns, particularly acne. The IPL system releases pulses of yellow, green and red light. The lights work to destroy the acne-causing bacteria on the skin to prevent new spots from occurring. The red light targets the sebaceous glands to combat overactive oil production. Therefore, minimising the amount of sebum produced in future, reducing the risk of clogged pores and breakouts. The lights also stimulate collagen production in the skin to improve its texture. Throughout treatment, the skin will appear less distressed, reducing inflammation.







## Sun Damage

The SkinBase IPL system can treat signs of sun damage on the skin, such as pigmentation, age spots, or an uneven skin tone. During treatment, the wavelengths of light target a structure. For sun damage, the structure is the unwanted melanin in the skin. The heat from the light breaks down the melanin, which triggers a natural healing response in the body. The body flushes away the unwanted pigment and leaves the fresh skin behind.



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## Fine Lines and Wrinkles

IPL Rejuvenation is also a fantastic treatment for reversing the effects of ageing. When treating fine lines and wrinkles, the healing response from the body encourages the skin to repair itself by producing new cells and increasing collagen production. This process plumps and smooths the skin, minimising the appearance of fine lines and wrinkles.



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## Thread Veins and Rosacea

The SkinBase IPL treatment can solve vascular skin problems such as thread veins, rosacea, and cherry angiomas in as little as 1-3 treatments. When treating vascular lesions, blood vessels in the skin are targeted and heated up as they absorb the light. The heat then destroys the blood vessels, which the body reabsorbs, leaving minimal or no trace of the original lesion.



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## Which Areas Can Be Treated?

SkinBase IPL can treat most parts of the body. IPL can remove unwanted hair from most of the body, including legs, underarms, bikini line, back, upper lip and chin. Therapists can perform IPL Advanced on most areas of the body too.







## Maintaining Results for Skin Concerns?

After completing a course of IPL Hair reduction, some areas may benefit from a booster session every few months to target any stray hairs.

For IPL Advanced, any results achieved should be combined with a good skincare routine, sun protection, and a healthy diet and lifestyle. Your IPL sessions will complement your skincare routine as concerns are treated.

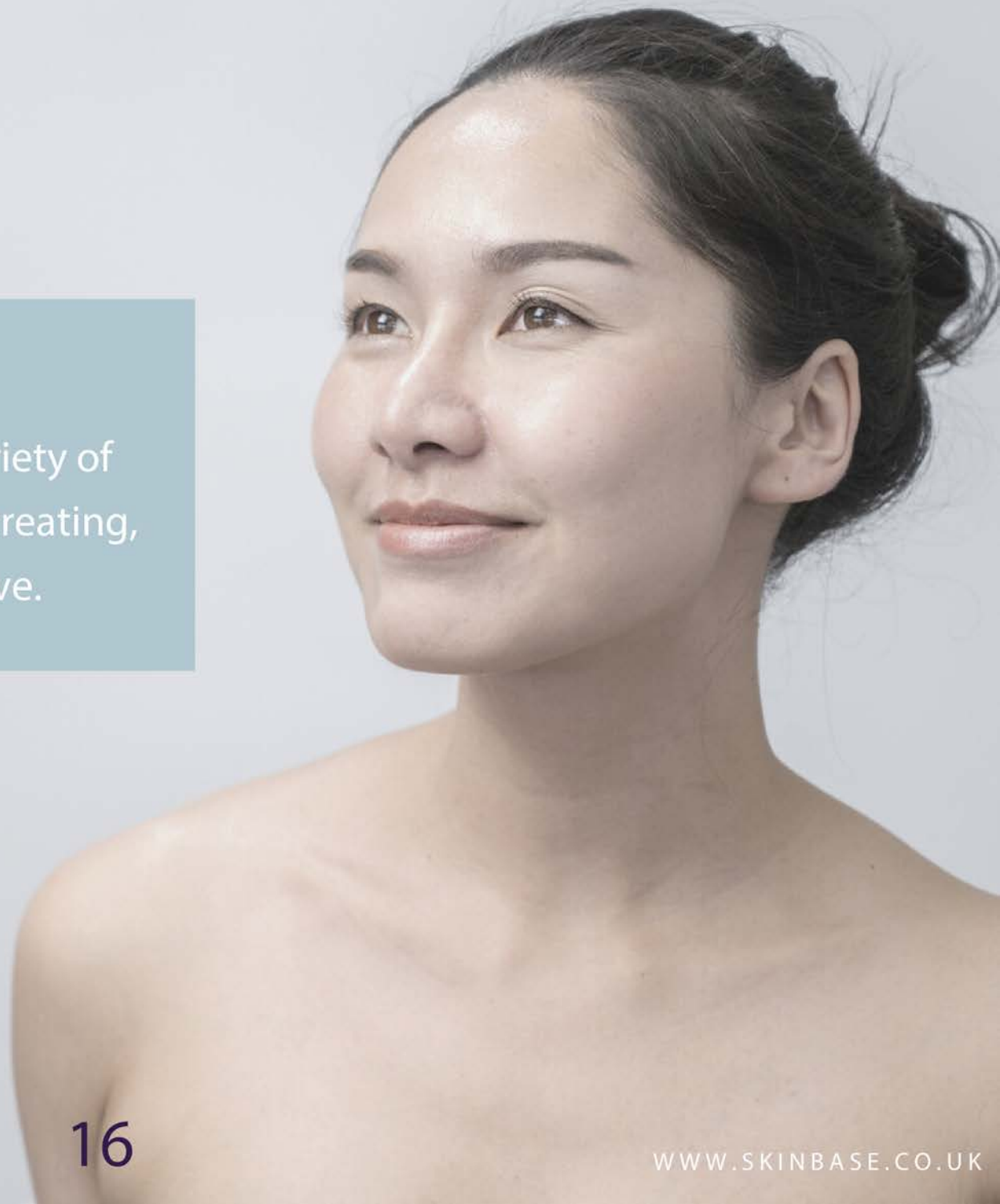


## Benefits of IPL

The SkinBase IPL Treatment has a variety of benefits, depending on what you are treating, and what you are trying to achieve.



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## 1. Fast Procedure

IPL treatments are less time-consuming than traditional methods of hair removal. The IPL hair treatment times are similar to a waxing treatment, with one key difference. IPL does not require any post-treatment clean-up. The cryo-cooling handset ensures no gel is applied to the skin before the treatment, allowing you to get back to your day quicker. You can also save time by completing a course of IPL, as you may never have to invest in hair removal treatments again! Think about the time and money you can save with SkinBase IPL.

## 2. Zero Recovery Time

Due to the non-invasive nature of SkinBase IPL, there is no recovery time necessary after treatment. Therefore, you can fit a course into your life with no problems. It is as easy as dedicating one lunchtime every few weeks to relaxing and being pampered.



### 3. Treats a Variety of Skin Conditions

Unlike laser-based therapies that can only treat a specific condition, the SkinBase IPL system uses cut-off filters which can provide a range of wavelengths. Therefore, resolving a range of skin concerns, as described previously. Acne, pigmentation, stretch marks and thread veins are just some concerns that IPL treats non-surgically.

### 4. Sun Damage Repair

A contributor to the skin ageing process is sun damage. Photoaging can cause wrinkling, pigmentation, liver spots, decreased elasticity, rough skin texture, and redness. Luckily, SkinBase Advanced therapies address the issues caused by UV exposure. With SkinBase, you can turn the clock back on ageing and reverse any damage to achieve a youthful glow.



## 5. Non-Invasive

The SkinBase IPL treatment is non-surgical and non-invasive. Therefore, as well as being more convenient, IPL is infinitely more comfortable than other treatments. No needles are involved, and the unique cryo-handset reduces any chance of pain during the treatment. A slight tingling sensation is the only thing you will feel as the cryo handset cools the skin before the flash handset begins.

## 6. Very Effective

The incredible before and after images our SkinBase therapists take after courses of treatment are testament to the fantastic results they achieve with the IPL system. From acne to hair reduction, clients around the UK are thrilled with their results. Look at the IPL transformation images from page 30 onwards to see for yourself.







## Who is it for?

The SkinBase IPL treatment is clinically proven effective for almost all skin types except very dark skin. Less advanced IPL systems, on the other hand, are only used on a limited amount of skin types. The SkinBase IPL system is unique as it allows the therapist to fine-tune the settings. Therefore, allowing a greater combination of skin and hair types to achieve the best possible results.





A close-up photograph of three women with different skin tones (light, medium, and dark) looking directly at the camera. They are positioned side-by-side, with their faces partially overlapping. The woman on the left has dark hair, the middle woman has light brown hair, and the woman on the right has dark curly hair. They are all wearing white tops.

## Fitzpatrick Scale

Before beginning a course of IPL, a comprehensive consultation with a SkinBase therapist is necessary. Your therapist will do a patch test and help you manage your expectations with a realistic view of the results you could achieve. During the consultation, your therapist will assess your skin type based on the Fitzpatrick scale to ensure the treatment is a good fit for you.



A person is lying down, wearing white eye protection. A hand holds a white IPL treatment device with a grid of small holes, positioned above the person's face. The background is a soft, out-of-focus clinical setting.

## What's Involved?

In order to make informed decisions regarding your skincare, you must have all the knowledge you need. Read on find out the steps involved in an IPL Treatment.






## Step One: Client Consultation

As mentioned, your IPL treatment will begin with a consultation. This discussion is time for determining your individual needs. Your therapist will devise an appropriate treatment plan. Treatment plans can be between 3 and 10 treatments long and vary between 2 and 6 weeks apart. Your SkinBase Therapist will cover all of this with you.





## Step Two: Shave and Cleanse the Treatment Area

IPL for hair reduction requires the hair to be shaved 24-48 hours before the treatment. Therefore, allowing enough stubble to be present for an effective treatment. Before the treatment, your SkinBase therapist will cleanse and dry your skin before performing the treatment. Both of these steps ensure the lightwaves can penetrate the skin unobstructed, and the treatment will be successful.







### Step Three: IPL Treat and Target

Once the preparation is complete, your SkinBase therapist will begin the treatment. The cooling handset first anaesthetises the area before the flash handset starts the treatment. Your therapist will then use the handsets in tandem as they move over the treatment area in a grid method.





## Step Four: Aloe and SPF

Following the IPL treatment, your therapist will apply SkinBase Aloe Vera gel to soothe skin after treatment. The skin must be protected from the sun following treatment, so a combined moisturiser and SPF is used. Protection is vital during summer when skin is at higher risk of sun damage. A failure to protect the skin could result in pigmentation and premature skin ageing.



## IPL Pre-Treatment Advice

8 Weeks Prior (and between treatments):

No waxing, plucking or threading

4 Weeks Prior (and between treatments):

Do not expose skin to UV or self-tan.

1 Week Prior:

Avoid intense exfoliation, microdermabrasion, or peels.

24-48 Hours Prior:

No bleaching creams or perfumed products, no swimming  
in strongly chlorinated water.



## IPL Aftercare

### Up to 24 Hours:

- It is normal for skin to be red and warm after treatment. It will naturally subside, but a cold compress can help calm the skin. However - do not use ice, as it may irritate the skin.
- Avoid putting makeup on the treated area, as this will allow the skin to cool more comfortably and naturally.

### Up to 48 Hours:

- Avoid all heat treatments (hot baths, saunas, steam baths, showers).
- No swimming in strongly chlorinated water.
- No bleaching creams or perfume products (soaps, cream, perfumes).
- Leave any temporary skin responses to naturally subside.
- Do not touch, pick, scratch, or irritate the treatment area.





A woman is lying down, her back and shoulder are visible. A hand is holding a device against her skin, likely performing a laser or IPL treatment. The background is blurred, showing what appears to be a clinical or spa setting.

Up to 72 Hours: No Shaving

Up to 1 Week: Do not exfoliate or use peels on the treated area.

Up to 2 Weeks:

- No UV exposure
- No self-tan
- Avoid prolonged outdoor activity that may expose skin to wind or sun
- Avoid waxing, plucking, and threading (throughout the course)
- Avoid depilation creams





believe  
In Results.

## IPL: The Results



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## IPL Hair Reduction Treatments



Image Credit: Serenity Health and  
Beauty

## IPL Hair Reduction Treatments



Image Credit: Belle Amie Beauty  
Boutique



Image Credit: Sian Cleak Skincare

## IPL Acne Treatments

Before I started my treatment I had a large issue with confidence about my skin, simply because it's the first thing you see when meeting a person. After a while I thought to myself " There has got to be something I can do about this" and started to looking up places.

I was sceptical if the treatment would work but I didn't have much too lose, I started and after just one treatment there were results! This gave me a little hope that I would not be trapped in a life with poor skin. Not a day after I started this treatment do I regret it; I wouldn't change a thing. My skin is probably the best it's ever been. This treatment has transformed what I thought to be an inexplicable mess into an exquisite piece I am proud to call my skin "



## IPL Vascular Treatments



Image Credit: Devoe Skincare

## IPL Vascular Treatments



Image Credit: Beau Medispa

## IPL Hair Reduction Treatments

From a young age body hair has been the bane of my life. I was always ashamed as it was coarse and dark. For years I have been waxing as living in a small coastal town I had no other option. These photos were taken 11 weeks apart and with each month that passes I feel more and more confident in my own skin.

I am truly amazed by the results that just keep giving! It's crazy how a treatment like IPL can change a life but it genuinely has made my life so much better. It has been the best investment for myself as I am no longer insecure about my body hair. I can wear and do whatever I want whenever I want without having the worries of "is my hair on show", or "do I need to shave" and that is truly empowering to me.



Image Credit: Skin Deep Clinic



## 3 IPL Vascular and 3 IPL Rejuvenation Treatments

My skin has been problematic most of my adult life with rosacea, thread veins, sun damage and acne scarring. I have tried many facial skin products in the past, with little success and have resorted to fairly heavy make-up daily.

I came to see Beatrice feeling hopeful but not too optimistic that IPL could help. I had 6 IPL treatments in total for rejuvenation and vascular lesions and I am so amazed! The improvement in my skin tone, texture and redness are fantastic and I'm able to wear the most minimal of make-up most days. My skin has never looked so good and I am so happy!



Image Credit: Skin Tip

## IPL Vascular Treatments



Image Credit: Advanced Beauty and Aesthetics



## IPL Hair Reduction Treatments

I am absolutely over the moon with the results of my IPL. I used to get my bikini line waxed every six weeks at Serenity and shaved my underarms. I've now had 6 sessions of IPL on my bikini line and underarms, the results are amazing. I've noticed that I'm not getting ingrown hairs any more and the treated areas are really smooth with very minimal hair growth. I find the IPL sessions painless and Marianne always makes me feel comfortable and at ease, I enjoy catching up with her during the sessions. I wish I had got IPL years ago, it's amazing not having to shave my underarms every couple of days or wax.



Image Credit: Serenity Health and  
Beauty