



### Healthy You

By Daniel Casciato

Unwanted hair is a problem for both women and men. For a permanent way to gently remove unwanted hair, you may want to consider laser hair removal. It offers an alternative to plucking, shaving and other temporary methods.

Laser hair removal can be used to remove hair just about anywhere - on women's faces, bikini area, underarms, legs, arms, and men's backs, chests and beards.

Marsha Mondani, a Registered/Certified Electrologist in Butler County, has been a hair removal specialist for 27 years. Mondani stressed that consumers should know the experience and training of anyone they choose to perform the procedure.

In the state of Pennsylvania, hair removal falls under "Cosmetology" and is not licensed under its own category. This means that just about anyone with a few hours of training on a machine can perform hair removal.

According to Mondani, the Pennsylvania Society of Electrologists is trying to get licensing passed in the state that mandates only those with extensive training in the field of hair removal could perform the procedures. Currently, only 14 states have strictly licensing laws.

Laser hair removal originated with lasers that were used to treat "spider" veins. These lasers had hair-removing powers, but the wavelength penetrated too deeply to effectively remove hair permanently. New technology has been developed in lasers where wave depths target the hair root that lies below the surface of the skin.

The laser that Mondani uses is the only on the market that is FDA-approved for permanent reduction of hair growth.

"This long-pulsed high energy alexandrite laser emits a beam of light that passes through the skin to the hair follicle where it is absorbed and destroys the hair follicle," she said.

The skin is protected by a patented Dynamic Cooling Device where cryogen is sprayed onto the skin, cooling the upper layers and providing patients with increased comfort.

Mondani also offers electrolysis, which is approved by the FDA for permanent reduction. Electrolysis works by sending a heat current down a tiny wire filament that is inserted into the hair shaft and destroys the hair follicle.

Laser hair removal and electrolysis both have their benefits, but one treatment may work better than the other in individual circumstances. To decide which treatment is right for you, contact a hair removal specialist that has extensive training in all methods of hair removal.

For more information about Mondani's services, call 724-586-9266 or visit [www.hairfreesolutions.com](http://www.hairfreesolutions.com).

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