

# The gentle lasers

Don't let the allure and availability of high-street lasers overshadow the importance of finding the right practitioner and laser for you. 'Therapists may err on the side of caution, employing weaker treatments deemed "safe" yet yielding minimal results. Conversely, inexperienced practitioners who are laser-happy may inadvertently cause burns,' says consultant dermatologist Dr Anjali Mahto. 'There are two subtypes of laser: ablative, which works on the surface of the epidermis; and non-ablative, which heats up and stimulates the tissues underneath. 'I have always worked with the moderate-strength treatments, more regularly, to guarantee safety for my clients,' says laser expert Debbie Thomas. 'The next-gen non-ablative and hybrid lasers are safe for all skin tones.

## FOR EARLY LINES... CLEAR + BRILLIANT

If you're a laser novice, have deeper skin tones and/or want skin resurfacing with no risk of damage, this non-ablative laser is the way to go. It is milder than most lasers and works best to tackle the first fine lines, while giving an overall brightening effect. Six sessions are recommended, spaced monthly, and you will notice a fresher appearance after the first round. Expect some redness within the first six hours.

**BOOK IN:** *Moutrose London*, from £313.  
[moutrosedclinics.com](http://moutrosedclinics.com)

## FOR TEXTURE... HALO

Mixing ablative and non-ablative lasers, the Halo laser tackles a variety of concerns, from wrinkles and large pores to pigmentation, and is safe for all skin tones and types. You'll also notice a firming and lifting effect as the laser encourages collagen growth. Shedding will occur around day three post-treatment, and your skin will continue to improve for months to come.

**BOOK IN:** *Self London*, from £2,200.  
[selflondon.com](http://selflondon.com)

## FOR PIGMENTATION... SMART PICO

This non-ablative laser features four modalities to treat hyperpigmentation, acne scarring, melasma and stubborn discoloration, while also encouraging collagen production. Some may feel a slight temporary discomfort, but there is no downtime. Experts suggest three to five treatments over two to three months.

**BOOK IN:** *Adonia Medical Clinic*, from £283.  
[adoniamedicalclinic.co.uk](http://adoniamedicalclinic.co.uk)

## FOR ALL-ROUND GLOW... FOTONA 4D

Using two varying wavelengths, Fotona 4D works hard to address textural irregularities, smooth out marionette lines (the vertical lines between your mouth and chin), fade scarring and boost collagen to firm skin, while also helping to manage acne and rosacea. There is no downtime with this almost pain-free treatment. Three to six sessions are recommended and results can last for more than a year.

**BOOK IN:** *DNA Laser Complete Grade 2*, from £190, at *D Thomas Clinic*.  
[dthomas.com](http://dthomas.com)

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