

Comparison of various methods of permanent hair reduction

Method	Overall Rating	Patient Comfort	Long Term Results	Skin Types	Wave lengths of Light (nm)		General Comments Positive (+) or Negative (-) Comments
Ellipse I ² PL Second generation intense pulsed light	A	A	A	All (1-6)	600-950 ¹ 645-950 ²	++ ++ ++ ++ ++ -	Least painful, no cooling required, no anaesthetics required. Proven results with 10 year follow up study proving success. Treats all 6 skin types. Applicator ¹ recommended for skin types 1-3; ² for types 4-6. Fastest treatment time. Easy learning curve. Requires use of thin layer of optical gel.
First generation Intense Pulsed Light	B	B	B	Typically 1-4 or 1-5	Typically 590 to 1200	+ + + - - -	Less painful than laser, cooling may be required. Low pain, no anesthetics needed. Long term success. Treats most skin types. Requires expert operator to use full range of settings safely and effectively. Wide range of systems available, some with poor results, greater pain. Requires use of thin layer of optical gel.
Diode Laser	C	C	C	1, 2, 3,4	800 or 810	- - -	Somewhat painful. Little long-term data. Not recommended on dark skin.
Nd:YAG Laser	C	D	C	All (1-6)	1064	- - - ++ - -	Painful. Little long-term success data. Requires cooling Treats all 6 skin types. Only effective on dark (ideally black) hair.
Alexandrite Laser	D	C	B	1, 2, 3	755	- + - - -	Moderate pain. Treats skin types 1, 2, 3. Cannot be used on dark skin.
Ruby Laser	E	C	B	1, 2	694	- + - -	Moderate pain. Treats skin types 1, 2, 3. Cannot be used on dark skin.
Other (e.g. Radio Frequency)	F	C	C	?		- - -	Claims made are rarely borne out in practice. Little or no clinical data.

Code: A = Best; F= Worst. Overall rating is a combination of comfort and effectiveness plus other noted considerations.

The information on this site is provided as our analysis and opinions as of June 2011. For more specific information contact Ellipse's clinical specialists at clinical@ellipse.org.
When considering having a treatment, it makes sense to choose only a system that has a **proven** track record for both treatment results and client/patient comfort. Systems with claims for "100% Clearance", "Pain-free Treatments", or systems recommending treatment intervals for body, arm or leg hair of only 4 weeks or less are highly misleading.