



# Hit the spot

With Dr Catherine Stone, as seen on TV One's *10 Years Younger*

## Winter is an ideal time for IPL treatment

**Q** I have brown spots from sun damage on my face, and I read that IPL is an effective treatment. When is the best time to start IPL treatments?

**A** Winter is the perfect time to start planning your Intense Pulsed Light (IPL) treatments, and IPL can also be used for any redness of the skin or fine broken blood vessels. You may need 3-5 treatments, but often significant change can be achieved in a couple of treatments over winter.

If you are not already using medical skin products

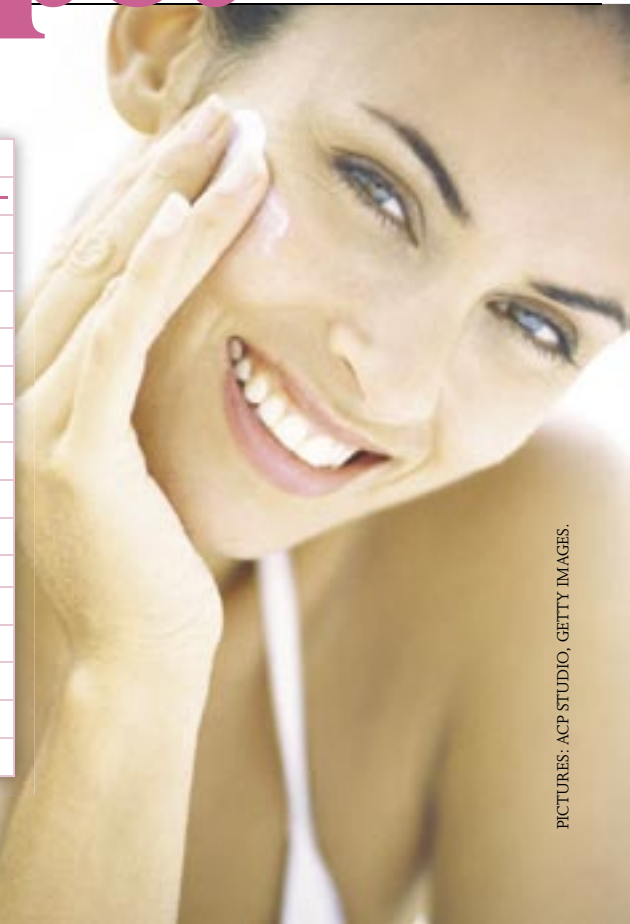
containing vitamins A and C, you should see your therapist and start them now. They will help prepare your skin to maximise your IPL results. You would ideally use these products for 4-6 weeks before starting your treatments.

Your therapist may start you on products containing tyrosinase inhibitors, such as azaleic acid or kojic acid, these will help settle your pigment-producing cells (melanocytes) down.

It is important to re-establish the ideal settings of the machine for your skin with an updated patch test. Ideally, your skin will be as pale as possible to allow the light to selectively target the brown pigmentation spots.

### IPL treatment

**HOW MUCH:** Full face - \$500 per treatment. Half face - \$250 per treatment. Ask about package deals as you will often need more than one treatment.  
**RECOVERY:** Some people get redness of the treated area that day, this can be covered with mineral make-up. Pigment may turn darker for 7-10 days and then flake off.  
**TREATMENT TAKES:** Approx 30-60 minutes per treatment depending on size of area treated. Good clinics will offer a consultation and patch test prior to any treatments.



QUESTIONS FOR CATHERINE? WRITE TO [wdaynz@acpmagazines.co.nz](mailto:wdaynz@acpmagazines.co.nz) OR  
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