



At Home Laser Hair Removal Safety Checklist

Before you buy any IPL or Laser hair removal device for home use, go through this checklist. This will help identify any red flags that may prevent you from being a good candidate for at home hair removal.

Once you go through a quick screening, we laid out a step by step prep for starting your hair free journey in the comfort of your own home.

1. Do you have any skin conditions that you see a doctor for?

Do you have any hormonal conditions that you see a doctor for?

Are you taking any antibiotics or have you taken any within the past 2 weeks?

Do you have a history of scarring?

If you answer yes to any of these questions, we advise that you DO NOT purchase an at home hair removal device AT THIS MOMENT.

You need to get cleared by your medical doctor before moving forward.

If you are taking antibiotics or have taken them within the past 2 weeks, wait until 2 weeks have passed since your last dose of antibiotics, then you can proceed to using your Laser or IPL hair removal device.

2. Fitzpatrick Skin Type



You are likely eligible if: You have Skin Type I-IV

You may not be eligible if: You have Skin Type V or VI

3. Hair Color

You are likely eligible if: You have dark colored hair like brown and black

You may not be eligible if: You have red, grey, light blonde colored hair

4. If you've made it this far, congratulations! That means that an IPL or laser hair removal device will very likely work on your skin. Now prep your skin for at home treatments.

-Avoid sun tanning, bed tanning and chemical peels for at least 2 weeks

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SKIN CARE

-Do not use aggressive scrubs, glycolic acids and retinol products within 2 days of treatment

5. One to two days before you plan on using your hair removal device, carefully shave your hair with a sharp razor.

6. Immediately before using your IPL or laser hair removal device, gently wash your skin and make sure to fully dry the area.

7. Test Patch



Choose one small area in your lower leg and start with the lowest intensity level.

Increase the intensity level as you apply pulses down your leg as shown in the image above.



You will repeat this process up to the intensity level that remains tolerable with a different spot for each intensity level. You don't have to get up to the highest energy setting, using a comfortable and tolerable setting is perfectly fine.

Look for any redness or pain in the area. If you notice some mild sensitivity with higher intensity levels, this is normal. Just lower the intensity level as tolerated. If this occurs, after 3 days, it should improve dramatically.

A Patch Test for At Home IPL Laser Hair Removal is important because it confirms that the device is safe for your skin. This will drastically reduce any chances of burning your skin.

Note: Some areas like brazilian and underarms are naturally darker than the rest of your body. Always start off at lower energy settings in these areas. Consider doing another Patch Test for these areas and sticking to lower energy levels.

8. If your patch test is normal, you are ready to start using your hair removal device. The journey for hair free smooth skin can begin!

The truth is, our at home hair removal devices are extremely safe. We just want to make sure we cover even the more sensitive skin types and possibilities while giving you the confidence to perform your own treatments at home, safely.

Check out Bold Skincare's very own at home [IPL Hair Removal Device](#) and our [SilkPro Laser Hair Removal Device](#).

Feel free to share this At Home Laser Hair Removal Checklist with anyone who you think might benefit from reading it!