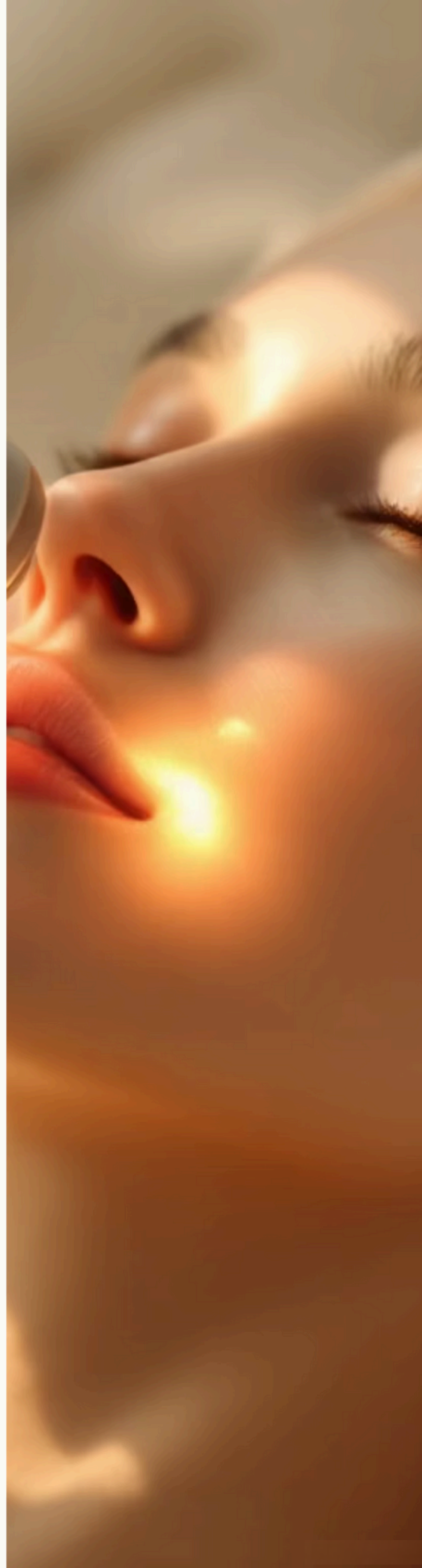




Your Complete Guide to Laser & Light-Based Skin Treatments

*A Refined, Patient-Friendly Guide to Today's Most
Advanced Skin Technologies*



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Welcome to Your Skin Transformation Journey

At Urban Aesthetic, we believe that confidence begins with understanding. This guide was designed to help you learn about today's most advanced laser and light-based skin treatments—explained clearly, supported by science, and focused entirely on your safety and results.

Modern energy-based treatments can rejuvenate your skin, refine texture, soften pigment, reduce redness, support collagen, and reveal a healthier, more radiant complexion. Whether this is your first time exploring treatment options or you're seeking deeper clarity, our goal is to help you feel informed, empowered, and excited for the journey ahead.

What Are Laser & Light Treatments?

A Modern, Non-Invasive Path to Healthier Skin

Laser and light-based treatments use precise energy—such as light, heat, or sound—to target specific concerns beneath the skin’s surface. By working below the outer layer, they help reveal clearer, smoother, more radiant skin over time.

How These Technologies Improve Skin

These treatments work by interacting with specific structures in the skin, called chromophores — including melanin (pigment), hemoglobin (redness), water, collagen, and hair follicles.



Melanin

Clears dark spots & sun damage



Hemoglobin

Reduces visible blood vessels & redness



Water in the Skin

Smooths texture & softens fine lines



Hair Follicles

Supports long-term hair reduction



Collagen

Rejuvenates, firms, and supports skin strength

Your Body + Advanced Light = Remarkable Results

What Happens After Treatment

01

Target Identified

Energy gently disrupts unwanted pigment, vessels, or cells.

02

Natural Clearance

Your body gradually removes the treated structures.

03

Collagen Rebuilds

Fresh collagen forms, strengthening and revitalizing the skin.

04

Visible Results

Your complexion becomes clearer, brighter, smoother.

Why People Choose These Treatments

They combine precision, safety, and low downtime, making it possible to address many concerns in a personalized, natural-looking way — whether you seek subtle refinement or a more noticeable change.

Getting Started With Laser & Light Treatments

What to Expect at Your First Visit

Before any treatment, we take time to understand your skin, health, and goals. This ensures your experience is safe, personalized, and designed for the best possible results.

Your Skin & Your Treatment Plan

Your consultation is focused on understanding *you*. We examine your skin, review any relevant medical details, and discuss your goals so we can plan your treatment safely and effectively. Based on what we learn, we select the laser or light-based technology that best suits your skin type and concerns. Each device targets different issues — such as pigment, redness, or texture — and we match the safest and most effective option to your needs.

How We Build Your Plan



This thoughtful approach ensures your treatments address your concerns effectively while also respecting your unique skin and health profile. Every step is designed to give you a clear path — one that leads to safe, predictable, and naturally beautiful results.



Understanding Skin Types: The Fitzpatrick Scale

Your skin type matters — not because certain tones *can't* receive treatment, but because different tones require different wavelengths and settings to stay safe and achieve the best results.

What the Fitzpatrick Scale Is

The Fitzpatrick Scale is a medical classification that describes how your skin reacts to sun exposure. It ranges from:

Type I: very fair, often freckles, always burns/peels, never tans	Type II: fair skin, may freckle burns easily, rarely tans	Type III: medium skin, sometimes burn, sometimes tans	Type IV: olive or tan, rarely burns, often tans
Type V: deeper brown skin, rarely burns, always tans		Type VI: richly pigmented skin, never burns, only tans	

Why Your Skin Type Matters

Your skin's melanin level affects how it responds to light and heat. Lighter tones absorb less energy, while deeper tones absorb more. This means we customize the **wavelength, device choice, pulse duration, and treatment intensity** to ensure your treatment is both safe and effective.

What This Means for You

All skin tones can be treated safely with the right settings, technology, and expertise. Understanding your Fitzpatrick type helps us tailor your treatment for the most even, radiant results. For medium to deep skin tones, this careful approach is especially important to protect your skin and enhance your outcome.



Treating Dark Spots & Pigmentation

Surface to Deep: Understanding Pigmented Skin

Pigmentation can appear for many reasons — sun exposure, hormones, inflammation, or previous acne — and not all spots sit at the same depth. Understanding **where** the pigment lives helps your provider choose the safest and most effective treatment.

Types of Pigment

Surface-Level Pigment (Epidermal)

Examples: freckles, sunspots, early sun damage
These spots sit close to the surface and respond quickly.

Best for:

- IPL Photofacials or 532 nm pigment lasers
- Q-switch lasers for precise spot correction

Deeper Pigment (Dermal)

Examples: melasma, deeper PIH, long-standing dark patches
This pigment lies deeper in the skin and requires gentler, pigment-safe approaches.

Best for:

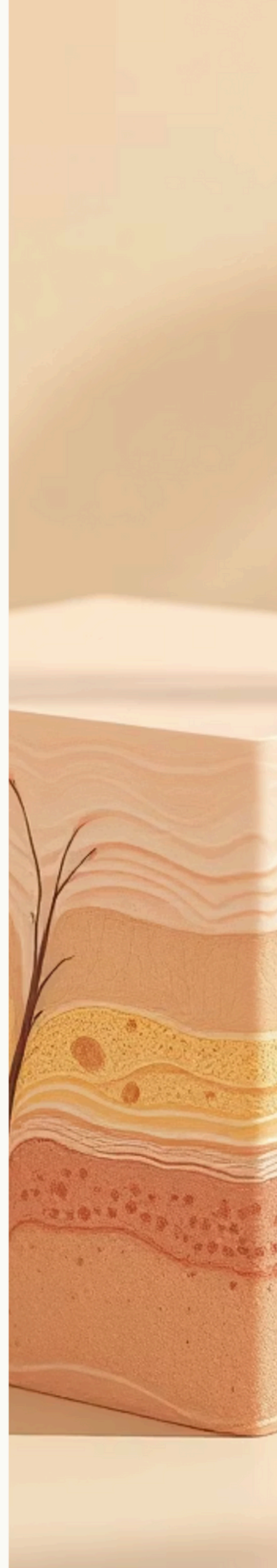
- 1064 nm Nd:YAG
- Low-energy protocols for medium–deep skin tones

Mixed Pigment

Many people have a combination of surface and deeper pigment —especially with melasma or long-term sun exposure.

Best for:

A **layered treatment plan** using multiple technologies for safe and even brightening.



Treatment Options & What to Expect

How We Treat Pigmentation

After identifying whether pigment is superficial, deeper, or mixed, we match it to the technology that treats that specific layer of skin most effectively.

Below are the most common methods used to safely brighten the skin:

Q-Switch Lasers: Precision Spot Erasers

Break pigment into tiny particles your skin naturally sheds.

Best for: freckles, sunspots, dark acne marks, tattoo removal

What to expect: tiny crusts that flake off in 1–2 weeks.

IPL & 1064 nm Lasers: Gentle, Even Brightening

Use controlled light or heat to gradually lift unwanted pigment.

Best for: uneven tone, widespread sun damage, pigment + redness combinations

What to expect: spots darken slightly, then shed over a few days.

What You'll Notice After Treatment

01

Darkening First

The pigment lifts toward the surface, so treated spots may appear slightly darker at first.

02

Shedding Over Days

As your skin renews, the darkened spots flake lightly, revealing fresh skin beneath.

03

Clearer, Brighter Skin

Tone becomes more even and radiant as the pigment clears.

Why Personalized Care Matters

Pigmentation behaves differently depending on depth, cause, and skin tone. By choosing the safest wavelength and the right treatment sequence, we brighten your skin evenly while minimizing the risk of post-treatment darkening — especially for medium to deep skin tones.



Treating Redness & Visible Blood Vessels

Calm, Even, Balanced Skin Tone

Redness can appear as flushing, broken capillaries, or small red bumps like cherry angiomas. These concerns happen when tiny blood vessels sit close to the surface of the skin — and they respond beautifully to targeted light-based treatments.

Common Concerns

- Facial flushing
- Rosacea
- Broken capillaries
- Spider veins
- Cherry angiomas

How Light Treats Redness

Light energy gently heats the tiny vessels, causing them to safely collapse. Your body then clears them naturally over time, leaving the surrounding skin untouched.

Best Devices

- **IPL:** superficial redness & rosacea
- **Nd:YAG:** deeper, thicker vessels

Expected Results

- Rosacea reduces gradually
- Angiomas often clear in 1–2 sessions
- Redness fades, revealing a calmer complexion

Most treatments feel like gentle warmth and involve little to no downtime.

Acne & Light-Based Therapies

A Gentle, Modern Approach to Clearer Skin

Light-based treatments offer an effective and non-irritating way to manage acne and the marks it leaves behind. Instead of harsh scrubs or drying ingredients, these treatments target the deeper causes of breakouts while supporting overall skin clarity. Here's how they work:



Reduces Acne-Causing Bacteria

Specific wavelengths of light penetrate the skin to precisely reduce the population of P. acnes bacteria, a primary contributor to inflammatory acne.



Calms Redness and Inflammation

The therapeutic light energy calms angry, red lesions and diminishes overall skin inflammation, offering immediate relief and promoting a more even complexion.



Supports Balanced Oil Production

By gently modulating sebaceous gland activity, light treatments help to regulate excessive oil production, minimizing clogged pores and preventing future breakouts.



Fades Post-Acne Dark Marks

Light-based treatments effectively target and break down excess pigment, helping to fade unsightly post-inflammatory hyperpigmentation (PIH) for a clearer, more luminous skin tone.

This advanced approach is ideal for those experiencing:

- Mild to moderate acne
- Red, inflamed breakouts
- Pigmentation from past acne

For Acne Scarring, non-ablative and resurfacing lasers help smooth uneven texture and soften acne scars by stimulating new collagen.

Whether you desire to reduce active breakouts or beautifully smooth the remnants of past acne, light-based therapies offer a pathway to refined and radiant skin, tailored with precision and care.

Skin Rejuvenation & Texture Improvement

Youthful, Radiant, Naturally Rejuvenated Skin

Over time, sun exposure, collagen loss, and daily stress can change how the skin looks and feels. These changes may appear as fine lines, enlarged pores, uneven texture, mild laxity, early aging, mild scarring, or a dull complexion. Rejuvenation treatments can stimulate the skin's natural repair processes, improving firmness, texture, and overall tone.

Common Rejuvenation Technologies

Intense Pulsed Light (IPL)

Targets redness and sun-induced discoloration, helping brighten and even overall tone.

Radiofrequency (RF)

Gently heats deeper skin layers to support collagen and elastin production, improving firmness and texture.

Micro-focused Ultrasound (MFU)

Delivers precise energy to deeper layers, helping lift and tighten areas such as the face, jawline, and neck.

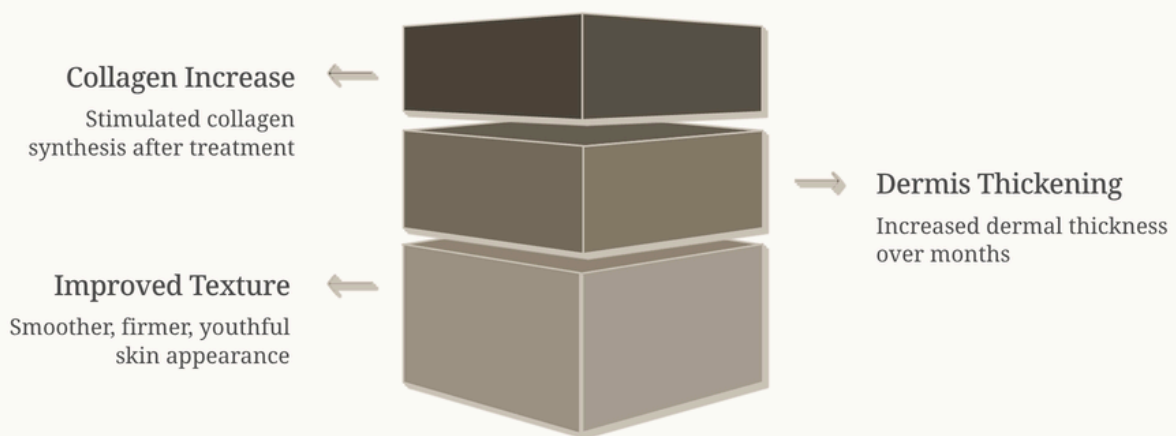
Non-Ablative Lasers

Heat the dermis to improve fine lines and texture with minimal downtime.

Ablative Lasers

Remove layers of damaged skin for more visible texture or wrinkle improvement.

How the Skin Responds Over Time



Collagen production increases gradually over 6–12 weeks, so improvements continue even after treatment.

Laser Hair Removal: A Gentle, Effective Path

Smooth Skin, Long-Lasting Confidence

Laser hair removal works by targeting the pigment (color) in the hair root. With each session, treated hairs become finer and lighter, revealing smoother skin. This advanced treatment offers unparalleled precision, comfort, and remarkable results, allowing you to embrace effortless elegance.



Precision at the Root

Energy is absorbed by the pigment in each hair, allowing the laser to target the follicle without affecting the surrounding skin.



Suitable for Many Skin Tones

Modern laser systems include options designed to treat a wide range of skin tones and hair types safely.



Gradual, Noticeable Reduction

Most people need a series of sessions. Each treatment further reduces growth as follicles cycle through active phases.



Minimal Discomfort & No Downtime

You may feel a brief snapping sensation. Most people return to normal activities right away.

What to Expect During Treatment

- You may notice mild redness around treated hairs afterward — this is normal and temporary.
- As the hair becomes finer, settings may be adjusted for precision.
- Results accumulate gradually over multiple sessions.

Safety Considerations

- Special protective eyewear must be worn by you and the specialist.
- Inform your practitioner about any skin conditions, infections, or medications that increase light sensitivity.
- Laser hair removal is not recommended during pregnancy.
- Very light, gray, or red hairs may not respond well due to low pigment.



Caring for Your Skin After Laser & Light Treatments

A simple guide to support calm, healthy healing

Most laser and light-based treatments have minimal downtime, but your skin still needs gentle care afterward. These are the essential steps that apply to nearly all light-based procedures.



Right After Treatment

- Mild redness or warmth is normal
- Apply cool compresses if recommended
- Avoid touching, rubbing, or heating the skin
- No makeup or active skincare for the first 24 hours
- Cleanse only with a gentle, non-foaming cleanser



How Your Skin heals

Healing depends on how deep the light energy reached:

- **Superficial treatments (IPL, redness, pigment):** Mild redness, slight darkening of pigment, or light flaking for a few days.
- **Deeper treatments:** More dryness or flaking as new skin forms.



Protecting Your Skin

Your treated skin is more sensitive to sunlight.

- **Protecting Your Skin**
- Daily SPF 30+ is essential
- Avoid sun and heat for 1–2 weeks
- Wear hats and protective clothing
- Sun protection helps prevent unwanted darkening

Contact your provider if you notice spreading redness, persistent swelling, unusual pain, or any signs of infection. Also reach out if an irritation lasts longer than your provider advised.

Your Skin, Renewed

— A Final Note

Every person's skin tells a story—of sunlit days, expressions shared, moments lived, and milestones met. Laser and light-based treatments aren't simply about correction; they're about helping you feel aligned with the way you want to show up in the world.

Thank you for taking the time to understand your options and explore what's possible. If you choose to begin this journey, know that you won't walk it alone. Our role is to guide, protect, and personalize every step—so your results feel natural, confident, and uniquely yours.

Here's to clarity, renewal, and skin that reflects the very best of you.

