



Sea and Stone Spa (free IPL) Club

This is a private club run by Gender Minorities Aotearoa, in collaboration with Rainbow Youth

It provides free facial hair removal to transgender people.

Joining Criteria

- Transgender
- In Aotearoa NZ
- Give name, email, and phone number (do not need proof of ID/legal name)
- IPL machine works best with low testosterone levels, but not required for joining.

Cost

- Initial membership fee of \$20 (talk to us if you can't afford it!!)
- No cost per session

Treatment times

- Ideal interval is 14 days apart
 - This is because the hair growth cycle takes 2 weeks

Hair colour range (consult chart)

- Works on: black through to light blond hair
- Doesn't work on: very light blonde, white, grey, or red hair

Skin tone range (consult chart)

- Effective on: very pale white to dark brown skin tones
- Doesn't work on: very dark brown or black skin tones
 - This is because IPL is targeting melanin, and the more melanin is present in your skin the more risk there is for burns and damage.

Preparation

- Avoid sun tanning for at least 2 weeks before treatment
 - This is so your surface skin tone will match the underlying pigment
- Morning of:
 - Wash and shave the area to be treated.
 - Do not apply toner, aftershave, lotion, or makeup

Treatment

- The IPL unit is designed for self-use.

- A member of staff will show you how to use it, and then you can self-treat.
- Treatment of the lower face (facial hair area) takes approx. 15 minutes



genderminorities.com

Please read this safety information carefully

Gender Minorities Aotearoa accepts no liability for unwanted consequences from failure to follow the safety instructions laid out below.

- Use device in a well lit room
- Do not look at the flash, using the sunglasses provided
- Make sure the attachment and light exit window are clean before use
 - Use the alcohol swabs provided to clean
- Check your skin tone (using chart) to find the correct setting and press the tick button to select.
 - Using it on a setting not suitable for your skin tone can increase the likelihood of skin reactions and side effects
- Apply the device to your skin at a 90 degree angle with slight pressure, then press the large trigger button to release a flash. You should feel a warm sensation, then move to the next part of skin.
- Release flashes close together.
 - The flash area is smaller than the head of the device
- Only use device once per session on each part of your face.
 - Covering an area twice will not increase effectiveness. It may increase the chance of irritation. If treatment becomes painful you should stop.
- Ensure nothing is obstructing the air flow through ventilation slots on the sides and back of the device.
- Do not use the device on your lips, near your eyes or eyebrows, or around implants/piercings.
- After treatment, skin may have slight redness and/or prickle, tingle, or feel warm. This reaction is *harmless* and disappears quickly.
- The adapter, light exit window, and the filter of the attachments can become very hot after use, *do not touch* after use until they have cooled.

During the treatment period

- Repeat process every two weeks for the initial treatments (4-6 treatments) then touch ups every 4-8 weeks when you see some hair growing back.

- During IPL treatments you can shave.
- Do not wax, pluck, or epilate during treatment.
 - Pulling the hair out will interfere with the growth cycle which means the treatment won't work as it's supposed to.
- Protect your skin from sunlight while having treatments, for a few days after treatment and two weeks before the next treatment.
- Shade your face if possible and wear an SPF50+ sunblock if your face will be in the sun.



Safety precautions

- Don't use the device on damaged or irritated skin
 - If it is red, cut, sunburned or recently tanned.
- Do not use on warts, tattoos, or permanent makeup.
- Consult a doctor before using the IPL device on skin with moles, freckles, large veins, darker pigmented areas, scarred, or skin anomalies.
 - It could result in burned or changed skin which could make it harder to identify skin related diseases/conditions.
- Do not use a pencil/pen to mark out treatment areas

DO NOT USE the device if you meet any of the following criteria:

- You have very dark skin that doesn't sunburn.
 - Using the device could result in developing skin reactions like hyperpigmentation and hypopigmentations, strong redness, or burns.
- You are pregnant or breastfeeding.
- You have active implants like a pacemaker, neurostimulator, insulin pump etc.
- If your skin has recently (within the last week) been treated with Alpha-Hydroxy Acids (AHAs), Beta-Hydroxy Acids (BHAs), topical isotretinoin and azelaic acid.
- You have taken *any form* of isotretinoin Accutane or Roaccutane in the last six months.
 - This treatment can make skin more susceptible to tears, wounds, and irritations.
- You are taking any photosensitizing agents or medications, check the package insert of your medicine
 - Don't use the device if it's stated that it can cause photo-allergic reactions, photo-toxic reactions, or if you have to avoid the sun while taking said medication
- You take anticoagulation medication, including heavy use of aspirin
- You have received radiation therapy or chemotherapy within the last three months
- You are on painkillers that reduce the skin's sensitivity to heat
- You have had surgery on the areas to be treated, within the last three

weeks

- Eg. surgery on the areas on on your face that will be treated
- You have diabetes or other system/metabolic conditions
- You have congestive heart conditions
- You have a disease related to photosensitivity
 - Eg. polymorphic light eruption (PMLE), solar urticaria, porphyria etc.
- You have a history of collagen disorder
 - Including a history of keloid scar formation or a history of poor wound healing
- You have epilepsy with flashlight sensitivity
- Your skin is sensitive to light and easily develops a rash or allergic reaction
- You have a skin condition
 - Eg. active skin cancer or you have any other localised cancer in the treatment areas (on the face)
- You have a history of vascular disorder
 - Eg. presence of varicose veins or vascular ectasia in the areas to be treated
- You have a bleeding disorder
- You have a history of immunosuppressive conditions
 - Consult doctor if IPL will be safe
- You have infections, eczema, burns, inflammation of hair follicles, open lacerations, abrasions, herpes simplex
 - Including cold sores, wounds, lesions, or haematomas on the face (area to be treated)
- If the device is damaged

ACKNOWLEDGEMENT

I, _____ acknowledge that I have read and understood the terms and conditions outlined in this form. I further acknowledge that I have been informed of the risks and safety measures of the IPL treatment.

Signed: _____ Date: _____