



A Lesson in Lasers: How to Rid Wrinkles, Banish Hair and Reduce Redness

Scrubs, serums and shaving can only do so much. While new result-promising products are rapidly rolling out, there are technologies that just can't fit in a tube. Whether looking to reduce fine lines, undo hyperpigmentation, or say goodbye to stretch marks, here's a short list of FDA-cleared, and dermatologist recommended, laser treatments that will help.

LightSheer Desire

Recommended by [Paul Jarrod Frank, MD](#)

What it does: Removes and permanently reduces hair.

How it works: The laser uses a vacuum to stretch and draw the skin into the device. The trick of hair removal is targeting the hair follicle, this laser's spot size is 5 to 10 sizes larger than most, so it covers larger areas faster.

Best Candidates: It works best on those with dark hair and light skin, but it is suitable for all hair and skin types.

Preparation: Shave the treatment area.

Treatment time: 5 to 10 minutes.

Pain Factor: None, a bit of tickling. No numbing cream needed.

Recovery time: None.

How long it lasts: 95% of the hair is permanently removed.

Cost: Varies per area. For example, full legs: \$750/treatment.

Number of treatments needed: four to six

When to go: January, or winter months are best in order to allow enough time so you can be ready for summer