

InStyle

The 8 Best At-Home Laser Hair Removal Devices, Tested & Reviewed

Our new bare essentials.

By [Irene Richardson](#) and [Bianca Kratky](#) July 30, 2024



If you choose to remove body hair, it always comes at a price, whether it's your time, money, dignity (just kidding, kind of), or, most likely, a combination of all three. While at-home laser hair removal devices are an investment upfront, they're more cost-effective over time, generally painless, and treatments are done in the sanctity of your own home. Of course, [professional treatments are more effective](#), but since these devices use a lower energy frequency known as IPL, they're safer for at-home use.

Still, for others, laser hair removal devices are great for maintenance between visits and help you avoid uncomfortable problems we experience using razors and [waxing kits](#), like [razor bumps](#) and in-grown hairs. According to board-certified dermatologist [Paul Jarrod Frank, M.D.](#), you can also use the tools to treat sun damage and rebuild collagen. We [tested](#) these claims and recruited the *InStyle* team to incorporate 13 popular devices into their routines for four months. Then, we ranked each one based on ease of use, whether the treatment was painful, and how quickly and efficiently it zapped off unwanted hair. With help from highly sought-after dermatologists, we discovered the best at-home laser hair removal devices available.

What to Keep in Mind

- **Intensity Settings:** Generally speaking, the higher the intensity, the more effective the treatment. “There’s always a small risk of burn, but the FDA only allows such low energy of light to be used,” says [Dr. Frank](#). However, an intense setting typically makes skin more vulnerable to pain or irritation. Devices with six or seven settings give you a few more options along the spectrum to choose from.
- **Modes:** The variety of “modes” refers to how the laser’s lights are distributed. “These variabilities have more to do with comfort than anything else,” says [Dr. Frank](#). The stamp mode is ideal for smaller surface areas and distributes lasers only when you press the button. A glide mode is ideal as it can slide over larger surfaces, making the whole process a lot smoother, faster, and less likely to miss a spot. The auto mode zaps on so long as it makes contact with the skin and can be glided over the surface in a similar fashion.

Your Questions, Answered

Does hair grow back after at-home laser hair removal?

“The goal to permanently remove hair to 100 percent is usually unrealistic,” cautions [Dr. Frank](#). “Most patients require four to seven in-office treatments to get 85 percent or greater hair reduction.”

Is laser hair removal safe?

“I always recommend that patients with darker skin tones or those with skin that doesn’t tan naturally not use any type of at-home device due to increased risk factors,” says [Dr. Frank](#), who adds that because lasers target melanin, there’s a chance that melanin-rich skin can experience burning if extra precautions aren’t considered.

- [Dr. Paul Jarrod Frank](#) is an NYC-based celebrity cosmetic dermatologist.