

Beauty Basic or Killing it Softly.... with Lasers

By Patti Parish-Kaminski



Amerejuve MEDSPA's Mahtab Tehrani and Christina Weigle at their Sugar Land location.

With summer just around the corner, now is the perfect time to get your self summer ready. For me, that meant I started a new diet – again – and I decided to try something that I've never done before that would really help some of the "high maintenance" associated with summer dissipate. I decided on laser hair removal.

Now shaving is not a task I enjoy, and frankly, it can really irritate your skin. And let's face it – I nick myself – a lot! Now, it could have something to do with the fact that while I'm in the shower at least one of my kids needs me immediately, the phone rings or one of the dogs has decided to see if my eyeliner tastes as good as it looks. Yes, we editors lead truly glamorous lives.

In an effort to "test the waters" and get ready for those bare-armed days of summer, I dove right in. I knew if I cut down on shaving, my band-aid budget would drop drastically, so I decided to try laser hair removal on my under arm. After all, Selena at Amerejuve MEDSPA assured me, "It won't hurt a bit, and you'll love the results!"

I must admit after hearing those words, I was skeptical – and a little scared. I have girlfriends. I've heard the horror stories of women shrieking and jumping off of the treatment table in a state of agony during various beauty procedures. But, I was somewhat confident. I had two babies and have been married for 17 plus years. I knew I had a high tolerance for discomfort.

The day of my appointment finally arrived, and no one from the office would go with me. Really. I strutted out the door ready to face my fears solo. When I arrived at Amerejuve MEDSPA in Sugar Land, Christina was there in the lobby to greet me. I thought she was being friendly, which she certainly was, but in hindsight, she was probably there to make certain I didn't run.

After completing some paperwork, Christina took me to a treatment room and the questions started – by me, of course. After all, I'm a journalist and naturally curious albeit terrified about a procedure designed to burn something permanently off of my body! Christina was very engaging and answered my questions thoroughly and professionally. In fact, I started to feel a little sorry for her for having to deal with me!

Christina explained that there would be a minimal level of pain and that the under arms were the absolute best place to start hair removal. The skin might show a minimal irritation where the treatment was performed for a short period after, but in the first two to four weeks, 30 to 50% of the hair would be removed. The treatment was designed to slow down, and ultimately eliminate, hair growth in the treated area. She explained that many women received laser hair removal on their faces with no damaging side effects. Yes, I immediately looked around horrified for a mirror to see if I needed laser hair removal on my face. And, no, there was not a mirror to be found in the room.

Christina explained that most patients experience permanent hair removal after six treatments. Now, this information is imparted to me PRIOR to my treatment so I am sincerely shocked that anyone could possibly go through this anxiety-ridden experience five more times!

I compose myself and get ready. There's no anesthesia, no bullet to bite, no nothing. Essentially, you lie down on a table with your hands above or under your head to expose your under arms. After removing any deodorant and placing safety glasses on your face – after all, it is a laser – the technician tests a spot to see how you react. No, I did not jump off of the table screaming to high heaven. It was a hot blast – similar to a hair dryer on high – localized in one spot for maybe 2 seconds. It was quick and really only stung a bit during the application. Once the laser stopped, there was no lasting burning sensation, just a bit of discomfort that immediately dissipated when Christina gave me ice packs to put under my arms.

Christina finished the treatment on both arms with seven to eight short blasts. It took less than five minutes. To say I was shocked is an understatement. I really couldn't believe it. Of all of the horror stories I had heard, I was actually a bit disappointed. I would have no hair-raising tale of torture and mayhem to come back and tell my girlfriends. I couldn't write the saga for my readers and tell them how I "took one for the team" so they would never have to experience the pain of beauty.

It was quick, relatively painless and the staff at Amerejuve MEDSPA were incredible. Seriously, I've had drive-thru experiences at fast food restaurants that were more painful.


I bid farewell to my new friends, Christina and Mahtab, the office manager, and headed home. As soon as I walked in the door, I immediately disrobed and checked – what I knew would be – the disaster zone. I got out the magnifying mirror – y'all know I can't see anything – and examined my under arms certain that although I was not in pain, I would find redness, welts and overall carnage. There was nothing. No trace whatsoever of the procedure.

Today, I find myself summer ready – at least my under arms are – and proud of myself for experiencing something new. Maybe next I'll try sky diving. On second thought, I'll just go to see Christina again and stick to beauty basics. Turns out, they're not nearly as scary.

About

Amerejuve

MEDSPA

Amerejuve offers Houston and the surrounding communities a vast array of esthetic services ranging from cosmetic facial rejuvenation to FDA-approved laser hair removal. The company was founded in 2008 as the precursor of American Rejuvenation Centers. Amerejuve is dedicated to bringing the kind of cosmetic services that were only available to "Hollywood Stars" to the mainstream. The focus of Amerejuve is non-surgical treatments for cosmetic and skin rejuvenation. Exciting new services are constantly being added. In 2010, Amerejuve will be introducing RED CIRCLE™, our exclusive, metabolism-based, personalized weight management program. For more information on Amerejuve, please visit www.amerejuve.com or call 713-960-6262. 

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