

IPL and Laser Hair Removal: Which one's the winner?



Meta Description:

Still confused between choosing IPL and Laser Hair Removal? Read here to find out the pros, cons, and costs, and know what's best for you!

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Introduction

So you have finally decided to go for a permanent solution for those unwanted body hair but are still trying to determine what method is the best for you? Well, congratulations!! You are at the right place. IPL and Laser Hair removal are the new talk of the town when it comes to permanent solutions for Hair removal! Read here to find out what works best for you.

Comparison

We will go through the two most famous Permanent Hair Reduction methods and compare them in every aspect to help you choose which one is the best fit for you! Let's deep dive into the comparison of both methods.

How do IPL and Laser Hair Removal work?

Laser:

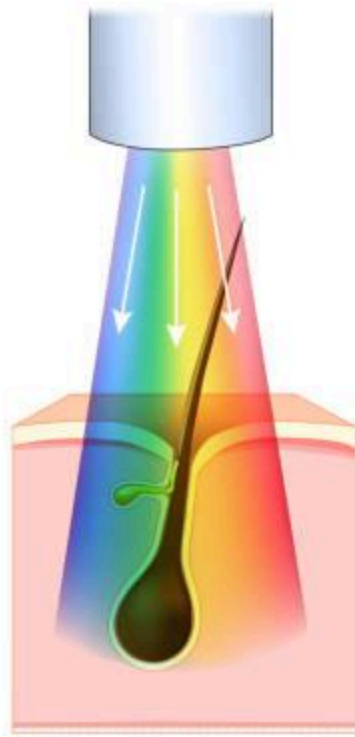
The laser uses a single wavelength of light that is coherent and directly targets melanin-rich hair follicles making the hair weak.

IPL

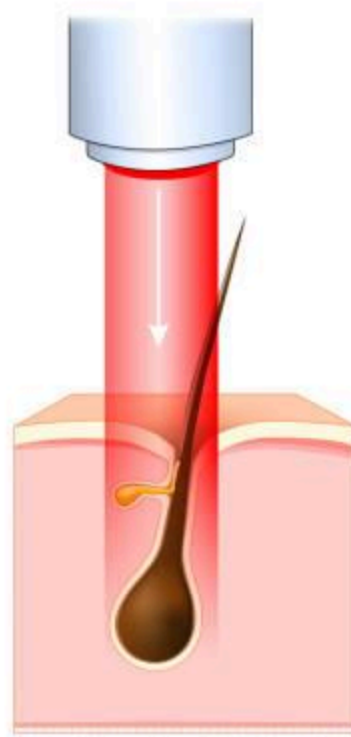
While IPL(Intense Pulse Light) uses multiple wavelengths of light and covers a broader area and hence is less focussed towards hair.

Hair removal

(difference between IPL & Laser)



IPL
(intense pulsed light)



Laser
(single wavelength)

Cost spend

Permanent laser hair removal can be costly due to the expensive machines used. A good laser machine can cost up to 10,000 \$ to 50,000 \$. Logically, a single setting for IPL at a professional Clinic might seem cheaper than a laser but it needs many more sessions hence Lasers can be a cheaper option in the long run. Nowadays, home-use IPL devices are also available that can fall somewhere between 500-1000\$, which can be a cheaper alternative to professional IPL.

So the winner in terms of “cost” is IPL!

Suitability for different skin tones

Ideally speaking, the best candidates for laser hair removal are fair-skinned individuals with dark black hair. But now due to constant advances in technology, longer wavelength lasers like [Nd: YAG laser are safe](#) for melanin-rich individuals. IPL on the other hand has a broader range of action and is less likely to target the hair follicles directly, making it less suitable for rich-skinned people.

The winner in terms of “suitability” is Laser Hair Removal!

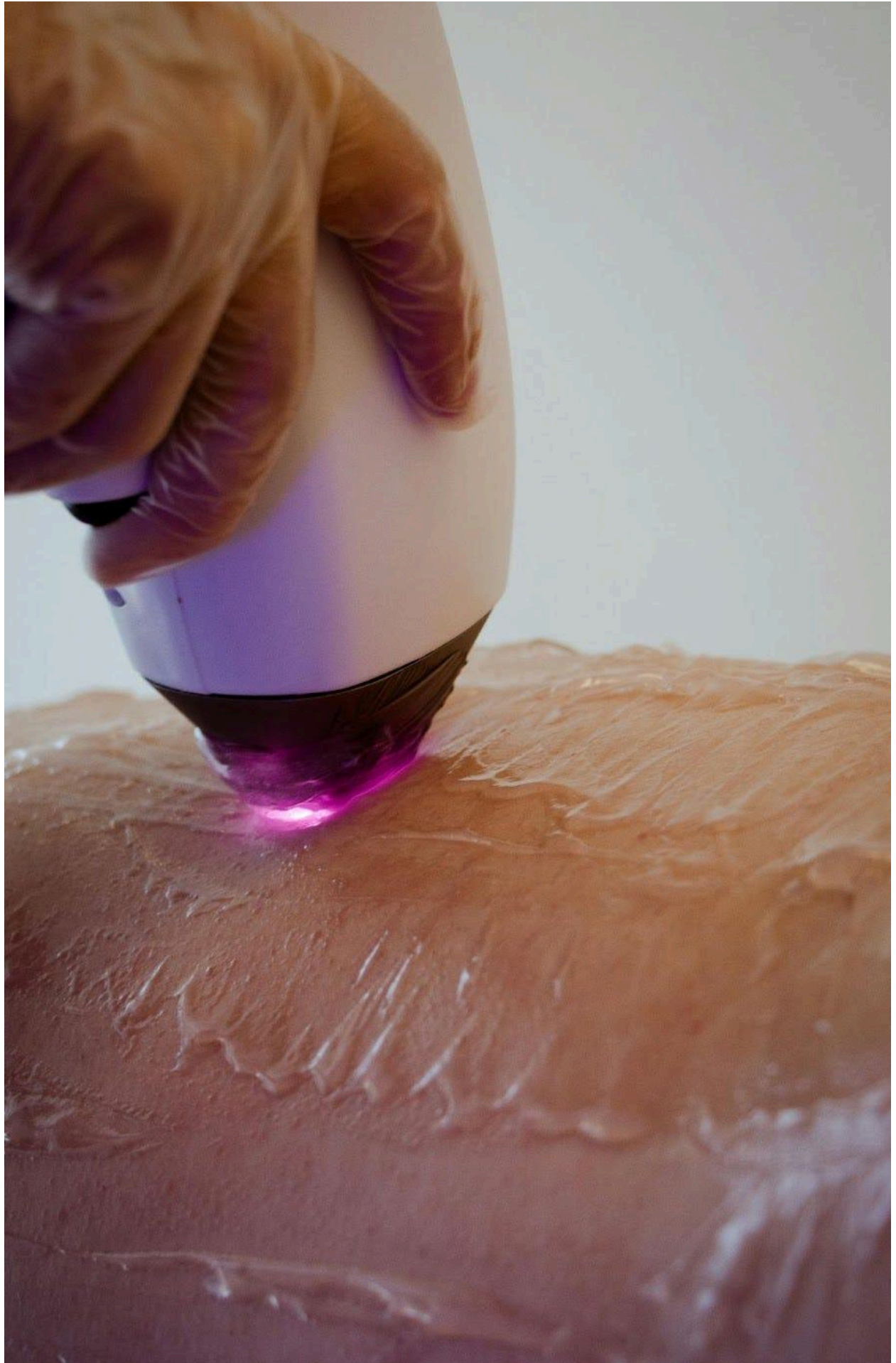


Treatment Duration

The time duration for a single session for both laser and IPL can depend on the area in which it is being done. On average, it could take 20 to 45 minutes or even an hour per session. However, contrary to what one might perceive, IPL could take a little longer as one might need to go over an area more than once, as it is less strong than a laser. 6-8 sessions per year are advised for laser to see the results. IPL also needs weekly or monthly sessions depending on the hair growth pattern.

So, the winner in terms of “Treatment duration” is Laser Hair Removal. This is because laser overall takes less time to show fruitful results.

Pain





Both methods are generally considered pain-free hair removal methods but it can vary depending on your pain tolerance. Technically, the laser can be a bit more painful or uncomfortable as it uses a stronger light as compared to IPL which can be pain-free. But now with the latest advancements, cooling gels are applied before initiation of Laser therapy which can have a soothing effect. Numbing creams can also be applied based on the pain tolerance level. Overall people describe it's experience as having a "warm massage."

Both Laser and IPL have almost the same pain level.

Results

Both IPL and Laser Hair removal are very promising to give the best results as long as you are having it done by the right Professional and [your hormone levels are in check](#). Both can give longer hair-free periods as compared to other conventional hair removal methods.

As mentioned earlier, the winner in terms of "results" is Laser Hair Removal.

Side effects

The side effects of both methods depend on various factors. For a Laser, it depends on the type of laser used, the skill of the aesthetician or doctor performing the laser, and pre and

post-procedure care. The same goes for IPL, it is advised to read the description manual and instructions carefully before doing the procedure oneself. The [side effects](#) of both of them include Skin burn, irritation, hyperpigmentation, hypopigmentation, and scarring.

Here again, most are equal in terms of side effects.

Pre and post-procedure care

Pre-treatment care

Pre-session treatment is more or less the same for both methods which include avoiding Sun exposure, applying Sunscreen, avoiding using harsh exfoliants, and certain chemical products like retinoids and peeling solutions. Shaving before treatment is also mandatory for both Laser and IPL.

Post-treatment care

[Post-treatment care](#) is also comparable for both methods and includes avoiding sun exposure, generously applying sunscreen, avoiding hot showers, Saunas for two weeks, and any factor that could irritate the skin. But the post care is more important for IPL as it has a higher chance of causing side effects like hyperpigmentation and irritation.

Here again, the pre and post-procedure care is almost equal for methods. But, IPL may demand a little more care.

Summary

So to conclude the discussion, which one is better?

- Laser hair removal is best for you if you want quicker and more effective results!
- IPL hair removal is best for you if you are looking for budget budget-friendly option!

Hope this article helps you find your best method and if so feel free to share it with your friends or anyone who needs guidance in this regard!

FAQs

1. What is the main difference between IPL and Laser Hair Removal?

The main difference is the type of wavelength of light used, laser uses a coherent, monochromatic light beam that is more targeted. While IPL uses a broader beam of light.

2. Is laser hair removal safe for darker skin tones?

Yes, but choosing the Laser is important. NdYag is best suited for darker skin tones.

3. Is laser hair removal permanent?

Yes, laser offers a permanent solution for hair reduction. However, it can depend on some factors like your hormones and proper treatment sessions.

4. Can laser hair removal be used on all body parts?

Yes, the laser is made to be used on all body parts but choosing the right wavelength and type of laser is important. The medical professional provides you with the best possible type of Laser suitable for you.