YOUR SMOOTH SKIN ERA

Your free guide to laser hair removal.

Less shaving. Fewer razor bumps. More freedom.

Discover the technology, the treatment journey, and answers to your biggest questions.

636-391-0015

www.lasermestl.com



LASER ME

Saint Louis

Less routine. More living.

There is a particular kind of freedom in getting dressed without giving unwanted hair a second thought.
The outfit. The getaway.
The last-minute invitation.

Your beauty routine should work around your life, not the other way around.

Consider this your introduction to your smoother chapter.



Imagine a life without shaving or waxing.

Laser hair removal delivers permanent hair reduction, not permanent hair removal. It targets hair at the root during its active growth phase, so an initial eight-treatment series is needed as your hair cycles shift. Results vary.



THE SECRET TO SMOOTH SKIN THAT LASTS

What if smooth skin was one less thing you had to think about?

Think about how often unwanted hair interrupts your life. The last-minute shave before a night out. The irritation after shaving your bikini line. The appointments you schedule around waxing. The routine you have repeated for years.

Now imagine a different kind of beauty routine. One where you spend less time managing unwanted hair and more time enjoying your skin. That is the promise of laser hair removal.

Unlike shaving, which cuts hair at the surface, or waxing, which temporarily removes it from the follicle, laser hair removal uses concentrated light absorbed by the hair shaft and converted to heat, weakening the follicle's ability to regrow.

The result is progressive, permanent hair reduction that can dramatically simplify your routine. Results vary.

But there is something most people do not realize. The secret to beautiful results is not just getting laser hair removal. It is choosing a provider who understands how to use the technology well.

That is exactly what this guide will help you do.

Meet the Candela ~~Gentle~~MaxPro.

The secret to a smoother routine is not another razor. It is understanding what is possible with laser technology.

Meet the Candela GentleMax Pro.



A professional laser platform built for permanent hair reduction, delivered by practitioners who tailor every setting to you. Laser Me has cared for Saint Louis



CHAPTER ONE
WHY LASER WORKS

Concentrated light targets the hair follicle at the root, not the surface of the skin.

Shaving cuts hair above the skin. Waxing pulls it from the follicle. Both are temporary.

Laser hair removal works differently. A pulse of light is absorbed by the pigment in the hair shaft and converted to heat, which weakens the follicle's ability to regrow.

Because hair grows in cycles, each treatment reaches a new group of follicles. That is why results build gradually across several appointments.

The result is progressive, permanent hair reduction.

The Candela GentleMax Pro delivers two wavelengths, so your practitioner can match the approach to your skin tone and hair type.

Its Dynamic Cooling Device delivers a cooling spray before each pulse, which helps protect the skin and improve comfort.

Technology matters, but so does the hand that operates it. Experience, training, and careful settings are what turn a capable device into a good result.

That is the difference this guide is here to explain.

It's Personal. As It Should Be.

The best beauty decisions begin with a conversation.

Your skin. Your hair. Your goals.

At Laser Me, we take the time to understand what you want from laser hair removal before creating a personalized treatment plan.

Because one size never fits all.



THE SCIENCE BEHIND YOUR SMOOTH SKIN JOURNEY

Eight Treatments

Here is something fascinating: your hair is not all growing at the same time.

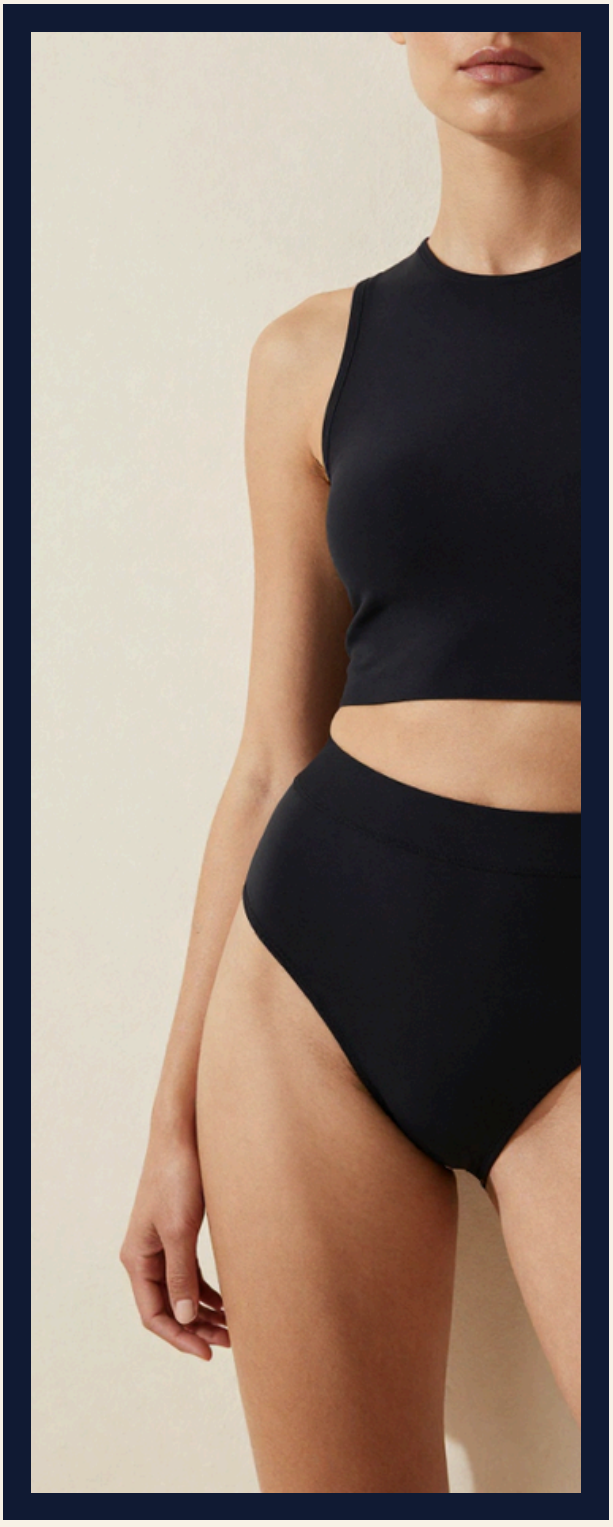
Every hair moves through a natural growth cycle, and laser treatment is most effective during the active growth phase, when the hair is connected to the structures the laser needs to target.

At any given appointment, only a portion of your hair is in that ideal phase. That is why multiple treatments are necessary.

At Laser Me, our signature approach begins with an initial eight-treatment series. Each appointment gives us another opportunity to target actively growing hairs as they cycle.

Over time, many clients notice hair growing back more slowly, becoming finer, and appearing less dense. The experience is progressive. Your results build as your treatment series continues.

The final number of treatments varies by hair color, thickness, skin type, hormones, and treatment area. Results vary.



Great results are not about rushing through appointments. They are about giving the process the time and consistency it deserves.

MAINTENANCE

What happens after your last laser treatment?



Let us talk about something every client deserves to know: laser hair removal delivers permanent hair reduction, not permanent hair removal. Maintenance as needed is part of the plan.

After your initial series, some regrowth can occur over time, and occasional maintenance treatments may be recommended.

Because our bodies continue to change.

Hormonal fluctuations, aging, genetics, and even certain medications or medical conditions can influence hair growth.

What matters most is understanding your results and having a long-term plan that works for you.

THE TECHNOLOGY

Not all lasers are created equal.

When it comes to laser hair removal, the technology matters. At Laser Me, we use the Candela GentleMax Pro, a professional laser platform featuring two distinct wavelengths.

Why is that such an advantage?

Because different skin tones require different treatment considerations.

A LITTLE EXTRA COMFORT

The GentleMax Pro also features Candela's Dynamic Cooling Device, which delivers a cooling spray immediately before each laser pulse to help protect the skin and improve treatment comfort.

And because the device offers different treatment settings, your practitioner can customize the approach based on your individual needs.

The technology is impressive. But what makes the difference is knowing how to use it. That is why the experience behind the laser is every bit as important.

TWO WAVELENGTHS. ONE ADVANCED PLATFORM.

755 nm Alexandrite

A powerful option commonly used for lighter skin tones with suitable pigmented hair.

1064 nm Nd:YAG

A wavelength particularly valuable for treating darker skin tones, where protecting the surrounding skin is especially important.



Your First Visit, Beautifully Simple.

WHEN YOU ARRIVE

Your first visit is all about you. We begin with a personal consultation and a thoughtful assessment of your skin and hair, then walk through a candid conversation about your goals.

THE ASSESSMENT

We look closely at your skin tone, hair color and thickness, and any medications or conditions that may matter. This is how we decide whether laser is a good fit for you.

WHAT IT MAY FEEL LIKE

Many clients describe the sensation as a quick, warm snap on the skin. Cooling is applied before each pulse to keep the experience comfortable, and most people are surprised by how brief it feels.

AFTER YOUR SESSION

Expect your skin to look a little pink for a few hours. Keep the area clean, avoid sun exposure, and skip tight clothing or heavy exercise for the day.

YOUR NEXT STEPS

We will leave you with a clear treatment plan: how many treatments to expect, how often to return, and what to look for between visits.

Is It Right for You?

Laser hair removal works best for many skin tones and hair types, but suitability is always confirmed during consultation. We assess your skin tone, hair color and thickness, and any medications or conditions that may matter, then discuss your goals and build a personalized treatment plan around them.

Our laser cannot effectively treat very light blonde, white, or gray hair. Red hair may also respond poorly.



Skin and hair assessment.
Goals.
A plan made for you.

YOUR TREATMENT AREA GUIDE

Small areas. Big confidence.

AREA	WHY CLIENTS LOVE IT	EST. TIME
Upper Lip	Less frequent removal of unwanted upper-lip hair	5 min
Chin	Helps manage persistent, unwanted facial hair	5 min
Underarms	Less shaving and fewer razor-related bumps	5 min
Bikini Line	A cleaner bikini outline with less frequent upkeep	5 min
Brazilian	A more comprehensive approach to intimate-area hair reduction	15 min
Lower Legs	Smoother-looking legs with far less shaving	20 min
Full Legs	Long-term reduction from thighs to ankles	40 min
Full Arms	Reduce unwanted hair from shoulders to wrists	20 min
Back	A popular option for larger, hard-to-reach areas	20 min
Chest	Long-term reduction of unwanted chest hair	10 min
Abdomen	Target unwanted hair across the stomach	20 min

Small areas. Big confidence. Beautiful possibilities.

Estimated treatment times are approximate and reflect active treatment only. They may vary with body size, hair density, device settings, and treatment plan. Complete appointments may take longer.

Why Stop at One Area?

Imagine simplifying your entire hair-removal routine instead of just one part of it.

- No more coordinating your shaving schedule around different areas.
- No more switching between razors, wax appointments, and endless routines.
- Just a more streamlined routine designed around the way you actually live.

THE MOST-LOVED COMBINATIONS

The Everyday Essentials
Underarms + Brazilian
Two of the most frequently shaved areas, with one beautiful, convenient plan.

The Vacation-Ready Edit
Legs + Bikini
Less preparation for beach days, vacations, and everything in between.

Your Personalized Combination
Choose your own treatment areas
Select individual treatment areas that matter most to you, and we will build a treatment plan around your goals and timing.

Whether you are starting small or thinking bigger, we will help you find the plan that fits.

Laser Me
Precision. Confidence. You.

Your first appointment, beautifully explained.

Never had laser hair removal before? Here is what your experience may look like.

01 YOUR CONSULTATION

We will discuss your goals, skin tone, hair characteristics, medical history, and treatment areas.

You will have the opportunity to ask questions, understand the process, and explore your personalized treatment plan.

02 BEFORE YOUR TREATMENT

You will typically be asked to shave the treatment area beforehand.

Avoid tanning and self-tanning, and discontinue waxing or plucking for the period advised by your practitioner.

Arrive with clean skin, free of lotions, deodorant, or other products on the treatment area when directed.

03 DURING YOUR TREATMENT

You will wear protective eyewear while your practitioner delivers a series of precise laser pulses.

Many clients describe a brief snapping or warming sensation.

The GentleMax Pro's Dynamic Cooling Device helps improve comfort throughout the process.

04 AFTER YOUR TREATMENT

Mild redness or swelling around treated follicles can occur and typically settles relatively quickly.

Your practitioner will explain the appropriate aftercare, including sun protection and when to resume certain activities.

05 YOUR NEXT APPOINTMENT

Treatments are carefully spaced to coincide with future hair-growth cycles.

Your individual schedule will depend on the treatment area and how your skin and hair respond.

Your Checklist

BEFORE YOUR TREATMENT

Shave the treatment area beforehand, so the laser can reach the follicle. Avoid tanning and self-tanning, and discontinue waxing or plucking for the period your practitioner advises. Arrive with clean skin, free of lotions, deodorant, or other products.

DURING YOUR TREATMENT

You will wear protective eyewear while your practitioner delivers a series of precise laser pulses. Many clients describe a brief snapping or warming sensation, and the GentleMax Pro's Dynamic Cooling Device helps improve comfort.

AFTER YOUR TREATMENT

Mild redness or swelling around treated follicles can occur and typically settles relatively quickly. Keep the area clean, avoid sun exposure, and follow the aftercare your practitioner explains.

Your next appointment will be scheduled around your hair-growth cycle.

YOUR SMOOTH ERA STARTS HERE

Ready to make smooth skin part of your lifestyle?

You have learned how laser hair removal works.

You understand why multiple treatments matter, what makes the GentleMax Pro different, and why experience and thoughtful care are essential.

Now comes the exciting part.

Discovering what your own smooth skin journey could look like.

Whether you are dreaming of a simpler underarm routine or you are ready to explore a full-body transformation, we would love to help you get started.

At Laser Me, we have cared for Saint Louis clients since 2000, helping them feel beautiful, comfortable, and confident in their skin.

And we would love the opportunity to do the same for you.

Book Your Personalized Consultation

Discover your ideal treatment areas, meet our team, and learn how a professionally designed laser hair removal plan can fit into your life.

Your next chapter begins with a conversation.

LASER ME · SAINT LOUIS
Laser Legacy Since 2000
lasermestl.com

Laser hair removal provides permanent hair reduction, not permanent hair removal. Results vary. Treatment suitability, number of sessions, maintenance as needed, and aftercare are determined individually during consultation.

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Precision. Confidence. You.

What Comes Next

Smooth skin, on your terms.

Every routine is different. What matters is that yours feels effortless. Your treatment plan is built around your goals, your skin, your hair, and the treatment areas you choose.



LASER ME · SAINT LOUIS

Laser Me

Precision. Confidence. You.

THE PLAN

Small areas. Big confidence. Beautiful possibilities.

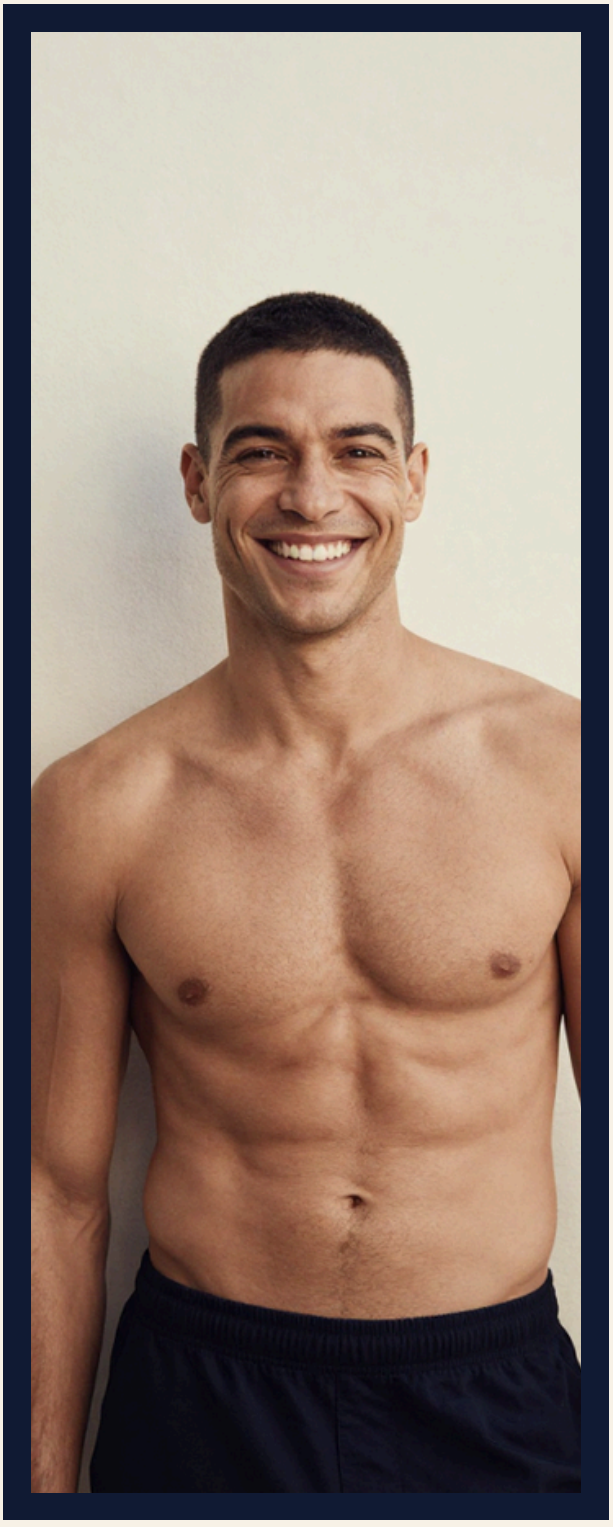
Whether you are starting with one treatment area or dreaming of full-body smoothness, your treatment plan is tailored around your goals, your skin, your hair, the areas you choose, and the timing that suits your life.

01 **One area**
Begin where it matters most to you.

02 **Your pace**
A plan built around your schedule.

03 **Your plan**
Tailored to your goals, skin, hair, and timing.

Treatment times are approximate and vary depending on individual treatment needs, area size, and hair characteristics. Additional appointment time may be required.



Less shaving. More living.

Your smoother routine starts with a conversation. Discover the treatment areas and personalized plan that fit your life.

BOOK MY LASER CONSULTATION

laserme.myaestheticrecord.com/online-booking

WEBSITE
lasermestl.com

PHONE
636-391-0015

LOCATION
St. Louis, in the Town & Country–Des Peres area.

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Your free guide to laser hair removal.

Explore the technology, treatment journey, and answers to your biggest questions.

DOWNLOAD MY FREE GUIDE

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