

Thinking About
Laser Hair Removal?




Spaburbia

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Start here...



Your simple, expert guide from



Escape the everyday

Welcome, Smooth Operator...

You're here because something's shifting.

Maybe you're tired of the constant cycle of shaving, waxing, and irritation. Maybe you're curious about laser hair removal but unsure where to start. Or maybe... something just doesn't feel quite right anymore.

Whatever brought you here - you're in the right place.

At Spaburbia, our purpose-built suburban spa was created to offer more than just treatments. It's a space where results meet relaxation... where questions are welcomed... and where you don't have to have all the answers.

Because laser hair removal isn't just about removing hair...

It's about:

- ✓ gaining back time
- ✓ feeling comfortable in your skin
- ✓ and recognising yourself again

So take a breath, get comfortable...

This is your starting point.

Your space to understand, to explore... and to begin.



Let's take the confusion out of laser...

If you've been thinking about laser hair removal but feel unsure where to start - you're not alone.

There's so much information out there, and not all of it is clear (or even accurate).

This guide is here to give you honest, simple answers so you can feel confident in your decision - whether you choose to start your journey now or later.

At Spaburbia, it's never about pressure... just helping you feel informed, comfortable, and confident in your own skin. Because each person is unique, we take into consideration health, hormone status, ethnicity and hair distribution to tailor our treatments to achieve the very best results for you.

We believe that **understanding = healing**.

Because when you understand what's happening in your body, you feel more in control... more confident... and more at ease in your decisions.


IS LASER RIGHT FOR YOU?

(The pro's and con's bit...)

Is laser hair removal right for you?

- ✓ Tired of shaving or waxing
- ✓ Struggle with ingrown hairs
- ✓ Notice dark patches or shadowing

- ✓ Want a long-term solution
- ✓ Want smoother skin with less effort
- ✓ Want to feel more confident

If you said yes to even one... laser could be right for you 

 **Laser at Spaburbia is...**

One less thing for you to think about

- Smooth Operator

Is Laser Suitable for my Skin Type?

Laser technology has evolved - and at Spaburbia, we use **advanced triple wavelength technology** designed to safely treat **all skin tones**.

The Fitzpatrick Scale (simplified)

Skin types are often categorised from:

- Type I: Very fair skin
- Type II–III: Light to medium
- Type IV–V: Olive to brown
- Type VI: Deep skin tones

The difference matters:



Our Laser (Triple Wavelength Technology):

- ✓ Suitable for all skin tones
- ✓ Safe and effective
- ✓ Customised to your skin + hair type
- ✓ Comfortable with cooling technology

Older / Less Advanced Systems:

- ✗ May not be suitable for darker skin tones
- ✗ Higher risk of burns or pigmentation
- ✗ Less effective on certain hair types
- ✗ Often more uncomfortable

Your safety and results are our priority — that's why we invest in technology that works for everyone.

	Spaburbia's Laser 	Other systems 
Skin Tones	All (Fitzpatrick I-VI)	Limited range (I-IV)
Comfort	Pain Free, Skin Cooling	Can feel sharp/uncomfortable
Results	Faster & more targeted	Slower results
Safety	Advanced & tailored	Higher risk of burns/pigmentation issues
Hair Types	All hair colours	Limited range

This is why your results, your experience - and your safety are so different depending on where you go.

TYPES OF LASER

(The Science-y bit)

Not all laser was created equal... and your results (and safety) depend on the technology being used.

You will have heard of lots of different types of “laser” - IPL, SHR, Nd-Yag, Ruby and of course Diode. It’s confusing to say the least – here’s a guide to the main players ...

IPL (Intense Pulsed Light)

Often mistaken for laser. Results can be slower and less targeted.

Single Wavelength Lasers

Effective, but may not suit all skin tones or hair types.

Triple Wavelength Diode Laser

(This is what we use at Spaburbia)

- ✓ Suitable for all skin tones
- ✓ Targets hair more precisely
- ✓ Comfortable with cooling technology
- ✓ Faster, more effective results
- ✓ Pain free

Hair Growth Cycles

(The biology bit ...)

Why Multiple Sessions Are Needed

Hair doesn't grow all at once - it grows in cycles.

There are 3 stages of hair growth:

1. **Anagen** (Active Growth Phase)

This is when the hair is attached to the follicle and can be effectively targeted by the laser.

👉 This is the stage we want!

2. **Catagen** (Transition Phase)

The hair begins to detach from the follicle.

3. **Telogen** (Resting Phase)

The hair is no longer connected and will eventually shed.



Why this matters:

At any one time, only a percentage of your hair is in the **active growth phase**.

👉 That's why we recommend a course of **8-10 sessions**, spaced **5-8 weeks apart**

Think of it as catching each hair at the right moment - not all at once.

Why you might see “patchy regrowth” (and why that’s GOOD)

- Hair grows in different cycles → not all hairs are treated at once
 - After your first few sessions:
 - Some areas look smooth
 - Some areas still grow
- 👉 This is *progress*, not failure



Still reading and thinking ‘this might be me’?

You can book a free, no-pressure consultation anytime

WHAT TO EXPECT

What actually happens (aka What have I signed up to)?

Before your first session, you'll have a consultation and patch test.

✨ 8–10 sessions recommended

✨ 5–8 weeks between appointments

✨ Treatments are quick and comfortable

✨ Hair grows back finer and slower

♡ *Most clients are surprised at how easy it feels* ♡

You don't have to take our word for it

♡ **Laser at Spaburbia is...**

being nervous before your first session...
and then wondering why you ever worried

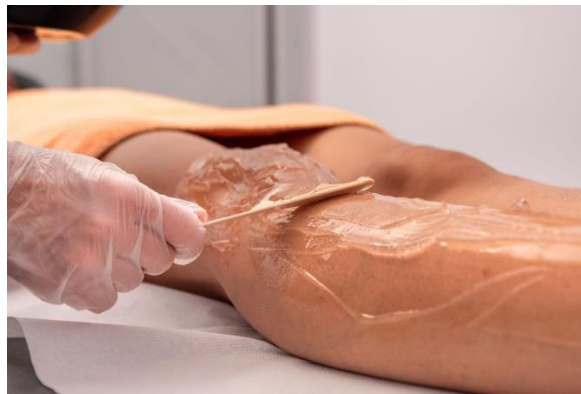
– Smooth Operator ♡

Real life experiences, from real clients...

Before your first session...

- ✓ Shave 24 hours before
- ✓ Avoid sun exposure
 - ✓ No fake tan
- ✓ Clean, product-free skin
 - ✓ Stay hydrated

During your appointment ...



- ✓ Assessed and settings checked prior to treatment
 - ✓ Comfortable (climate controlled) environment
- ✓ Cooling gel applied to the area to be treated (protection)
- ✓ Only the area being treated is exposed (privacy and dignity)

After your treatment...

- ✓ Use SPF
- ✓ Avoid heat for 24 hours
 - ✓ Keep skin hydrated
- ✓ No waxing or plucking

Any warmth settles quickly ♡

What Do The Results Actually Look Like?

(After all that's what we *REALLY* want to know!)

Underarms (a fast to respond area)



Example Timeline

Session 1–2

Hair still grows but slightly slower You may notice some shedding

Session 3–4

Patches start to appear Hair grows back finer

Session 5–6

Much slower regrowth Less need to shave

Session 8+

Smooth for longer Only occasional maintenance needed

💬 ***“Underarms are one of the quickest areas to respond — a great place to start if you want early wins.”***

Bikini / Intimate Area (Hormonal area)



Before



After

Example Timeline

Session 1-3

Some shedding Growth still noticeable

Session 4-6


Thinner regrowth Patchy areas

Session 7-10

Significant reduction Softer, finer hair

Long-term

Maintenance required (hormones play a role)

 ***“Hormonal areas can take a little longer - but the confidence boost is huge.”***

Face (Hormone-sensitive)



Example Timeline

Session 1–3

May feel like it's “not working yet” Hair still appears

Session 4–6

Slower regrowth Finer texture

Session 7–10

Noticeable reduction Easier to manage

Maintenance

Often required due to hormones

💬 **“Facial hair can be stubborn — consistency is key, but results are absolutely achievable.”**

💬 **“Larger areas such as back, chest, legs take consistency but once reduced, maintenance is easy.”**

What do the results *actually* feel like?

Because yes — smoother skin matters...

♥ Laser at Spaburbia is...
realising it's just a gentle warmth...
not pain
- Smooth Operator

But what most clients notice first is:

- ✓ less irritation
- ✓ less daily maintenance
- ✓ and a quiet sense of relief

That feeling of:

“I don't have to think about this anymore”

♥ Laser at Spaburbia is...
feeling completely at ease
in a situation you thought would feel awkward
- Spaburbia Client

Why results look different for everyone...

- **Hair colour + thickness**
- **Skin tone**
- **Hormones**
- **Area of the body**
- **Consistency of appointments**

Laser isn't a one-hit treatment - it's a journey.

But every session is a step closer to smoother, easier skin.

At Spaburbia, we don't chase perfection
we create progress you can feel confident in.

♥ Laser at Spaburbia is...

Surprisingly quick and effective! I'm
finally free!

- Spaburbia Client

MYTHS

Let's clear a few things up...

✗ "Laser is painful"

✓ It can feel a little warm, not painful or sharp

✗ "It doesn't work on me"

✓ Modern laser suits most people

✗ "It's just for women"

✓ Laser is for everyone

✗ "One session is enough"

✓ It's a course for long-term results

✗ "It can make the hair grow more"

✓ Once the hair follicle has been treated it cannot grow back

Frequently Asked Questions

(The “I can’t ask that” bit ...)


Does laser hair removal hurt?

Most clients describe it as pain free with the occasional warm sensation rather than pain. Our system uses cooling technology to keep treatments comfortable.

Can I have laser on intimate areas?

Yes - we regularly treat intimate areas.
Your comfort, privacy and dignity are always our priority.

I feel a bit nervous about intimate treatments...

That’s completely normal — and you won’t be the first to feel that way 
We create a safe, respectful and professional environment - and you are always in control.

Is laser suitable for transgender clients?

Absolutely.
At Spaburbia, we welcome and support all bodies.
Treatments are tailored to your individual needs, and we provide a safe, inclusive space where you can feel comfortable and respected.

Will it work on my hair type?

Our triple wavelength laser can treat a wide range of hair types. We'll assess this during your consultation and give honest guidance.

How many sessions will I need?

Most clients need 8–10 sessions, spaced 5–8 weeks apart, followed by occasional maintenance.

Can I shave between sessions?

Yes - shaving is recommended. Avoid waxing or plucking, as the hair needs to be present in the follicle for the laser to work effectively.

Are there any side effects?

You may experience slight redness after treatment, which usually settles quickly. We'll guide you through simple aftercare to keep your skin calm and happy.

What about hormones or PCOS?

- Hair growth may be more persistent
 - You *will* still get reduction
 - Maintenance may be needed
-

Will it get rid of ALL hair?

- Reduction + finer regrowth Not always 100% removal.

What if I've shaved for years?

- Doesn't affect results
 - Hair may feel thicker (at the ends are blunt) but isn't actually deeper
-



Can men have laser?

- Back, shoulders, chest = very popular
 - Great for gym confidence / holidays
-

Got more questions?

We're here to help, advise and guide you every step of the way. Message, call or book a free, no-obligation consultation to discuss your very own personalised hair-free, care-free journey with us today.

NEXT STEPS

Ready when you are...

There's no pressure here.

No expectation...

No need to rush...

Just support, guidance...

and a space where you can start when it feels right.

Whether that's...

booking your consultation

asking a question

or simply saving this guide for later

You're always welcome at Spaburbia

♡ Your skin. Your confidence. Your pace. ♡



And Finally...

A few Pro Tips

- ✓ Start in winter for summer results
- ✓ Consistency is key
- ✓ Hormones can affect results (this is normal)
- ✓ Maintenance keeps results long-term
- ✓ Avoid sun exposure during your course where possible
- ✓ Always use an SPF
- ✓ Gentle exfoliation will assist hair to shed



♡ *We look forward to welcoming you...* ♡
