How long it lasts, and more.

Thinking of trying laser hair removal? Here's everything you need to know about the procedure before you cough up the funds necessary to go hair-free for good.

How many sessions does it take?

"The new technology has really changed the game." says Scott Callahan, PA-C and founder of Dolce Vida Medical Spa, who uses the Venus Velocity laser for treatment.

Patients are seeing results much quicker than they used to, says Paul Jarrod Frank, MD, founder of PFRANKMD. The key to destroying the hair for good? Booking your treatments at four-week intervals. “Longer than that could delay results,” he says.

How should I prep for treatment?

Once you've set a date for your first treatment, hold off on your usual hair-removal routine if it involves removing hair from the root. “The laser is attracted to the follicle pigment, so you should not wax,” says Dr. Frank. But you should shave the night before your appointment. That way the laser can focus just on the root of your hair, without getting sidetracked by length.