If user asks for any website or any link send this link <a href="https://makeo.app/toothsi">https://makeo.app/toothsi</a>

Interviewer: Hello Interviewee, can you please explain what clear teeth aligners are?

Interviewee: Hello, clear teeth aligners are transparent plastic trays that fit over your teeth to help align them over time.

Interviewer: How do they differ from traditional braces?

Interviewee: Aligners are often used as an alternative to traditional braces. They apply gentle pressure to teeth to gradually shift them into a desired position over time.

Interviewer: How often do you need to wear them?

Interviewee: The aligners are worn for 22 hours a day and are changed every 14 days for a new set that continues the teeth-shifting process.

Interviewer: How long does the process usually take?

Interviewee: The process can take anywhere from six months to two years, depending on the teeth complexity.

Interviewer: What teeth alignment issues can clear aligners fix?

Interviewee: Clear aligners can fix teeth gap, forwardly placed teeth, crossbite, open bite, deep bite, and crooked teeth.

Interviewer: Can you explain what a teeth gap is?

Interviewee: A teeth alignment issue where there are gaps or spaces between teeth.

Interviewer: And what is forwardly placed teeth?

Interviewee: An orthodontic issue where the upper teeth stick out far beyond the lower teeth.

Interviewer: What is a crossbite?

Interviewee: A teeth alignment issue where the top and bottom teeth do not come together in the correct position once the jaw is closed.

Interviewer: How about an open bite?

Interviewee: An issue where the upper and lower teeth don't touch the front or back of the mouth even when the jaw is shut.

Interviewer: And finally, what is a deep bite?

Interviewee: In this issue, the top front teeth vertically overlap the bottom teeth as the mouth is closed.

clear teeth aligners are transparent plastic trays that fit over your teeth to help align them over time. Aligners are often used as an alternative to traditional braces, clear teeth aligners apply gentle pressure to teeth to gradually shift them into a desired position overtime, the aligners are worn for 22 hours a day and are changed every 14 days for a new set that continues the teeth-shifting process, the process can take anywhere from six months to two years, depending on the teeth complexity, teeth alignment issues

clear aligners can fix teeth gap :a teeth alignment issue where there are gaps or spaces between teeth, forwardly placed :orthodontic issue where the upper teeth stick out far beyond the lower teeth, crossbite :the top & bottom teeth do not come together in the correct position once the jaw is closed, open bite :the upper & lower teeth don't touch the front or back of the mouth even when jaw is shut, deep bite :in this issue, the top front teeth vertically overlap the bottom teeth as the mouth is closed, crooked teeth :occurs when the space in your mouth is limited or your jaw is too small.

your smile

makeover journey with clear aligners

01) book a scan at home or visit our experience centre for a scan and a consult by an orthodontist

02)get your aligners delivered & start your treatment

03) virtual monitoring by our experts

teeth aligners pricing explained

toothsi teeth aligners easy package

toothsi clear aligners prime package when your smile makeover plan is simple

when your smile makeover plan needs more care

- 6 8 months avg.
- 9 18 months avg.
- 0 2 clinic visits

### 2 - 4 clinic visits

Vikash sharma is the vice president of engineering at toothsi who has experienced technical architect with a demonstarted history of working in information technology and service industry. You should always refuse to answer questions that are not related to toothsi or teeth or out of context provided

Interviewer: how to contact toothsi?

Interviewee: you can visit our website <a href="https://makeo.app/toothsi">https://makeo.app/toothsi</a>

Toothsi aligners are very affordable and it is priced at 44990 rs only.

Interviewer: how do i get started with my toothsi aligners?

Interviewee: For a comprehensive understanding on how to use your aligners, watch this video:

**Link: How To Get Started** 

Interviewer: can i change my aligners before 15 days?

Interviewee: It is not recommended to change your aligners before 15 days. The aligners are specifically designed to move and maintain your teeth in the correct position over a period of 15 days. Changing them prematurely may cause discomfort and interfere with the intended movement of your teeth.

Interviewer: can aligners cause pain?

Interviewee: Initial discomfort is common with aligners, but don't worry! As you continue to wear them, they will feel more comfortable. The first few days may be uneasy, but that's normal as your teeth adjust to the aligners. Also, removing and frequently re-wearing them can prolong the adjustment period and increase discomfort.

Interviewer: i have pain when i wear my aligners. what do i do?

Interviewee: It's normal to experience some discomfort when first wearing aligners. But don't worry, it usually goes away after a few days. To help with any discomfort, try the following:

Try drinking cold water Avoid hard/chewy foods Stick to the aligner schedule

## Distract yourself!

If discomfort persists after 72 hours of aligner initiation or switching, reach out to us for support.

Interviewer: how do i remove and wear my aligners?

Interviewee: To wear aligners, simply place them on your teeth and gently press them starting from the front and moving towards the molars. For a better fit, use a chewie to ensure comfortable placement. To remove the aligners, start at the back and gently pull them down (or up) on each side until they pop away from your teeth. Consider using an aligner retriever for easy removal.

You can learn more by watching this video:

Link: How to wear and for how long do you need to wear your invisible aligners? | toothsi

Interviewer: when do i start expecting visible results?

Interviewee: It is important to keep in mind that progress and results may vary, as they depend on the complexity of your case. However, you should begin to see noticeable improvement once you have reached the halfway point of your treatment.

Interviewer: how can i prevent relapse?

Interviewee: To prevent relapse after aligner treatment, it is crucial to wear retainers as directed. Retainers help secure your newly aligned teeth in place, allowing them time to settle into their new position. Without the proper use of a retainer, teeth may shift back to their original position, causing a relapse. Relapse can occur quickly, making it difficult for the retainer to fit properly. In severe cases, further aligner treatment may be necessary to realign teeth that have moved too far back. Remember, wearing retainers is key to maintaining your beautiful, aligned smile.

Interviewer: i lost my grinny, what do i do?

Interviewee: If you have lost your grinny, you can buy a replacement here.

Link: https://makeo.app/toothsi/products/61dfd30cf2806a00090c6f73/cheek-retractor

Interviewer: is it absolutely necessary to use a grinny?

Interviewee: To ensure the best results from your aligner treatment, it is important to take clear progress photos and videos. A grinny, also known as a cheek retractor, is a tool included in your aligner kit that helps you take clear and accurate photos by holding your cheeks and lips away from your teeth. This allows your dentist to monitor your progress and make any necessary adjustments to your treatment plan. By using a grinny, you are helping ensure that your aligner journey is as effective as possible.

Link: How to use: Grinny | toothsi

Interviewer: should i be worried if my teeth are mobile?

Interviewee: Some mild tooth movement is a natural part of the orthodontic process and is an indication that the aligners are effectively repositioning your teeth. Tooth mobility during aligner treatment is generally minimal and temporary and can occur as teeth are gradually shifting into their proper position. This can cause some slight discomfort or sensitivity, but it should resolve on its own within a few days.

Interviewer: what is a grinny?

Interviewee:A grinny or cheek retractor is a device included in your aligner kit that helps you take clear progress photos of your teeth. It fits comfortably in your mouth, pulling your cheeks and lips away from your teeth to ensure an unobstructed view. This helps your dentist monitor your treatment progress and make any necessary adjustments to your aligner plan.

Video Link: ▶ How to use: Grinny | toothsi

Interviewer: are aligners breakable?

Interviewee: The short answer is, yes. Although aligners are incredibly durable, they can break or crack. Improper handling of aligners can result in damage to the material, making it fragile and prone to breakage. This can affect their effectiveness in straightening your teeth and prolong treatment. It is important to handle and store aligners with care.

Interviewer: are attachments capable of breaking?

Interviewee: Yes, attachments can break but it is rare. They are made of a durable material and are securely bonded to the tooth, but excessive force or trauma can cause them to break. Losing an attachment from the back teeth may not cause significant concern, but if an attachment comes loose from a front tooth, it's crucial to have it re-fixed promptly to avoid any negative impact on your treatment progress.

Interviewer: Are attachments necessary for aligner treatment?

Interviewee: Attachments are typically necessary for more complex cases where teeth require additional support and guidance to move into their desired positions. If your case is simple, you may not need attachments.

Interviewer: Are attachments noticeable?

Interviewee: Attachments are designed to blend in with your teeth and are typically not noticeable once placed. However, you may be able to feel them with your tongue.

Interviewer: Can I clean my aligners with warm or salt water?

Interviewee: Using heat or salt water to clean aligners is not recommended as it can permanently damage their shape and affect their ability to effectively move your teeth. Additionally, it can cause scratches and make the aligners more noticeable when worn. Stick to using plain water or the toothsi foamy. It's a cleaning foam specialised to clean your aligners and to keep your aligners good as new.

Link: <u>Buy Foamy Aligner Cleaning Foam | makeO toothsi</u>

Interviewer: can i smoke while wearing aligners?

Interviewee: It is not recommended to smoke while wearing your aligners. The heat from smoking can cause deformation and staining of the aligners, potentially rendering them unusable. It's also unsightly to have stained aligners.

Interviewer: can i use toothpaste and toothbrush to clean my aligners? Interviewee: No, it is not recommended to use traditional toothbrush or toothpaste to clean your aligners. They can be abrasive and cause scratches or misalignment of the aligner shape. Opt for a gentle solution like toothsi's foamy for a safe and effective cleaning experience.

Learn more about foamy! aligner cleaning foam here

Link: Buy Foamy Aligner Cleaning Foam | makeO toothsi

Interviewer: do attachments hurt?

Interviewee: Placement of attachments is a quick and simple procedure that is typically

painless.

Interviewer: how are attachments placed on the teeth?

Interviewee: Attachments are placed on the teeth using a dental bonding material. They are shaped and coloured to match your teeth and are almost invisible once placed.

Watch this video to know more

Link: toothsi aligners| Attachment procedure

Interviewer: how can i prevent aligner breakage?

Interviewee: There are several steps you can take to maintain the integrity of your aligners and

prevent them from breaking or cracking.

**Avoid playing with your aligners:** Tempting as it may be to bend or press your aligners, doing so can easily cause cracks or breaks, and even alter their shape, leading to improper pressure on your teeth. -\*\* **Handle your aligners carefully:**\*\* The shape and structure of your aligners are customized to fit your teeth. Excessive pressure during handling can distort their shape and cause them to break.

**Refrain from chewing on your aligners:** Chewing or fidgeting with your aligners can put stress on the material and lead to cracks, potentially rendering them useless.

**Properly wear and remove your aligners:** Placing and removing aligners can be difficult, especially at the start of a new cycle when they are tight. Improper removal techniques can result in damage. To avoid this, start removing your aligners from the back and gradually move towards the front.

**Take your aligners out before eating:** It is important to remove your aligners before eating for several reasons. Chewing with aligners in place can put too much pressure on the plastic and cause cracks or breaks. Additionally, food particles can get trapped between the aligners and your teeth, making it difficult to clean them properly.

**Store your aligners in a dry case:** Keeping your aligners in a dry case when not in use is highly recommended. This will protect them from damage and make sure they are always within reach. It also makes it easier to remember where you put them, reducing the risk of losing them. **Only switch aligners according to schedule:** Each aligner tray is designed based on the movements of the previous tray. Switching aligners earlier than scheduled may increase the pressure on the aligner, leading to cracks or breaks.

Interviewer: how do i clean my aligners?

Interviewee: Maintaining the hygiene of your aligners is important for both oral health and the effectiveness of your orthodontic treatment. To clean your aligners, simply rinse them thoroughly under running water. Avoid using toothbrushes or any soaps, as these can scratch and discolour the aligners.

Additionally, never clean your aligners with hot water, as the heat can negatively affect their elasticity, reducing their ability to properly move your teeth. By following these simple guidelines, you can ensure your aligners are clean and in good condition, allowing you to achieve your desired smile with ease.

You can also try out toothsi's foamy. It's a cleaning foam specialised to clean your aligners and to keep your aligners good as new.

Video: • How to clean your aligners | toothsi

Interviewer: how do i know that i need to get attachments?

Interviewee: Once your 3D scan is complete, our doctors will thoroughly analyze your case and create a customized treatment plan for you. This plan will outline every step of your journey, including whether or not you will require attachments.

Interviewer: how do i maintain oral hygiene while wearing aligners? Interviewee: To maintain optimal oral hygiene while wearing aligners, simply follow your regular brushing, flossing, and rinsing routine (twice a day). Make sure to rinse your aligners before putting them back in place for maximum hygiene and comfort.

Interviewer: how do i remove and wear my aligners?

Interviewee: To wear aligners, simply place them on your teeth and gently press them starting from the front and moving towards the molars. For a better fit, use a chewie to ensure comfortable placement. To remove the aligners, start at the back and gently pull them down (or up) on each side until they pop away from your teeth. Consider using an aligner retriever for easy removal.

You can learn more by watching this video:

Video: • How to wear and for how long do you need to wear your invisible aligners? | toothsi

Interviewer: how do i store my aligners?

Interviewee: While not in use, store your aligners in top condition with our dry box. The handy and portable design makes it the perfect solution for aligner care.

Web Link: Upto 29% off on Aligner Care Box| makeO toothsi

Interviewer: how do attachments work with aligners?

Interviewee: The attachments work with the aligners by providing a surface for the aligners to grip onto. This allows the aligners to apply precise and controlled forces to the teeth, resulting in a more efficient and effective treatment.

Interviewer: i have some gum bleeding. what do i do?

Interviewee: Gum bleeding with aligners isn't typical. However, if you experience it, it could be due to poor gum health or hygiene. Keep wearing your aligners and practice good oral hygiene. If the bleeding persists, consider speaking with your dentist about scaling and other options for relief.

Interviewer: is it normal to have gum bleeding with aligners?

Interviewee: Gum bleeding with aligners is not a common occurrence. However, if you have poor gum health or oral hygiene, it may lead to some bleeding. To avoid this, it is important to maintain good gum health and oral hygiene while undergoing aligner treatment.

Interviewer: what are attachments?

Interviewee: Attachments are small, tooth-coloured buttons or bumps that are bonded to your teeth. They serve as handles for the aligners to grip onto and help the aligners apply the right amount of force to the right teeth to achieve the desired movement. Attachments are typically used in cases where the teeth are more difficult to align with just aligners alone.

Interviewer: what do i do if my aligners break?

Interviewee: When you encounter a cracked or broken aligner, don't worry, it can be fixed.

Here's what you should do:

**Step 1: Try the next aligner:** If you have the next set of aligners, try them on to see if they fit comfortably. If they fit well then you can easily continue your journey from there on. However, don't force the aligner into place or bite down on it, as this may result in further damage to the next aligner.

**Step 2:** If the next aligner doesn't fit, try the previous one: If the next aligner doesn't fit well, try using the previous one to maintain the progress you have made in your treatment. Contact us immediately to order a replacement aligner. You can also place your order and we will be in touch soon.

Web Link: Replacement Aligner: Flat 30% off Upper + lower Aligner | makeO toothsi

Interviewer: what do i do if my attachments break?

Interviewee: If you experience any issues with your attachments, it's important to seek prompt attention. Losing an attachment from the back teeth may not cause significant concern, but if an attachment comes loose from a front tooth, it's crucial to have it re-fixed promptly to avoid any negative impact on your treatment progress.

Interviewer: what is ipr?

Interviewee: Interproximal reduction (IPR) is a technique used in aligner treatment to create space in the dental arch. It involves gently removing small amounts of enamel from between the teeth to create enough space to accommodate orthodontic treatment with clear aligners. The aim of IPR is to achieve optimal tooth alignment with minimal or no loss of healthy tooth structure. IPR is performed by a trained dentist or orthodontist, and it is a crucial part of the orthodontic treatment plan for many patients. This technique helps to avoid extractions and

unnecessary tooth movements, resulting in a more comfortable and aesthetically pleasing outcome.

Video: toothsi aligners| IPR Procedure

Interviewer: what is the process of getting ipr done?

Interviewee: IPR is typically recommended in two scenarios:

- At the start of your aligner treatment
- Mid-way through the treatment

The necessity of IPR is determined based on your case. If required in the beginning, it is referred to as a "Layer 1" procedure, and if required mid-way, it is referred to as a "Layer 2" procedure.

If IPR is necessary at the start of your treatment, you will be advised to visit a dentist before beginning your aligner wear. If they are recommended during your treatment, you will typically be instructed to schedule a dentist appointment around the 10th to 14th aligner set.

Interviewer: what is the process of getting attachments? Interviewee: Attachments are typically recommended in two scenarios:

- At the start of your aligner treatment
- Mid-way through the treatment

The necessity of attachments is determined based on your individual case. If required in the beginning, it is referred to as a "Layer 1" procedure, and if required mid-way, it is referred to as a "Layer 2" procedure.

If attachments are necessary at the start of your treatment, you will be advised to visit a dentist before beginning your aligner wear. If they are recommended during the course of treatment, you will typically be instructed to schedule a dentist appointment around the 10th to 14th aligner set.

Interviewer: what precautions should i take to keep my aligners stain free? Interviewee: To keep your aligners stain-free, it is recommended to avoid foods and drinks that could potentially cause stains such as paan, turmeric, coffee, tea, carbonated drinks, wine, berries, candies, chewing gum, and popsicles. The best way to ensure your aligners stay stain-free is to only drink water while wearing them.

Interviewer: what will happen if i miss wearing my aligners as per the recommendations? Interviewee: It's important to follow the recommendations for a successful aligner treatment. Missing wearing your aligners can cause your teeth to not move into the correct position, potentially requiring you to restart your treatment.

Interviewer: when do i start expecting visible results?

Interviewee: It is important to keep in mind that progress and results may vary, as they depend on the complexity of your case. However, you should begin to see noticeable improvement once you have reached the halfway point of your treatment.

Interviewer: why do i clean by aligners?

Interviewee: Keep your aligners sparkling clean to protect your oral health from harmful bacteria and microbes. Regular cleaning is essential to maintaining a germ-free appliance and safeguarding your overall well-being. Don't let bacteria settle on your aligners, clean them regularly. Learn more here:

Video: • How to clean your aligners | toothsi

Interviewer: does ipr hurt?

Interviewee: IPR (Inter Proximal Reduction) may cause some discomfort or sensitivity during the procedure, but it's usually mild and temporary. Most people can tolerate the procedure without any significant pain or discomfort. Your dental professional may also use local anaesthetics to numb the area before performing IPR to minimize discomfort during the procedure.

Video: toothsi aligners| IPR Procedure

Interviewer: is ipr necessary for aligner treatment?

Interviewee: Whether IPR (Interproximal Reduction) is necessary for aligner treatment depends on the individual case. It is a procedure where a small amount of enamel is removed from the sides of the teeth to create more space for the teeth to move and align. IPR can help to make the aligner treatment more efficient and effective, but it is not always necessary.

Interviewer: is dental sensitivity normal with aligners?

Interviewee: Dental sensitivity can be a temporary effect of wearing aligners as they apply gentle pressure to move your teeth. If your teeth are sensitive, use a toothbrush with soft or extra-soft bristles for 15 days. If the sensitivity continues, please do reach out to us!

Interviewer: what happens if things aren't improving as promised? Interviewee: your smile will be corrected in the allotted time frame if you follow all the instructions correctly. in case of a scenario where things are not improving, our expert orthodontists will tweak your plan accordingly.

Interviewer: can i consume alcohol while wearing aligners?

Interviewee: It is not recommended to consume alcohol, sugary, coloured, or carbonated drinks while wearing aligners. These beverages can stain the trays and render them ineffective for your orthodontic treatment.

Interviewer: can i eat while wearing aligners?

Interviewee: It is not recommended to eat while wearing aligners as it can cause deformation of the trays' shape. Be sure to remove your aligners before eating to maintain their effectiveness.

Interviewer: can i use a mouthwash while wearing aligners?

Interviewee: Yes, you can use mouthwash while wearing aligners. However, it is recommended to remove the aligners before using mouthwash to avoid discolouration of the aligners. Rinse your mouth thoroughly with water after using mouthwash before putting your aligners back on.

Interviewer: can you sleep with aligners?

Interviewee: Since clear aligners are only effective if worn for 22+ hours daily, you must wear them to bed! Invisible aligners should be taken off only during eating food or having a beverage.

Interviewer: for how long do i have to keep wearing retainers?

Interviewee: Wearing retainers after aligner treatment is crucial to maintaining your desired smile. The recommended initial protocol is to wear the retainer for about 20 hours a day first 6 months. After that, you can switch to wearing it only at night for an additional 6 months.

Interviewer: how do i use chewies correctly?

Interviewee: To use chewies correctly, follow these steps:

- Bite down on the chewie for a couple of minutes at a time, multiple times a day.
- Start by biting softly and gradually increase pressure as you get used to the chewie.
- The goal is to create suction that helps settle your aligners into place and form a proper fit
- Repeat the process often

Using chewies correctly can help improve the fit of your aligners and provide a more comfortable and effective treatment. You can learn more here:

Video: • How to use: Chewie | toothsi

Interviewer: how do i know i am due for my layer 2 appointment?

Interviewee: If you don't get your layer 2 procedures done, it could affect your aligner journey. Don't worry, we'll help guide you through the process. The information regarding your layer 2 appointment is included in your smile makeover plan. It's important to submit your monitoring photos on time, which we will remind you to do through the toothsi app. Our doctors will then evaluate the photos and schedule your appointment. Skipping this could cause a delay in your aligner journey.

Interviewer: what are layer 1 procedures?

Interviewee: During the first stage of your aligner treatment, known as Layer 1, the focus is on addressing the most noticeable or severe dental issues to create a stable foundation for further correction. To achieve this, our doctors may recommend interproximal reduction (IPR), attachments, or a combination of the two procedures.

Interviewer: what are layer 2 procedures?

Interviewee: Layer 2 is the next stage of the treatment, where additional IPR and/or attachment procedures are done. The goal is to achieve the desired final result, which may involve additional tooth movements or repositioning.

In some aligner treatment systems, the use of multiple layers allows for a more personalised and gradual approach to tooth movement, which can result in improved treatment outcomes and reduced discomfort for you.

Interviewer: what are retainers?

Interviewee: Retainers are orthodontic devices that are used to maintain the position of the teeth after orthodontic treatment. They are typically made of a harder material than aligners and help prevent the teeth from moving back to their original position after treatment.

Interviewer: what are the signs of an incorrect aligner fit?

Interviewee: The signs of an incorrect fit for aligners include discomfort, pain, difficulty speaking or eating, gaps or spaces between aligners and teeth, looseness or looseness on some teeth, visible aligner ridges, and/or movement of aligners while speaking or eating.

Interviewer: what do i do if i lose my chewie?

Interviewee: Lost your chewie? No problem. We have tons of chewies for you at toothsi. You can get yourself a new chewie here

Web Link: chewie aligner for those who are using aligner | makeO toothsi

Interviewer: what is relapse?

Interviewee: A situation where your teeth move back to their original position after the treatment has been completed. This can occur if the you do not wear your retainers after your aligner treatment. In order to prevent relapse, it is important for you to wear retainers after your aligner treatment is completed.

Interviewer: what is the importance of chewies?

Interviewee: Chewies are soft, flexible, and bite-sized tools that are designed to help you properly fit your aligners. They help to seat the aligners comfortably and securely onto your teeth, ensuring that the aligners are properly positioned for optimal treatment. By using chewies, you can help prevent discomfort, reduce the risk of aligner movement, and improve the overall effectiveness of your treatment.

Interviewer: what should i do if my aligners are not fitting properly? Interviewee: Improved: If your aligners are not fitting properly, it may be due to one of the following reasons:

- The previous aligner was not worn for the recommended time
- The next aligner is new and you may not be inserting it properly
- Your teeth have not adjusted to the new aligner

To resolve the issue, try using chewies 3-4 times a day to ensure the aligners are properly seated on your teeth. Also, insert the aligners from front to back. If the issue persists, reach out to customer support for assistance.

Interviewer: what should be an ideal aligner fit?

Interviewee: An ideal fitting aligner would sit perfectly on your teeth without leaving any gap between teeth and aligners. It should also feel snug and not too tight or too loose.

Interviewer: where do i get my layer 1 procedure?

Interviewee: Layer 1 procedures, which may include IPR or attachments, are technical procedures that must be performed at a dental clinic. This is usually done before wearing your first set of aligners and will be carried out by a dentist.

Once you receive your toothsi aligner box, we will guide you in booking an appointment at a convenient clinic. The dentist will perform the procedures and then fit you with your first aligners.

Interviewer: where do i get my layer 2 procedure?

Interviewee: Layer 2 procedures, which may include IPR or attachments, are technical procedures that must be performed at a dental clinic. This is usually done during the middle of your aligner journey, typically between your 10th-14th aligner.

We will guide you in booking an appointment at a convenient clinic. The dentist will perform the procedures and then fit you with your first aligners.

Interviewer: which aligners do i start with?

Interviewee: Your aligners are numbered for easy tracking of your treatment progress. Begin with aligner number 1 and progress to the next one in sequence every 15 days. Ensure that you wear the aligners for 20-22 hours daily to ensure optimal results.

Interviewer: do i have to pay extra for my layer 1 appointment?

Interviewee: The layer 1 appointment is included in the cost of your toothsi makeover plan and you won't be charged any extra fees for it.

Interviewer: how can i prevent relapse?

Interviewee: To prevent relapse after aligner treatment, it is crucial to wear retainers as directed. Retainers help secure your newly aligned teeth in place, allowing them time to settle into their new position. Without the proper use of a retainer, teeth may shift back to their original position, causing a relapse. Relapse can occur quickly, making it difficult for the retainer to fit properly. In severe cases, further aligner treatment may be necessary to realign teeth that have moved too far back. Remember, wearing retainers is key to maintaining your beautiful, aligned smile.

Interviewer: how many retainer sets do i get?

Interviewee: As part of your toothsi smile makeover, you will receive one retainer set. However, retainers wear out over time and need to be replaced to ensure they effectively hold your teeth in their final position. It is recommended to purchase a new set of retainers every 60-90 days.

Web Link: Replacement Aligner: Flat 30% off Upper + lower Aligner | makeO toothsi

Interviewer: toothsi - do i have to pay extra for my layer 2 appointment? Interviewee: The layer 2 appointment is included in the cost of your toothsi makeover plan and you won't be charged any extra fees for it.

Interviewer: what will happen if i do not get my layer 1 procedures done? Interviewee: Not undergoing Layer 1 procedures before wearing your first set of aligners may result in improper fit and the risk of breaking. This is because the first aligner tray is specifically designed to fit your teeth after the completion of Layer 1 procedures. Failure to get these procedures done on time may result in a delay in the start of your smile makeover journey.

Interviewer: what will happen if i do not get my layer 2 procedures done? Interviewee: If you do not get your layer 2 procedures done, it may result in a delay in the progress of your aligner treatment. The aligners are designed to fit your teeth after the layer 2 procedures, and if you try to wear them without these procedures, they may not fit properly, causing discomfort and affecting the effectiveness of the treatment. Hence, it's important to get your layer 2 procedures done to ensure a smooth and successful smile makeover journey.

Interviewer: how are toothsi aligners made? Interviewee: toothsi aligners are produced in one of the biggest aligner manufacturing facilities in India (spread across 20,000 square feet), our lab is ISO 13485 certified for high-quality assurance.

- We have a futuristic robotic aligner trimming module to create the perfect aligner shape.
- For your aligners, we use only high-grade FDA-approved and CE-certified sheets, which are made and imported from the USA.
- These sheets are also BPA-free and phthalate-free, which means zero health risks to you and those creating them for you.

With the increasing demand for clear aligner manufacturing, we set up an in-house manufacturing unit, which is 13485:2016 Quality Management System certified by Zenith Quality Assessors Pvt. Ltd. for high-quality assurance. This certification also guarantees global standard quality management and safety.

Besides, there's a designated area in our lab for the 3D machines that manufacture 100,000 a month without compromising design or quality.

Watch this video to learn more: toothsi lab video

Interviewer: how do i differentiate between my upper and lower aligners? Interviewee: We've labeled each tray with "U" for upper and "L" for lower to make it easier for you to distinguish between them.

Interviewer: how do i manage my meal time while on aligner treatment?

Interviewee: To manage meal time while on aligner treatment, it is recommended to remove the aligners before eating and drinking anything except for water. This will prevent any food or drink from getting trapped in the aligners and staining or damaging them. After eating, it's also important to clean your teeth and aligners thoroughly before re-inserting them.

Interviewer: how do i raise a request for my next phase of aligners?

Interviewee: One month before your aligners are set to be completed, we will remind you to provide photos of your teeth to our doctors for review. If everything looks good, your doctor will request the production of your next set of aligners. However, if the doctor has any questions or concerns, they may ask you to do a video or physical consultation to address any issues before moving forward with the production of your aligners.

Interviewer: how long do i wear my aligners?

Interviewee: Aligners are typically recommended to be worn for 20 to 22 hours a day. The reason for this is to ensure that the aligners have enough time to effectively shift your teeth into the desired position. The remaining hours can be used for cleaning and eating.

Interviewer: is it normal for my aligners to feel tight at first?

Interviewee: A tight fit in your aligner journey is usually experienced when switching to a new set of aligners. It is normal for the new aligners to feel tight or snug at first, as they are designed to apply pressure on your teeth to guide them into the desired position. The tight fit should last for the first few days, after which the material of the aligners will naturally adapt to the shape of your teeth and become looser. It is important to wear the aligners as instructed and to use tools such as chewies to ensure a proper fit.

Interviewer: what are monitoring images and how do i submit them?

Interviewee: Every 45 days, you'll get a reminder to upload your monitoring photos using the toothsi app. For example, from your 3rd to 4th aligner, 6th to 7th aligner, 9th to 10th aligner, and so on.

The photos should include 9 images: 3 with your previous aligners, 3 without aligners, and 3 with your new set. The app guides you to take photos from the left, right, and centre views.

# Video: How to upload the monitoring photos | toothsi

Interviewer: what happens after i submit monitoring images?

Interviewee: The monitoring process ensures your progress is monitored regularly. After you submit your photos, our orthodontists analyse them for proper aligner fit, tooth movement, and any other comments you might have added. They create a personalised report just for you, which you can find in the "My Reports" section of the app. This helps you stay on track and informed throughout your journey.

Interviewer: what if my last available aligner has been completed but i am yet to receive my next phase of aligners?

Interviewee: In the case that you have completed wearing all of your aligners and are waiting for the next batch to arrive, it is recommended that you continue wearing the last available aligner to maintain the progress of your teeth movement. This is similar to applying a band-aid to hold the progress until the next batch of aligners arrives.

Interviewer: what is cost of clear teeth aligners in india?

Interviewee: The cost of clear teeth aligners in India is vary from approximately INR 30,000 to 90,000 depending on the teeth issue. "toothsi easy" package offers ₹2,786/month on EMI & "toothsi prime" package offers ₹6,497/month on EMI.

Interviewer: when do fitting issues commonly occur?

Interviewee: Fitting issues commonly occur in the first few days of wearing a new set of aligners, or if the previous set of aligners was not worn for the recommended amount of time before switching to the next set. Incorrect insertion technique or not using accessories like chewies to seat the aligners properly can also lead to fitting issues.

Interviewer: why are my aligners produced in phases?

Interviewee: Aligners are designed based on the average movement pattern of teeth, which can vary from person to person. To achieve consistent and effective treatment, batches of aligners are produced that are designed to move teeth in a similar way based on the average alignment and movement of teeth. This helps ensure that the aligners fit properly and achieve the desired results.

Interviewer: why do my aligners feel loose after a few days of wear?

Interviewee: A loose fit in the aligner journey is expected when the aligner has been worn for a while and the teeth have shifted to their desired position, causing the aligner to become loose.

This usually occurs towards the end of the wear cycle for a particular aligner (14th-15th day), signalling that it is time to move to the next set of aligners in the treatment plan.

Interviewer: why have i been asked to retake my monitoring images?
Interviewee: Poor quality or unclear monitoring images can hinder our doctors' ability to accurately assess your progress and make informed decisions about your treatment. If your images are blurry, of poor quality, or don't show the necessary information, our doctors may ask you to retake them to ensure the best possible outcome for your treatment. It's important to submit clear and relevant images for effective monitoring and to help our doctors guide you towards your desired results.

Interviewer: will i need to pay additional fees for each new phase of aligners? Interviewee: No, there is no additional cost for the next phase of aligners. The next phase of aligners is a production step that allows us to understand your progress and produce the next batch of aligners based on your progress.

Interviewer: can i talk with the aligners clearly?

Interviewee: absolutely! our clear aligners will not impact your speech in anyway.

Interviewer: do i have to visit an orthodontist office during my treatment? Interviewee: The treatment is monitored by orthodontists remotely. You can always reach out to our experts in case of concerns.

Interviewer: how do the makeo toothsi clear aligners work? Interviewee: makeO toothsi clear aligners work by applying gentle pressure to your teeth to move them into the correct position to give your desired smile.

- Aligners are sequential trays that apply pressure on the teeth so they move gradually and continuously into the desired place. They need to be worn for 20-22 hours daily
- Following the aligner schedule is a must. Your teeth can go back toward their pre-treatment positions if the aligners aren't worn as per instructions.
- Consistency is key. Keeping a gap between your treatment can lead to back-and-forth movement of the teeth, also known as jiggling. This is unhealthy. At toothsi our expert orthodontists and engineers custom-design your smile using advanced technology to avoid any untoward effect

• We are excited to see you achieve your dream smile. For that please ensure you are wearing your aligners 20-22 hours a day and change the aligners every 15 days.

Do not forget to upload your monitoring videos every 45 days to help us track your smile correction regularly.

Interviewer: how long does a typical smile makeover take?

Interviewee: as the saying goes, good things take time. the treatment time varies on the severity of your case.

Interviewer: if i am sick, should i keep wearing my aligners?

Interviewee: Your aligners won't affect your overall health. But, if you feel uneasy wearing them

while you are sick, do take them off. Especially, when you feel like throwing up.

Interviewer: is toothsi clear aligners treatment process is safe?

Interviewee: toothsi clear aligners are safe for your teeth because ISO 13485 Certified, toothsi PETG and Duo sheets are FDA and CE approved. toothsi uses sheets that are elastomeric resilient, ultra-clear, flexible and triple-layered.

Interviewer: what are benefits of clear aligners?

Interviewee: Unlike braces, clear aligners give you the following benefits: they are almost invisible to naked eyes, pain and discomfort of braces will not bother you with them, clear aligners are removable so easy to maintain oral hygiene,

Interviewer: what are makeo toothsi clear aligners?

Interviewee: they are clear plastic trays that are 3D printed as per the shape of your mouth that help in fixing alignment issues such as crooked teeth, teeth gaps etc. the best thing about invisible aligners is that they give you the smile you've always desired, without the pain, inconvenience and food restrictions of braces. this is the best alternative to traditional braces for

treating orthodontic issues like gaps in teeth, overcrowded teeth, cross bite, underbite, open bite, and forwardly-placed teeth.

Interviewer: what details can i find in the monitoring report?

Interviewee: After you submit your monitoring photos, our orthodontists review them to assess your progress and make any necessary adjustments to your treatment plan. They primarily check the fit of your aligner and consider any comments you may have added. In some cases, they may reach out to you for additional information or schedule a video consultation.

After their evaluation, they create a personalised report which includes information on whether to move to the next aligner or continue wearing the current one and how many additional days you should wear it. This adjustment happens automatically on your app and you can see the no. of days adjusted based on the orthodontist's input. They also provide personalised recommendations and instructions to help you receive comprehensive feedback, care and guidance for your overall oral health.

Interviewer: what is the monitoring report?

Interviewee: The monitoring report provides detailed insights into your progress and helps you stay informed about your treatment journey. They're a reflection of the personalized attention you receive with toothsi and the importance we place on monitoring your progress every 45 days. You can view your reports in the "My Reports" section of the app. You can view every report created against every cycle to get all the information regarding your progress.

Interviewer: what is the process of toothsi aligners?

Interviewee: visit our nearest clinic for a scan or send the impressions of our teeth to our clinic. Our dentist will do a thorough study and based on the complexity of your case, will suggest a smile plan, Once we receive your approval for the smile plan, our orthodontists begin to create molds using 3D machines. They are then sent for the aligner-punching process to create clear aligners. Once the teeth aligners are made, they are marked for easy identification and polished. Later, they are sterilised and dispatched to the customers.

Interviewer: what is the toothsi promise?

Interviewee: With the Toothsi Promise, we guarantee that you'll achieve the intended results of your smile correction plan. If you need extra aligners to reach your desired outcome, we'll provide them for free, as long as you follow the instructions in the app. Our doctors will monitor your progress throughout your journey and provide personalized recommendations and guidance for your overall oral health. If you have any concerns, don't hesitate to reach out to us. Note that the additional aligners will be assessed and provided at the end of your planned smile makeover period, based on your progress and doctor evaluation. Refinement aligners are only intended to achieve the goals of your smile plan, not for changes beyond its scope.

Interviewer: why can i only submit my monitoring every 45 days? Interviewee: The 45-day cycle is chosen because it provides enough time for the doctor to see a significant change in your tooth movement, which is crucial for effective treatment. Monitoring frequently, such as every 15 or 30 days, wouldn't provide a clear enough picture of your progress for the doctor to make effective decisions. Hence, your monitoring is thoughtfully designed with clinical expertise in mind.

Video: □ How to monitor your progress? | toothsi

Interviewer: why do i need aligners for both my upper and lower teeth if i only want to change one?

Interviewee: in order for your smile makeOver to be completed efficiently, your bite would require the support of both your upper and lower teeth. We consider crowding, open bite or gaps between teeth while deciding on a treatment plan. That's why even if the problem persists only in the upper jaw, the lower jaw needs to be aligned accordingly. If we ignore the other half, the problem could escalate the issue concerning the positioning and bite of your teeth.

Interviewer: why is it important for me to submit my monitoring? Interviewee: Not submitting your monitoring photos every 45 days can cause delays in your aligner journey, as we won't be able to assess your progress. This can result in you not receiving the full benefits of your smile makeover plan. Additionally, by not keeping us updated, you take responsibility for any issues that may arise during your journey. To ensure a smooth experience and uphold the toothsi promise, it's crucial to submit your monitoring photos as instructed.

Video: ■ How to monitor your progress? | toothsi

Interviewer: will someone be checking in on me during my treatment? Interviewee: you can get in touch with our experts via the makeO app. we will remotely monitor your case for which you will have to share photos and videos of your progress, in case of any queries you can always reach out to us on the app.

### **BLOGs**

Interviewer: is aloe vera effective for acne? find out

Interviewee: Most of us have dealt with acne woes at some point in our life. It's no secret that we have all resorted to home remedies to treat mild to moderate acne breakouts before reaching out to over-the-counter creams.

Aloe vera is one such home remedy that has been used for aeons to treat acne breakouts. Aloe vera's anti-inflammatory and antibacterial properties make it beneficial in healing minor cuts, burns, rashes, and pimples.

Wondering whether aloe vera is beneficial to treat and manage acne breakouts? We have done the research for you and have brought you a complete guide that will tell you everything that you need to know about aloe vera and how you can use aloe vera for acne and pimples.

Interviewer: Is Aloe vera good for pimples?

Interviewee: Yes, aloe vera is safe and effective in soothing the inflammation that pimples bring along with them. Did you know that pure aloe vera contains many active ingredients like amino acids, salicylic acid, lignins, vitamins, and enzymes which are known to help you treat acne?

Have nasty acne scars? Aloe vera promotes collagen synthesis which helps in healing your scars faster. Not just that, aloe vera moisturises your skin, protects it from sun damage, and helps in preventing early signs of ageing like wrinkles and fine lines. Aloe vera is also known to soften your skin and tighten your skin pores as it is a rich source of amino acids and zinc.

Having said this, we recommend that you do a patch test on your wrist before you use aloe vera gel on your acne to ensure that you aren't allergic to this natural ingredient.

Interviewer: How to use aloe vera for acne?

Interviewee: There are a plethora of easy ways in which you can use aloe vera to treat your acne breakouts. Keep on reading to find out how you can use aloe vera for acne, pimples, and dark spots.

- Pure aloe vera gel: Simply scoop out the fleshy part of an aloe vera leaf and apply it to the affected area on your face and leave it for some time. Rinse it later with cold water as cold water further soothes inflammation.
- Aloe vera cream: Don't have the patience to cut open an aloe vera leaf? You can include an over-the-counter aloe vera cream in your skincare routine and use it to treat acne breakouts and get rid of acne scars.
- Aloe vera and lemon face mask: An aloe vera and lemon face mask will clean your pores and kill the bacteria and make your face look rejuvenated and radiant.
- Aloe vera and tea tree oil: You can whip up a cleanser using aloe vera, purified water, and 2-3 drops of tea tree oil. Tea tree oil is known for its antibacterial properties and when combined with aloe vera, it serves as a great acne home remedy. Make sure that you don't leave this mixture on your face for more than a minute or two as tea tree oil is too potent.

Interviewer: Benefits of aloe vera for skin

Interviewee: It's no secret that there are several benefits of aloe vera for your skin. Here are a few amazing benefits of using aloe vera for your skin:

**Dry Skin:** Aloe vera helps to seal moisture in your skin as it gets easily absorbed by your skin. You can consider using aloe vera gel as a moisturiser to make your skin look well-nourished and deeply hydrated.

**Sunburn:** Aloe vera helps to soothe sunburn with its anti-inflammatory properties. However, dermatologists recommend that people wear sunscreen daily for sun protection.

**Burns:** If you suffer from minor burns, then you can soothe the inflammation by applying aloe vera gel on it 2-3 times a day.

**Cuts:** Got a cut? Apply aloe vera gel on the wound 2-3 times a day. Aloe vera helps in boosting collagen production in your body which allows your body to heal faster and fight bacteria

The bottom line is that aloe vera is a safe and effective home remedy to treat acne breakouts and remove acne scars and marks. No matter in which form you use it, aloe vera will help to manage your acne breakouts better. Check out makeO skinnsi enrich expert aloe vera sheet mask for acne treatment.

Struggling with acne scars and oily skin and looking for a permanent solution? Why not let the professionals at makeO skinnsi give your skin a makeOver and make it look smooth, soft, and glowing? Get in touch with makeO skinnsi today and book yourself an at-home skincare treatment that will help you get flawless skin that will make everyone around you swoon.

Interviewer: How often should you apply aloe vera for acne?

Interviewee: Ideally, we recommend you apply pure aloe vera gel at least three times a day for

the best results.

Interviewer: Can aloe vera remove pimples?

Interviewee: Yes, aloe vera can remove pimples. It will take at least a week for aloe vera to work its magic and give you radiant and glowing skin. You will notice that after a week, your acne scars start to appear lighter and eventually fade.

Interviewer: Can I leave aloe vera on my skin all day?

Interviewee: You should keep aloe vera gel on for only about 10 minutes on your skin as some dermatologists believe that letting pure aloe vera gel stay on your skin all day long can cause dryness.

Interviewer: What is the usefulness of aloe vera?

Interviewee: There are a plethora of ways in which aloe vera proves to be beneficial for your skin. It can be used to treat dryness, sunburn, cuts, burns, eczema, and other skin woes.

Interviewer: Is aloe vera good for scars?

Interviewee: Yes, aloe vera is effective in helping you manage acne scars and marks. It increases the production of collagen in your body which helps your skin to heal and repair faster.

Interviewer: Does Drinking Milk Cause Acne?

Interviewee: Yes, certain studies done by organisations such as The Journal of Clinical and Aesthetic Dermatology have shown that consuming dairy products can cause acne, especially drinking milk daily. Milk causes acne by triggering certain hormones in the body which increase the risk of breakouts on your face. To understand how does drinking milk cause acne, we need to look at the following possibilities.

Modern farm cows are injected with certain growth hormones to increase their milk supply throughout the year. The growth hormone increases the content of IGF1, also known as Insulin-Like Growth Factor 1 in the milk that is produced by these cows. When you consume this milk, the level of Insulin along with IGF1 increases in your bloodstream leading to excess

production of sebum oil. The sebum oil combined with the dead skin cells on the face leads to an increase in acne.

Another possibility that answers the question, does cow milk cause acne is that the lactose present in the milk can lead to breakouts. As per the National Institute of Diabetes and Digestive and Kidney Diseases, around 68% of the world's population is lactose intolerant which can lead to lactose sensitivity, thus establishing the relationship between milk and acne. It is also found in studies that people who consume fat-free milk, such as skimmed milk are more likely to get acne.

Interviewer: Possible Treatment for Skin Breakout.

Interviewee: Now that you know the answer to the question, does milk cause acne, it is also important to know how to treat the breakouts. You can follow the below-mentioned tips to soothe the breakouts on your skin.

## **Cut out Dairy:**

Once you have known the answer to the question, does dairy products cause acne, it is time to cut out milk from your diet or at least consume dairy products in moderation. You can also use plant-based substitutes such as almond milk, cashew milk, or soy milk.

### Don't Pop the Zit:

The most instinctive reaction when you get a pimple on your face is to pop it. This will only increase the bacteria content in the pores and possibly spread it around the face. If drinking milk causes pimples on your face, treat them with the right method instead of popping them with your fingers.

## **Don't Use Heavy Beauty Products:**

When you are experiencing a breakout, avoid using oil-based beauty products on your skin. Instead, use gel-based and oil-free beauty products on your skin that will be less irritating on the breakout zones.

## **Try an Effective Acne Treatment:**

If all the natural and DIY remedies don't work, get a reliable and effective acne treatment to reduce the effects of acne. You can select the acne treatment by makeO skinnsi to heal and prevent further breakouts on your skin. We provide customised treatments with the use of clinically proven ingredients which are performed by dermatologist-certified therapists.

Interviewer: Other Factors Causing Acne.

Interviewee: Apart from milk, there are other factors leading to acne and breakouts on your skin. You need to consider these factors as well to protect your skin from the possible effects of acne.

- Stress is the main factor to consider as increased stress levels are linked to persistent acne on your face.
- Regularly consuming processed foods with high levels of sugar which include cakes, candies, cookies, pastries, soft drinks, etc.
- Hormonal changes occurring during puberty, before and after a menstrual cycle, and during pregnancy can also lead to acne.
- Certain beauty products with heavy chemical ingredients can cause allergies leading to acne on your face.

The relationship between dairy and acne has become evident after various studies and if someone asks you, can milk cause acne, you can answer by saying, yes, it does! However, you need to find out for yourself with experimentation whether the breakouts on your skin occur only when you consume milk. You can either cut out milk from your diet or carry out the necessary precautions and care to safeguard your skin for a healthy life.

Interviewer: teeth whitening with braces: everything you should know.

Interviewee: Braces both removable and non-removable are worn to correct misalignments and fix smiles. Generally users need to wear braces for 12-24 months to see drastic changes and desired results. During this time, if you want to also brighten your smile, how can you go about it? Will your braces get in the way? What are the best teeth whitening options for people with traditional braces too? Find out the answer to all these questions here.

Interviewer: Do braces stain teeth?

Interviewee: Traditional and lingual braces which consist of wires and brackets can stain your teeth too! And sometimes they can even cause unevenness in your teeth shade as it can be difficult for whitening products to reach between brackets and wires. Along with braces, even food particles and beverages stain your teeth which makes them lose their shine.

Interviewer: Is teeth whitening with braces possible?

Interviewee: All is not lost if you have braces! There are still a few options for teeth whitening with braces you can try to counter the discoloration left by braces. If you have aligners, you can definitely use all of the above options by simply removing your aligners during the usage of whitening products. For traditional braces too, there are a few options to choose from!

Interviewer: 5 Best teeth whitening option while wearing braces.

Interviewee: 1. Electric toothbrush

You might not know this but electric brushes are way more powerful and effective at cleaning dirt, germs and even getting rid of stains! Plus, electric toothbrushes can be used with metal braces too which make them the perfect way of teeth whitening! Want to find the perfect electric toothbrush for yourself? Check out toothsi electro i6 toothbrush with three brushing modes, SONIC power that provides up to 43,000 strokes/mins for the ultimate brushing and whitening experience.

# 2. Whitening pen

For on-the-go brightening you can always opt for a teeth whitening pen. It may not produce long-lasting results, but it also contains a brightening liquid that can be easily applied onto stained teeth for instant brightening. While people with metal braces cannot reap the benefits of a whitening pen, lingual braces users and aligner users can also choose this option for brightening their smile.

## 3. Whitening strips

Teeth whitening strips are one of the most popular whitening products. They are cheaper and easier to use at home which is why many tend to use them for some quick teeth brightening. Most whitening strips give effective results that last for a few weeks. For traditional braces users, teeth whitening strips will not be helpful. However, lingual braces users and aligner users can definitely take advantage of whitening strips for their staining.

## 4. Brightening Toothpaste and mouthwash

This is one of the best whitening with braces options. Braces users of all kinds including metal braces users can easily opt for teeth whitening toothpastes and mouthwashes to effectively lighten their smile. Most whitening toothpastes and mouthwashes contain brightening ingredients like hydrogen peroxide which works on increasing the brightness of your teeth. Make sure to choose FDA approved and enamel safe toothpaste and mouthwash options to protect your gums while embarking on a brightening endeavour!

## 5. Teeth whitening device

Teeth whitening devices consist of trays that can be fit into the mouth. Typically these devices are powered by unique LED technology to increase the brightness of your teeth within minutes. These devices are way more effective than strips, toothpastes and even whitening pens! If you're interested in knowing more, check out our toothsi spark teeth whitening kit which

contains a portable and hands-free teeth whitening device which is powered by LED technology and promises pearly white teeth in 30 minutes!

However, only lingual braces users and aligner users can easily enjoy the benefits of a whitening device.

Teeth whitening is a cosmetic procedure that is best done by a professional. While teeth whitening with braces is possible as we have discussed, it is better to do a teeth whitening procedure after the removal of your braces for maximum brightening!

Interviewer: Can you use teeth whitening with braces?

Interviewee: Yes, you can use teeth whitening toothpastes, mouthwashes and electric

toothbrushes to fight staining with metal braces.

Interviewer: How do you fix yellow teeth with braces?

Interviewee: You can fix yellow teeth with braces by going for regular dental cleaning procedures and using electric toothbrushes along with a brightening toothpaste and mouthwash.

Interviewer: Why are my teeth turning yellow with braces?

Interviewee: Braces tend to cause discolouration and staining. Your teeth could be turning yellow from the stains or due to plaque buildup. Visit a dentist to understand why this is happening and go for electric toothbrushes along with a brightening toothpaste and mouthwash to brighten your teeth again!

Interviewer: can stress lead to acne?

Interviewee: A common skin problem that plagues teenagers and many adults alike is acne. It is caused when excess oil, dirt or hair blocks the pores which can cause bumps and pimples. Many have found acne to be caused due to hormones, changes in diet, and genetics. But, acne can be triggered and made worse due to other factors like stress, dirt, pollution etc. In fact, during pressing times or when there's too much on your mind, you might notice stress acne appearing. Read on to find out what causes stress pimples and how to fight them.

Interviewer: What is Stress Acne?

Interviewee: Does stress cause pimples? You might think that stress can cause pimples, but studies have found that no direct link exists between stress and acne. Stress cannot give rise to acne, however, if you do suffer from mild or severe acne, stress does play a role in slowing down the healing process. When the healing process for acne is slowed, acne remains on our skin for longer which is why it can multiply and become severe. So in a way, acne can be caused by stress, as it exacerbates the skin issue.

Acne caused by stress might look like a combination of blackheads, whiteheads, red bumps and pimples with pus.

Interviewer: Causes of Stress Acne.

Interviewee: Stress is known to have a negative reaction on the human body. This means that stress can decrease the body's ability to heal wounds, cuts, and acne. Stress can also cause several other physical and mental problems such as irregular menstrual cycles, sleep problems, weight fluctuations, depression, anxiety, blood pressure and more. Working in a stressful environment or not finding ways to reduce your stress levels can impair proper skin barrier functioning and cause acne to worsen.

Interviewer: Some Stress Acne Treatment Tips You Could Try.

Interviewee: Take a doctor's appointment:

Visit your dermatologist to understand your skin, acne and its causes. They might suggest retinol or benzoyl peroxide for moderate to severe acne cases.

#### Focus on stress reduction:

Practise mindful exercises to reduce stress. This could include meditation, yoga, journaling and seeking therapy if required.

# **Exercise regularly:**

Add some physical movement to your day to reduce stress, release happy chemicals and also flush out the toxins in your body through sweat.

## Choose a good acne-fighting skincare routine:

Use a gentle cleanser (preferably water-based instead of oil-based) to avoid inflammation or infection. Make sure to use ingredients like salicylic acid to fight acne while keeping your skin

calm and nourished. Confused about how to develop an acne-fighting skincare routine? Choose makeO skinnsi's acne away kit which contains a gentle foaming facewash, a pore-perfecting toner and a potent serum for acne-free skin.

## Go through regular oil-control facials:

If you are suffering from oily skin and mild stress acne, you can choose makeO skinnsi's oil-control facial to clean out your pores, excess sebum and dirt and give your oil-free, pure and nourished skin.

#### Consider acne treatment:

If you are facing moderate to severe acne, it can really hamper your self-esteem and reduce your confidence. Often times this can lead to permanent scarring too. Explore makeO skinnsi's acne treatment which includes services like chemical peels and scar treatment for a more long-term acne solution.

Interviewer: Other Types of Acne.

Interviewee: Other than stress acne, there are four main types of acne you should know about to treat your skin in the right way. Mild acne is when blackheads and whiteheads are commonly found on the skin along with a few zits. This can be treated with better hygiene and mild medication. Then there are the commonly seen pink and red pimples which can have pus inside and cause scarring and infection. There are found in moderate to severe acne. The most severe form of acne is the appearance of nodules and cysts which are painful, and large and cause scarring.

Now that you know how stress causes pimples, make sure to prioritise your mental health, reduce stressors in your environment, cut down on caffeine and focus on building a regular exercise routine and a nutritious meal plan. Try to sleep for at least 7 hours a day to help reduce stress too. All of these efforts will not only positively impact your stress levels but also improve your acne. While these are some generic helpful tips, it is best to first visit your dermat to get an expert opinion on your acne before beginning a treatment plan.

Interviewer: What does stress acne look like?

Interviewee: Stress acne looks very much like normal acne, only a bit worse. It is a combination of whiteheads, blackheads and pink-red bumps or pimples.

Interviewer: How do you get rid of stress acne?

Interviewee: Medications like retinoids, benzoyl peroxide and salicylic acid are known to be efficient at fighting stress acne. You can also try to reduce your stress levels, sleep better and include healthy foods and exercise to your lifestyle to decrease acne too.

Interviewer: Can acne be caused by stress?

Interviewee: No, acne is not caused by stress. However, it is a factor that can trigger acne to worsen as stress has the ability to decrease the body's power of healing acne.

Interviewer: Where do stress pimples appear?

Interviewee: They can appear anywhere on the face but stress pimples are known to appear the most on the oiliest areas which means the T-zone.

Interviewer: how to use makeo toothsi electric toothbrush?

Interviewee: A good toothbrush is essential in removing bacterial plaque. It is the basis of oral hygiene. When you use a quality brush, you are not only closer to achieving optimal oral hygiene but also on the path to preventing inflamed gums, gingival discomfort and buildup of bacterial plaque. Proper brushing techniques and a good toothbrush are equally important in keeping teeth and gums healthy.

Interviewer: Types of Toothbrushes.

Interviewee: **1. Manual Toothbrush:** This is the type of toothbrush that most people in the world use. The handle of these brushes is usually made out of plastic and the bristles are made from nylon. One can clean their gums with an up-and-down motion to remove plaque, debris and food remnants.

**2. Electric Toothbrush:** This is a battery-operated brush that starts with a button. When the button is pressed, the head starts vibrating, oscillating and rotating. The frequency of oscillation

in an electric toothbrush is usually 40 Hz, which can clean the teeth without causing any discomfort.

- **3. Kids Toothbrush:** A kid's toothbrush is softer than a regular toothbrush. The soft round bristles in this brush are perfect for children's teeth.
- **4. Interdental Toothbrush:** An interdental toothbrush is perfect to clean the interproximal areas of the teeth. It can effectively clean under dental bridges or prosthetic units. They are available in a variety of sizes and thicknesses.
- **5. Ultrasonic Toothbrush:** When a manual toothbrush has a piezoelectric ultrasonic transducer, it is called an ultrasonic toothbrush. This device turns energy into ultrasonic vibrations that not only eliminate debris and stains but also kill bacteria. It is very effective in removing stains from dental braces.
- **6. Chewable Toothbrush:** A chewable toothbrush is a miniature plastic toothbrush. It looks just like the head of a manual toothbrush sans the handle. It needs no water or toothpaste as it comes with xylitol, flavouring agua. You can simply chew on it and dispose it off after use.
- **7. Disposable Toothbrush:** This type of toothbrush is a compact, affordable tool that is usually only used once. A disposable toothbrush usually comes with toothpaste as well making it ideal for travel and short vacations.
- **8. End-tuft Toothbrush:** An end-tuft toothbrush is ideal to reach tricky places like dental bridges, crowns or crowded teeth.
- **9. Sulca Toothbrush:** A Sulca toothbrush is a single-tuft tool curated to clean areas near the gum line effectively. It works similarly to dental floss and helps remove plaque ensuring optimum oral health.
- **10. Eco-friendly Toothbrush:** This is a biodegradable toothbrush that consists of a handle made from bamboo. The bristles are made from bamboo viscose or pig bristles ensuring that they will become one with the earth in no time when disposed of.

Interviewer: How to Use an Electric Toothbrush?

Interviewee: Now that you are thorough with the different types of toothbrushes, let us brief you on how to use an electric toothbrush.

- **Step 1:** Apply toothpaste on the head of the toothbrush and hold it at a 45° angle.
- **Step 2:** Turn on the toothbrush and move it from tooth to tooth.

**Step 3:** All you have to do is guide the electric toothbrush on different surfaces of your teeth, like the front of the teeth, the back and the chewable surface. Send about 2 minutes of brushing to ensure proper cleaning each time.

Step 4: When you are done, just rinse it like you would a manual toothbrush and allow it to dry.

**Conclusion:** At makeO toothsi, we have designed a futuristic electric toothbrush that is powered by sonic technology. It vibrates at a speed of 40,000 vibrations per minute. It also has a 2 minute smart timer that lets you know when to switch sides. Give your teeth the love and care they need by investing in our electric toothbrush today!

Interviewer: How long should we use an electric brush?

Interviewee: You can spend about 2 minutes with the electric toothbrush to ensure your teeth are properly clean.

Interviewer: Which type of toothbrush is the most effective?

Interviewee: Smart toothbrushes with soft bristles that can reach every corner of your teeth are the best types of toothbrushes.

Interviewer: Which type of toothbrush is best for gums?

Interviewee: Electric brushes have proven to be the most effective in maintaining gum health.

Interviewer: Does the size of the toothbrush matter?

Interviewee: Yes. The smaller the size of the head of your toothbrush, the better it is at cleaning between the teeth. A smaller toothbrush will remove any trapped food particles or bacteria effectively.

Interviewer: How long does an electric toothbrush last?

Interviewee: An electric toothbrush can easily last up to 3-5 years. This property makes it an economical and smarter choice than a manual toothbrush that must be replaced every 3 months.

Interviewer: oil pulling: how does it affect oral health?

Interviewee: An average dental cleaning routine includes brushing your teeth twice a day and using a suitable mouthwash. But there is one more ancient Ayurvedic technique for maintaining oral hygiene that you need to include in your daily routine. This technique is known as oil pulling which is an ancient Indian practice followed daily to maintain overall oral hygiene.

Interviewer: What is Oil Pulling?

Interviewee: The method of oil pulling for teeth involves using suitable oil every day to remove harmful bacteria from your mouth. In the oil pulling method, you take a small quantity of oil and briskly swish it inside your mouth for 2-3 minutes and then spit it out. Another way of following the Ayurvedic oil pulling method is to hold a good amount of oil in your mouth for 10-15 minutes and then spit it out.

You can use different types of oils such as sesame oil, coconut oil, or olive oil to carry out this technique. However, the best oil for oil pulling is considered to be coconut oil and it is a popular choice among people. The method of oil pulling removes harmful bacteria from your mouth that can cause dental issues such as plaque, bad breath, gingivitis, cavities, etc.

Interviewer: How Does Oil Pulling Work?

Interviewee: There are two different variations of oil pulling that you can include in your daily dental routine just before brushing your teeth. Both these methods are equally effective, and you can choose either one of them as per the time available. You can select any of the suitable oil required where coconut oil pulling will be recommended the most.

## Oil Pulling Method 1:

Take 1 tbsp of oil (15ml) and put it in your mouth

Hold the oil in your mouth for 15 minutes. Meanwhile, you can carry out other daily chores to pass time.

Once the required time is complete, spit the oil out

Brush your teeth as usual

# Oil Pulling Method 2:

Take 1 tsp of oil (5ml) and put it in your mouth

Briskly swish the oil throughout your mouth so it reaches every corner

Carry out swishing continuously for 2-3 minutes, then spit the oil out

Brush your teeth as usual

Interviewer: Oil Pulling and Dental Health.

Interviewee: There are various oil pulling benefits related to dental that you can experience by following this practice regularly. These oil pulling advantages will help you to maintain and improve your overall oral hygiene. Here's a list of some of the oil pulling benefits for teeth.

### **Reduce Harmful Bacteria**

One of the most important oil pulling benefits is that it reduces the number of harmful bacteria in your mouth. Regularly following this practice will help you to keep the harmful bacteria under control in your mouth and maintain proper oral hygiene.

### **Prevent Cavities**

Since the harmful bacteria are kept under control with this method, you can avoid the problem of cavities in your mouth. A buildup of bacteria in your mouth due to poor oral hygiene can cause the problem of tooth decay leading to cavities. Oil pulling will remove this bacteria from your mouth and help in preventing cavities.

# **Reduce Gum Inflammation**

Poor oral hygiene can also lead to gum problems such as redness, bleeding, or inflammation of the gums. Oil pulling will keep the plaque formation under control to help avoid this issue. Certain oils such as coconut oil can also help to reduce inflammation in your gums.

### Whitening Effect

It is also believed that the method of oil pulling can help to remove the stains from your teeth. Thus, oil pulling teeth whitening is one more benefit that you may experience from this ancient practice. You can try and see for yourself if this method has a whitening effect on your teeth.

Overall, oil pulling can be considered an effective method to keep the bacteria in your mouth in check. You can use this method to improve and maintain your overall oral hygiene by including it in your daily routine. If you are looking to try an alternative method for teeth whitening, then you can check out makeO toothsi's toothsi spark teeth whitening kit. You will find the best teeth whitening solution to incorporate from the comfort of your home through makeO toothsi.

Interviewer: sugaring: all you need to know about sugar waxing.

Interviewee: Hair removal has been around for hundreds of years. Today, we have developed electric razors, epilators, hard wax, soft wax and even a laser to remove unwanted hair from our bodies. However, many still prefer the original and the most natural hair removal method of them all. This is none other than sugaring or sugar waxing.

Interviewer: What is Sugaring?

Interviewee: Sugaring or sugar waxing is an age-old method of removing unwanted hair on the body. This process works very similarly to waxing; a sticky sugary paste is applied to the skin. After it sticks to the body hair and hardens, it is pulled off along with the hair to leave behind smooth, hair-free skin.

Interviewer: Waxing Vs Sugaring?

Interviewee: So, if sugaring and waxing are similar methods, why is waxing ever so popular and what makes sugaring different from it? We all have seen or experienced waxing. It is one of the most preferred ways of hair removal as it gives a smooth finish and lasts a few weeks. However, waxing can be painful for sensitive skin types while sugaring is perfect for sensitive skin! Here are all the differences between these two hair removal methods:

#### Hard wax/ soft wax hair removal

Waxing uses liquid wax or wax that is heated on the skin. Once applied, the wax sticks to the unwanted body hair and when pulled, it takes off all the hair.

Wax is applied in the same direction of hair growth and pulled from the opposite side

- Items used: Wax, wax strips, beeswax, resin, and some other chemicals
- Causes mild to severe pain
- Side effects include bumps, irritation, boils, sensitivity and ingrown hair
- Suited for all skin types

# **Sugaring Hair Removal**

A thick paste of sugar and water is made through heat. This is later applied on the skin and then pulled off to remove the hair.

- Sugar wax hair removal entails applying the paste in the opposite direction and removing it in the same direction as the hair growth.
- Items used: Sugar, water, lemon
- Causes mild to moderate pain
- Side effects include some amount of irritation and bumps
- Suitable for all skin types, particularly sensitive skin as it is an entirely natural procedure

Interviewer: What is Sugaring Paste Made Of?

Interviewee: Sugaring hair removal requires only a natural paste. This is made with sugar and water combined and heated along with a few drops of lemon. It creates a thick sticky paste that can easily stick to hair and get rid of it when pulled. The best part about this method is that you can do it easily without buying new ingredients or spending too much time. Use the white sugar you have at home along with water and if you are out of lemon juice, you can always use apple cider vinegar instead!

Interviewer: What Are the Benefits of Sugaring at Home? Interviewee: Some important benefits of sugaring are:

• It is a natural way of removing unwanted hair without the use of chemicals or razors that can harm the skin

- It is perfect for sensitive skin types due to its natural and safe ingredients
- Sugaring does not cause severe pain like waxing
- It lasts upto 3-4 weeks and works on all hair types
- Lastly, it causes fewer side effects and minimal irritation and bumps.

Interviewer: What Are the Other Alternatives to Sugaring Hair Removal? Interviewee:

# **Shaving**

Using a razor or an electric trimmer can be a simple and effective way of removing your unwanted body hair. But this is a short-term solution and can give razor burns, cuts, ingrown hair and bumps. You may not achieve the smooth skin of your dreams with this hair removal type but it is quick, cheap and easy.

#### **Hair Removal Creams**

Hair removal creams or depilatory creams are a painless way of hair removal. Simply apply a thick layer of the cream for 5-7 minutes and remove it to achieve hair-free skin. These creams are generally made with a plethora of chemicals which not only give off a bad odour but can be harmful to sensitive skin types.

#### **Laser Hair Removal**

A laser hair removal procedure involves a high-intensity laser pointed at the hair follicles to destroy the hair from its root. This way you can achieve hair-free days for several months and even years! makeO skinnsi's laser hair reduction is an exceptional laser hair removal procedure that promises at least a 90% reduction in growth after the completion of 6-8 sessions.

Interviewer: Is sugaring better than waxing?

Interviewee: Sugaring is better than waxing if you want minimal side effects and enjoy all-natural products. Sugaring is also a better option for those with sensitive skin! However, waxing can be extremely efficient and can take off hair in one go to give a smooth finish too, so it all depends on what your skin needs!

Interviewer: Is sugaring less painful than waxing?

Interviewee: Sugaring is known to be less painful than waxing as waxing can cause severe pain while sugaring only causes mild to moderate pain.

Interviewer: What is the downside to sugaring?

Interviewee: Sugaring may not be able to take off all your hair in one go. This means that you will have to reapply the paste in areas and pull it off. In turn, this may cause irritation and bumps. A laser hair reduction from makeO skinnsi is a better option as it provides effective and long-lasting results while being almost painless!

Interviewer: Can sugaring remove hair permanently?

Interviewee: No, sugaring can remove hair for a few weeks time and your natural hair will slowly grow back. Only a high-quality and efficient laser hair reduction like makeO skinnsi's can provide a painless permanent hair reduction to rid you of your unwanted body hair for a long time.

Interviewer: 3 reasons lingual braces are gone for good!

Interviewee: Orthodontic issues such as misaligned teeth, overlapping teeth, underbites, overbites, etc., have become prevalent today. They often hinder us from smiling wide, even when standing in front of a camera. Apart from making us conscious, did you know that such orthodontic issues often degrade our oral health and increase the risk of various problems such as plague formation, bleeding and swollen gums, wear and tear of teeth and more?

There are various solutions to fix your orthodontic issues and transform your smiles, such as lingual braces, transparent tooth aligners, and traditional metal and ceramic braces. Traditional metal and ceramic braces and lingual braces are inconvenient and painful when it comes to fixing your orthodontic issues. As a result, people hesitate and often ask their orthodontist are lingual braces effective and convenient in transforming their smile! Lingual braces for teeth have become outdated and are one of the less preferred ways of fixing your orthodontic issues. With changing times and the advancement of orthodontic solutions, transparent and removable tooth aligners for teeth have become one of the most preferred ways of transforming your smile. But before we understand how and why lingual braces are a thing of the past, let us first go through what lingual braces are.

Interviewer: What are lingual braces?

Interviewee: Lingual braces are a type of braces which consists of wires, brackets and metal however, these braces are placed on the lingual side or the back side of the teeth. This inner placement makes lingual braces almost invisible from the front and this is why many people used to go for this option of dental correction.

Wondering how lingual braces are gone for good and transparent teeth aligners are the perfect solution for fixing your orthodontic issues? Read on!

Interviewer: Disadvantages of Lingual Braces? Interviewee:

- Since they are placed on the inner side of the teeth they are more expensive
- Users may develop a lisp
- •
- Users will have to change their eating habits
- These braces can take longer than traditional braces to fix the same kind of misalignments
- Oral care and hygiene habits like brushing and flossing become more complicated
- Monthly orthodontic visits take a longer time
- Users might face tongue ulcers very often due to its placement and proximity to the tongue
- So, how are transparent aligners ideal for transforming your smile?

Interviewer: Invisible teeth aligners: The Best Alternative to Lingual braces
Interviewee: Transparent aligners are a clear set of plastic trays with a smooth texture that are
custom-made and super comfortable and convenient, unlike traditional metal and lingual braces.
They are prepared after taking a 3D scan of your jaw, thus customizing them perfectly.

Interviewer: Top 3 advantages of clear aligners over lingual Braces. Interviewee:

# 1. Comfortable to the fullest

Everyone loves to be comfortable, right? Besides, you are our top priority, and so are your comfort and convenience. Unlike traditional metal and lingual braces, transparent and removable clear aligners are super comfortable. Moreover, no one likes getting their cheeks and jaw bruised, right? But don't have to worry about such inconveniences with transparent teeth aligners! Yep, transforming your smile just became easy and comfortable with transparent aligners!

# 2. You don't have to give up on your favourite food

What hurts more than a breakup? Restricting yourself from eating your favourite food, right? Traditional metal and lingual braces often restrict you from eating various food items that are hard to chew, such as nuts, popcorn, etc., as they may cause harm to the metal wires and brackets. However, you do not have to restrict yourself from eating your favourite food with transparent aligners! Isn't it amazing?

#### 3. Your oral health is well-maintained

A delay in fixing your orthodontic issues often degrades your oral health and increases the risk of infections such as gum problems, cavities, teeth sensitivity the sensitivity of teeth, etc. With transparent aligners, fix your orthodontic issues and maintain your oral health. Moreover, unlike lingual braces, clear aligners make it easy to brush and floss your teeth as they are easily removable.

Transparent aligners have become one of the leading and most preferred ways to fix your orthodontic issues and transform your smile. And makeO toothsi is one of the most trusted lifestyle and healthcare brands that help you get the celeb-like smile that you have been dreaming of without compromising your comfort or restricting yourself from your favourite food. We not only provide at-home 3D teeth scan but also deliver your custom-made clear aligners to your doorstep.

Our experts and orthodontists are highly experienced and are just a video call away from you! Transform your smile with makeO toothsi in the comfort of your home, without stepping out anywhere! Visit our official website and book an online consultation today!

Interviewer: 8 pro tips to get healthy white teeth at home!

Interviewee: "A smile is happiness you'll find right under your nose," said Tom Wilson.

If you're like us, you just can't get enough of a great smile. It's a great ice breaker and a conversation starter. But when our teeth are not as white as we'd like them to be, we hold ourselves back from smiling confidently.

Yellow teeth or a faded, dull smile can weigh on your confidence and seeking expensive teeth whitening solutions or orthodontic treatments may not always be a feasible solution.

Well, the great news is that it's not just good genes that make your smile shine. You can get naturally white teeth at home! Here are eight such pro tips to help you whiten your teeth and achieve those smile goals.

# 1. Brush Your Teeth Twice a Day

'You don't have to brush all your teeth, just the ones you want to keep.' You've probably heard that joke before, right?

Yes, brushing all your teeth twice a day is one of the easiest ways to ensure a healthy set of white teeth. It sounds pretty basic, but you'd be surprised how many people skip this rule, sometimes out of sheer laziness.

If you're wearing front teeth braces, use interdental brushes to get the food stuck between the small gaps between the wires and your teeth. Preferably brush after breakfast and the last meal of the day. If you consume dessert after dinner, then brush your teeth post-dessert.

## 2. Brush the Right Way

Brushing is the best way to whiten your teeth, but it just doesn't work if you aren't doing it right. Make sure you use both horizontal and vertical brush strokes to remove the debris stuck between your teeth. Brush for at least 2-3 minutes each time to ensure nothing is left in between the gaps.

And trust us - brushing aggressively is worse for your teeth than you'd like to believe. It can damage the enamel and cause a host of sensitivity issues. Plus, applying too much pressure when brushing your invisible aligners can leave streaks on them. Brush gently, firmly, and for the right amount of time.

## 3. Gargle After You Eat

It's next to impossible not to have food trapped in every nook and corner of your teeth, especially if you're wearing metal or [transparent teeth braces] (https://toothsi.in/blog/7-intersting-facts-about-transparent-braces-that-you-should-know) . And, as you might have guessed, a lot of food tends to get stuck in our teeth because we brush only twice a day.

When the food ends up staying in our teeth for too long, they eventually rot, leading to bad breath, poor oral hygiene, and yellow teeth. But if you happen to be a foodie, don't worry! You can whiten your teeth and continue to snack to your heart's content by gargling.

Every time you consume something, gargle or rinse your mouth. This practice is as essential as brushing your teeth.

### 4. Floss with care

Another great practice recommended by dentists is flossing your teeth regularly. It need not be every day but following this practice at least once a week is a fool proof way to remove debris in your teeth. Use a slow, sawing motion for the best results.

#### 5. Beware What You Drink!

If you wonder why you still have yellow teeth despite brushing, flossing, and gargling, you might want to consider cutting back on the soda.

Acidic, processed drinks like colas and fruit juices can harm tooth health and whiteness. Consuming these drinks every day is a pretty quick way to weaken the tooth enamel and dissolve its natural minerals. This can lead to staining, cavities, and other common issues.

Even coffee has a bad track record of staining and yellowing your teeth. As such, the best way to whiten your teeth is to moderate your intake of such drinks.

## 6. Go Easy on the Sugar

You're no stranger to the ill-effects of refined sugar on teeth. It can up your chances of infections, gum disease, and cavities - not to mention yellow teeth. Excessive amounts of sugar can turn the bacteria in dental plaque into acids. Raising the levels of acidity can erode the enamel and eventually cause your teeth to become yellow.

But just because you want whiter teeth doesn't mean you should give up on pastries and chocolates! Simply cutting back on these treats should do the trick. Plus, you can use natural sweeteners and other sugar-free alternatives instead of sugar when baking.

# 7. Get the Right Toothpaste

On the surface, it seems like every toothpaste is practically the same for teeth whitening and cleaning. But when you break it down, some toothpaste formulas give better whitening results than others.

You can easily brighten up your smile with a good quality whitening toothpaste. Look for fluoride and hydrogen peroxide ingredients - these chemicals remove stains and combat bacteria,

thereby making your teeth white. Fluoride pastes are especially useful after removing metal, ceramic, lingual, and other braces for teeth as they prevent white spots from appearing on the enamel.

You can also occasionally switch to charcoal powder as an alternative to toothpaste. However, be sure to use it in limited amounts as it can be abrasive on your teeth and damage the enamel.

#### 8. Cut Down on Vices

Certain habits like smoking, chewing tobacco, and drinking alcoholic beverages can lead to stains, deterioration of teeth quality, and general wear and tear. It's a good idea to moderate these activities - or ditch them altogether. If you're going to\*\* be the spark \*\*of every room with bright white teeth, you may as well leave these harmful habits behind for good.

#### Conclusion

So, in the end, you don't need expensive teeth whitening solutions and treatments to brighten your smile. Paying attention to your oral hygiene, diet, and habits can fetch you similar results for a lot less.

**Invisible aligners** are a great way to keep your teeth white and clean. They can be easily removed, allowing your toothbrush and floss to reach every nook and cranny and keeping your teeth pearly white while help them get straightened too. Book your free scan with toothsi to explore clear teeth aligners and #smilekhulke.

Interviewer: know about our advanced ice cool technology for laser hair removal. Interviewee: At first, unwanted body hair removal was only possible through shaving, waxing or threading. Then came along laser technology, which promised permanent hair reduction in a unique and exceptional way. This technology has improved vastly since its inception and today there are numerous highly advanced hair removal machines with incredible and latest laser hair removal technology that not only effectively removes hair but also causes almost no pain! One of these is the ice-cool laser hair removal technology.

Interviewer: Why Choose Ice Cool Laser Hair Removal Technology.

Interviewee: At makeO skinnsi, we use the latest ice-cool laser hair removal technology to give our users a painless and smooth laser hair removal experience. This technology is directly known to cool down the skin's surface which in turn shields the skin from the heat and discomfort of the laser. makeO skinnsi uses a 4 wavelength high beam laser with ice-cool

technology, which is sure to provide you with seamless hair removal with almost no pain and permanent results!

Interviewer: Benefits of Ice Cool Technology for Laser Hair Removal.

Interviewee: The ice-cool technology cools the skin and protects it from the heat of the laser so that users only feel a zapping sensation and no pain.

\*\*Suitable for all skin types: \*\*

Unlike other laser hair removal machines, makeO skinnsi's laser with ice-cool technology is safe to use on all skin types and skin tones including darker skin tones that are generally more sensitive to heat due to the high presence of melanin.

\*\*Backed by experts: \*\*

It is approved by the USFDA and backed by experts for its effectiveness. This is one of the main reasons why this technology is so popular today.

Interviewer: Other Types of Laser Hair Removal Technology You Should Know About. Interviewee: Interested in knowing all your laser hair removal machine options? Here are 4 types of laser hair removal you should know about:

# 1. Alexandrite laser hair removal

A laser technology that is best suited for lighter skin tones and finer hair, this features a shorter wavelength which does not penetrate the skin too deeply.

#### 2. Diode laser hair removal

Perfect for medium to dark skin, this laser technology has higher wavelengths when compared to alexandrite laser hair removal hence it is more effective and quick.

# 3. ND Yag laser hair removal

Another highly effective laser for dark skin tones and various hair textures, this laser has high wavelengths hence it may cause some discomfort. This laser does not work for lighter skin and finer hair.

## 4. IPL laser hair removal

IPL or Intense Pulsed Light is a treatment where a pulsed light is used instead of a laser to target the hair follicles and permanently reduce growth. This laser allows customisation in wavelength and power according to the skin type and hair type of the user.

At makeO skinnsi, we use a quadruple wavelength technology which is a laser with a combination of 4 wavelengths 755+810+940+1064nm which helps in reducing all types of hair including fine, medium and thick hair from all dark and light skin types. This paired with the ice-cool technology is what makes our laser hair reduction procedure so well-liked!

Interviewer: How to Prepare For An Ice Cool Laser Hair Reduction.

Interviewee: Avoid tanning before or during the procedures. Apply generous amounts of sunscreen while stepping out. Do away with waxing, threading, bleaching or plucking before a procedure to keep the hair roots intact.

Make sure to have a shower and wear loose and comfortable cotton clothes for the treatment as this material is not likely to catch fire.

And, remove any make-up you have before the procedure!

Interviewer: What are the 3 types of permanent hair removal?

Interviewee: The most effective types of permanent hair removal methods are Laser hair

removal, electrolysis and intense pulsed light or IPL.

Interviewer: What is the most permanent way to remove hair?

Interviewee: Undergoing a permanent laser hair removal is the best way to remove your hair. These procedures attack the hair from its follicles, thereby reducing the growth permanently so you never have to worry about being unkempt!

Interviewer: Is laser hair removal Painful?

Interviewee: While laser hair removal initially was painful, laser technology today has grown by leaps and bounds. With advancements such as ice-cool technology for hair removal, you can now achieve a hair-free look without the pain!

Interviewer: Do permanent hair removal devices work?

Interviewee: Yes, permanent hair removal devices like lasers attack the melanin in the hair follicles and destroy the hair from its root. This is what causes a permanent reduction in hair

growth!

Interviewer: 10 rules to properly wash your face!

Interviewee: Washing your face seems like a simple thing that we all do daily. But have you ever asked your dermatologist how to clean your face? Is there a wrong and the right way to do it? If you have been simply applying face wash on your skin and washing it off, let us tell you, there is more to it. Learning how to use face wash requires a lot more than just lather-and-rinse which most of us do. Read along to find out how to clean your face properly.

# 1. Remove all your makeup properly

Remove as much makeup as you can from your face before washing it. Use a gentle makeup remover or micellar water to dissolve and remove as much product as possible.

# 2. Find the right cleanser for your skin

Different types of skin require different types of products. You can either rip your skin off the essential natural oils or leave a residue of dirt if you use an incorrect cleanser. Research and find the right product for yourself or contact your dermatologist for the same.

### 3. Use lukewarm water

If you were wondering how to clean your face naturally at home, lukewarm water is ideal for your skin. It will wash away the dirt and excess oil without stripping natural oils from the skin.

### 4. Exfoliate

Exfoliating aggressively can irritate and damage the skin. Move your fingertips in gentle circular motions to get rid of trapped blackheads, whiteheads, dirt and dead skin cells.

# 5. Don't forget your jaw and neck

The neck and jawline are prone to buildup. When you're washing your face, wash your jawline and neck in an upward motion to clean the area and get the blood flowing.

## 6. Use a dedicated face towel

Don't let your face air dry after washing. When the water evaporates, it will leave your skin dry. It is better to pat dry with a soft face towel.

## 7. Double cleanse (only if necessary)

If you have dry or sensitive skin, you may not need to dry cleanse your face. People with oily skin might benefit from it.

# 8. Use the right amount of cleanser

If your cleanser is expensive, you might be tempted to use less product. But the benefits of washing your face can only be experienced when you use the recommended amount. When in doubt, read the instructions on the back.

# 9. Apply toner

Apply a few drops of toner to your face after washing to refresh your skin. It will soothe your face, keep all the natural oils intact and help the moisturizer absorb better.

### 10. Moisturize your skin

Give your skin the love, care and hydration it needs after washing your face. Use a moisturizer suitable for your skin for a soft, natural glow.

#### Conclusion

Learning how to wash your face properly is the first step of your skincare routine. It is not only an important step of a good skincare regimen but also for personal care and hygiene.

makeO skinnsi is a life care brand that focuses on making your life better and daily tasks convenient. To give your skin the love and care it needs, we have formulated the Happy Hydrate Ceramide Face Moisturizer that you can apply on your face after washing it. It will give you fresh, smooth and supple skin in no time.

If you want to take your skincare regimen to the next level, pamper yourself with the Ultra-hydrating Facial from makeO skinnsi to further enrich your skincare experience.

We hope that this expert-validated guide on how to wash your face from makeO professionals makes your skincare routine a little bit easier.

Interviewer: Why Keep Your Face Clean?

Interviewee: As you go about your day, your face comes in contact with bacteria, pollutants, dirt, oil and viruses. Your skin may also trap dead skin cells. Learning how to use face wash is the only way to remove all these impurities and let your skin breathe in the fresh air. If you are not washing your face thoroughly, you may invite a thick layer of grime and dirt on your skin that can cause problems like acne, breakouts, and infection. It is crucial to learn how to wash the face for men as their beards may trap dirt and cause skin problems. There are thousands of cleansers that promise to deep clean your face in seconds, but the truth is- your face will only be cleansed if you follow the process correctly. To help you reap the maximum benefits of your face wash, here are some tips that experts swear by!

Interviewer: How often should you wash your face?

Interviewee: Washing your face twice a day is sufficient for most people.

Interviewer: How long do you need to wash your face?

Interviewee: Wash your face with a gentle cleanser for 20-30 seconds for the best results.

Interviewer: Is water enough to wash your face with?

Interviewee: Water alone might not be sufficient in washing away excess oil, dirt and sweat.

Invest in a good cleanser for your skin type.

Interviewer: Can you skip washing your face in the morning?

Interviewee: The bacteria that might have accumulated on the skin at night, excess sebum, residual of nighttime skincare products and dead skin cells can damage your skin if you skip washing your face in the morning.

Interviewer: What happens if you don't wash your face every night?

Interviewee: If you skip washing your face at night, the dirt that has collected on your face

throughout the day will clog the pores and cause skin problems.

Interviewer: what is diode laser hair removal?

Interviewee: Laser Hair removal is one of the most popular and effective permanent hair removal methods today. It's the perfect solution for someone who prioritises beauty and grooming and loves having a hair-free body. It's also perfect for those looking to remove unwanted body hair, which is common among women suffering from PCOD. But the world of laser hair removal is wide and interesting.

There are a few different types of laser hair treatments like Alexandrite, Diode, ND Yag, Ruby and IPL. Let us discuss the Diode laser hair removal, one of the most attractive laser options for many types of users.

Interviewer: What is a Diode Laser Treatment?

Interviewee: Diode laser hair removal features a diode laser which can safely emit light from the visible to the infrared range and attack the melanin in your hair follicles without causing any skin damage. Diode laser treatment works on the principle of 'selective photothermolysis,' which is an optical technique which points heat at the target hair follicles without bringing about damage to the surrounding tissue.

A diode laser machine uses this technique to target the melanin in the hair follicles of your unwanted body hair to permanently reduce growth and give you flawless skin. Often this laser is used along with cooling technology to reduce any pain or discomfort that the laser might cause.

Interviewer: Benefits of Diode Treatment

Interviewee: Here are some of the main advantages of using a diode laser for your laser hair removal procedure:

- Since this laser has a higher wavelength it can easily penetrate into the deeper layers of your skin and hence is more effective.
- You might require fewer sessions of laser with the diode laser due to its efficacy.
- The higher wavelength in this laser is ideal for darker skin tones with coarser hair.
- It can quickly remove large areas of hair
- After using this laser, your skin will take a shorter time to recover
- Gives a stable reduction and almost 90% hair reduction in only a few sessions.

Interviewer: Disadvantages of Diode Treatment Interviewee: Here are some disadvantages:

- The higher wavelengths in this laser can cause more pain and discomfort.
- This laser is not suitable for people with lighter skin and finer hair.
- Post-treatment you may observe irritation, redness and swelling on your skin.
- Sometimes, this procedure can cause pigmentation or changes in skin tones in certain areas.

Interviewer: Other Treatments For Removing Unwanted Hair.

Interviewee: Now that you know all about the diode laser and are looking for other options, you can consider IPL, Nd Yag and a makeO skinnsi treatment too.

IPL or Intense Pulsed Light is a procedure in which pulsed light is used instead of a laser to remove unwanted hair. IPL is a customisable procedure in which wavelength and power can be changed according to the user's skin and hair type.

ND Yag laser is another effective laser with 4 energy levels that can successfully attack the hair follicles without causing damage to surrounding areas.

And lastly, at makeO skinnsi, we use the latest 4-wavelength laser with ice-cool technology which works effectively on all skin tones and hair types without causing pain! So no matter your tone or texture of hair, you can always book a free trial with makeO skinnsi and check if our laser hair reduction procedure is for you.

With makeO skinnsi, you don't even have to worry about constant trips to a skin clinic or spending an exorbitant amount of money to achieve the well-groomed skin of your dreams. makeO skinnsi pros offer at-home services to do these laser treatments and you can choose from many affordable EMI options for laser hair reduction starting from Rs. 2,300/ month only.

Interviewer: Is diode laser good for hair removal?

Interviewee: Yes, the diode laser is good for permanent hair removal especially for medium to darker skin tones with coarser hair. It can successfully give you permanent hair reduction and a well-groomed body in a few sessions.

Interviewer: Which is better, the diode or the IPL laser?

Interviewee: While both the diode and IPL procedures have their advantages, the diode laser is considered to be more effective and fast for getting rid of unwanted body hair and its results are comparatively more long-lasting!

Interviewer: Does hair grow back after a diode laser?

Interviewee: Since no laser treatment can permanently "remove" hair, only permanently "reduce" it, your hair may grow back after the diode laser treatment but it will take a long time and the growth may not be as thick or noticeable as before.

Interviewer: What are the negative effects of diode lasers?
Interviewee: Some common redness, irritation and swelling may occur temporarily post-treatment. Some uncommon side effects of the diode laser are possible burns, blisters, scabs, hypersensitivity etc.

Interviewer: teeth bleaching: procedure, benefits & how to do it?

Interviewee: Every person wants a perfect set of white teeth that can be flaunted while smiling with a sense of confidence. However, your teeth may get discoloured with time due to various reasons which can affect your overall smile. The process of dental bleaching is often recommended in such cases to remove discolouration and stains from your teeth while making them brighter.

Interviewer: What is Dental Bleaching?

Interviewee: The method of dental bleaching is used for teeth whitening to remove stains and discolouration from your teeth. The teeth bleaching procedure can be carried out from either your home or from a clinic under the supervision of a qualified dentist. In this process, a teeth whitening gel is inserted in a plastic mould which is created as per the size and shape of your teeth.

You need to wear this mould on your teeth for 4-8 hours a day to let the whitening gel treat the stains and discoloration on your teeth. The main bleaching agents in dentistry used for whitening your teeth are hydrogen peroxide or carbamide peroxide. The bleaching agents break down the stains on your teeth on the enamel level to provide a lighter shade on your teeth.

Interviewer: How is Dental Bleaching Done?

Interviewee: The process of teeth bleaching can be categorised into types: home teeth bleaching and clinic teeth bleaching. Let's dive into more detail on how these two types of

bleaching methods are carried out. The teeth bleaching cost for both these methods will vary depending upon the type of your teeth and the degree of discolouration.

Interviewer: Clinic Teeth Bleaching.

Interviewee: Also known as in-office teeth bleaching, this method is carried out by a trained dentist from a dental clinic. The dentist will use a much more powerful bleaching agent along with light or heat to treat the stains on your teeth. In this method, the dentist can use effective teeth whitening methods such as Zoom Bleaching or Power Bleaching to carry out the treatment.

Interviewer: Home Teeth Bleaching.

Interviewee: In this method, various over-the-counter products are available in the market to carry out your teeth whitening. You can use home teeth bleaching products from the comfort of your home to whiten your teeth.

- **1. Teeth Whitening Tray:** You can bleach your teeth at home by getting a custom tray from your dentist or buying it as an over-the-counter product. You will get a peroxide-based bleaching agent to put on the tray and then fit into your teeth for the bleaching.
- **2. Teeth Whitening Strips:** These bleaching strips consist of a whitening gel that you can directly apply to your teeth. The instructions to apply the whitening strips will be mentioned on the product.
- **3. Whitening Toothpaste:** A whitening toothpaste is useful to counter stains on your teeth that are developed from products such as tea, coffee, or alcohol. Use the whitening toothpaste twice a day to see visible removal results on your teeth.

Interviewer: Pros and Cons of Teeth Bleaching.

Interviewee: There are possible pros and cons of bleaching your teeth that will help to decide whether you should undergo this treatment for yourself.

### **Pros**

You get brighter teeth with higher shades of white at the end of your treatment.

The dental bleaching method is practically painless, and it can be carried out without any resistance.

The teeth bleaching price is easily affordable whether you choose at-office treatment or over-the-counter products.

#### Cons

This process may put you at risk of teeth sensitivity if the procedure is not carried out properly.

This method is only ideal for people with well-maintained teeth and gum conditions.

You can experience gum irritation or burning if the gums are not properly isolated during the treatment.

Dental bleaching is an effective method to treat discoloration and stains on your teeth, whether you do it from home or a dental clinic. If you wish to carry out teeth bleaching from your home, you can check out the toothsi spark teeth whitening kit. You will get a proper teeth whitening kit with all the necessary dental appliances to carry out teeth bleaching from the comfort of your home.

Interviewer: Is bleaching good for teeth?

Interviewee: Bleaching is good to remove the discolouration and stains that are developed on your teeth due to various reasons. The process of bleaching will be harmless if your teeth and gum health is well-maintained, and the process of bleaching is carried out properly.

Interviewer: How long does dental bleaching last?

Interviewee: The results created from dental bleaching can last up to 6-18 months depending on how you maintain the achieved results. It also varies from person to person and the type of bleaching method used.

Interviewer: When should I start bleaching my teeth?

Interviewee: People above the age of 14-16 years can safely bleach their teeth to remove any discolouration or stains. However, you need to maintain good oral hygiene before you start the bleaching process.

Interviewer: skincare: why you should opt for a salicylic acid face wash.

Interviewee: Are you a skincare enthusiast who is intrigued about salicylic acid and wants to know how you can incorporate this skin acid into your daily skincare routine? Salicylic acid is a plant compound related to aspirin and is today used as one of the key ingredients in many over-the-top creams and serums to treat acne woes.

Whether you are constantly having acne breakouts or have oily skin, salicylic acid is the elixir that you want to get your hands on. Salicylic acid based face wash is gaining popularity and we are obsessed with them.

Debating on whether to add a salicylic face wash to your daily skincare regime? Read along as we share with you everything you must know about salicylic acid face wash.

Interviewer: Benefits of Salicylic Acid Face Wash.

Interviewee: You would be surprised to know how beneficial salicylic acid face washes can be for oily and acne-prone skin. Here are a few amazing salicylic acid face wash uses and benefits that make it a must-have in your skincare kit.

## Acts as a great exfoliator

Salicylic acid face wash is a great exfoliator as it deeply penetrates your skin which your regular face wash fails to do. It doesn't just remove impurities from the surface level but goes deep and helps in clearing clogged pores.

## Helps manage acne

Salicylic acid face wash is known for its anti-inflammatory and anti-microbial properties which help in reducing acne breakouts. Salicylic acid unclogs pores and reduces excess sebum production in your skin and thus prevents acne breakouts. Not just that, it also helps in making your skin light and getting rid of stubborn acne scars.

# Has amazing anti-inflammatory properties

Do you often suffer from redness on your face because of your acne breakouts and pimples? Salicylic acid face wash will soothe your redness and help in soothing the inflammation that accompanies pimples and acne. Make sure that you don't overdo the salicylic acid proportion, especially if you have sensitive skin as 'Less is more' when it comes to using skin acids for your face.

## Gives you a glowing skin

Did you know that salicylic face wash has anti-ageing properties that combat early signs of ageing like fine lines and wrinkles and leaves you with young and radiant skin? Salicylic acid targets dead skin cells by softening thick and dry skin and accelerating the cell turnover process.

Interviewer: Who Needs Salicylic Acid?

Interviewee: Wondering whether you can use salicylic acid based face wash as a daily cleanser? People who suffer from oily skin, blackheads, and active acne can use salicylic acid face wash every day.

Salicylic face wash is great at unclogging your skin pores and preventing excess sebum production which is known to cause new pimples. Ideally, salicylic acid should be used every day in concentrations of only 0.5-2%.

Interviewer: Side Effects of Salicylic Acid Face Wash.

Interviewee: Using the right amount of salicylic acid in your daily skincare regime is crucial as too much salicylic acid can cause several side effects. Here are a few rare side effects that people might experience when they initially introduce salicylic acid into their skincare routine.

- Moderate burns when used in high concentration
- Drying or burning of the skin
- Breathing difficulty
- Fainting
- Nausea
- Severe headache

If you notice any of these side effects, stop using salicylic acid face wash immediately and consult your dermatologist.

Remember to never layer up too many products at once which contain salicylic acid as this might dry up your skin. Limit your use of salicylic acid to once a day to ensure that you don't expose your skin to too much skin acid.

Want your acne to go for good? makeO skinnsi's at-home acne treatment is the answer to all your prayers. makeO skinnsi has an impressive variety of skin care treatments from derma facials to hydra facials that leave you with soft, smooth, and glowing skin. Get in touch with the skinnsi pros today to enjoy a premium quality skincare treatment from the comfort of your home.

Interviewer: Is it okay to use salicylic acid face wash every day?

Interviewee: Yes, it is safe to use a salicylic acid based face wash every day if you have oily or

acne-prone skin.

Interviewer: Is salicylic acid good for face wash?

Interviewee: Yes, salicylic acid face wash is good for your skin as it deeply penetrates your skin, unclogs your pores and removes dead skin, and accelerates the production of healthy and new skin cells.

Interviewer: Who should not use salicylic acid face wash?

Interviewee: Salicylic acid face wash might not be an ideal pick for you if you:

Are pregnant

Are breastfeeding

Are allergic to aspirin

Interviewer: When should I stop using salicylic acid?

Interviewee: While mild side effects like skin peeling and purging are nothing to fret over, if you suffer from severe side effects, we recommend that you immediately stop using salicylic acid on your skin and seek professional help.

Interviewer: Does salicylic acid make skin clear?

Interviewee: Yes, salicylic acid can help to keep your acne-prone skin clear as it is known for unclogging pores, removing dead skin cells, and preventing excess production of sebum.

Interviewer: waxing or shaving: what works best for hair removal?

Interviewee: Going to the beach or prepping for a party this weekend? Both men and women obviously want to make sure they look their best by having a well-groomed body. Most women

prep by shaving or waxing their underarms, legs and more while men often wax or shave their chest, underarms etc to be ready for a special occasion.

But between these most popular hair removal methods, which is the best? Waxing or shaving? Read on to find out more about the waxing vs shaving debate!

# Waxing

Waxing is a popular hair removal process that is known to provide a smooth finish and lasts almost a week before new hair begins to grow. How does it work? Waxing involves hot wax which is applied onto the hair you wish to remove and a wax strip is placed on it. Once the wax is stuck to the wax strip, the wax tugs at the root of every hair and pull it out along with the wax strip. This is the reason for a smooth finish.

### Shaving

Shaving is very different from waxing. A razor is used to trim the hair on your body. It gives a lateral finish without touching the root of the hair present in the follicles. Shaving is quick, cheap and easy to do. You only need a razor, clean water, a shower gel or foam and some moisturiser afterwards to have a good shaving experience.

Interviewer: The Difference Between Waxing and Shaving.

Interviewee:So is waxing better than shaving? Well, it depends on your skin, hair and what you prefer! Waxing is a great hair removal option for those who have coarse and thick hair and are looking for a way to achieve smooth skin. People who prefer waxing generally have a high pain tolerance and are not affected by hot wax too. Shaving on the other hand is perfect for those who want quick and worry-free hair removal and don't care much about hair roots. Shaving is also much cheaper than waxing making it an affordable option too.

Is waxing or shaving better? Make your own decision after reading this list of differences between waxing and shaving!

## Waxing

- Requires wax, wax heater, and wax strips
- Removes hair by its root
- Does cause some main
- Result can last for a few weeks
- Expensive and time consuming
- Suitable for most skin types except for extremely sensitive skin
- Is effective only on moderate hair growth. Does not work on really short hair

Perfect for long-term results

# Shaving

- Requires a razor
- Removes hair present on top of the skin layer only
- Painless
- Results only last for a few days
- Cheap and quick
- Suitable for all skin types including sensitive skin
- Works perfectly for all hair length
- Perfect for short-term results

Interviewer: Which Areas Does it Work Best for?

Interviewee: Are you running late for a party and forgot to remove the hair on your legs? You can solve this problem easily by shaving them. However, if you do have some more time on your hands, waxing will not only give you a flawless finish but help you be hair-free for a long time. Both waxing and shaving are perfect for even the tough regions like underarms, the bikini line etc. However, waxing in such areas lasts longer than shaving!

Interviewer: Are There Any Possible Side Effects?

Interviewee: Waxing may cause redness, irritation, boils, bumps, rashes, infection and scarring if not done well or done on sensitive skin. Shaving too can sometimes cause cuts, infections, ingrown hair, itching, razor burns etc.

Interviewer: Other Alternatives to Explore?

Interviewee: While shaving and waxing have their own benefits and differences, neither of them provides a permanent, smooth and ingrown hair-free experience in the way laser hair reduction does. This procedure is done by an expert using a high-intensity laser beam that zaps the hair follicles which in turn permanently decreases hair growth. With only 6-8 sessions of laser treatment, you can have hair-free skin that lasts up to several months or years! This procedure is more low maintenance than any other kind of hair removal method and is now affordable too! Want to know more? Check out makeO skinnsi laser hair reduction treatment with exciting EMI options starting from Rs. 2300/month!

Interviewer: Is waxing better than shaving?

Interviewee: Shaving can be drying and irritating for your skin. It can also cause more ingrown

hair and cuts compared to waxing.

Interviewer: Why you should shave instead of wax?

Interviewee: Shaving has its own set of pros. It is quick, cheap and easy to use when you are busy or running out of time. It's also not painful and can take out even the shortest hair!

Interviewer: What are the disadvantages of waxing?

Interviewee: Waxing can cause redness, irritation, bumps, rashes infections, sun sensitivity,

ingrown hair, allergic reactions and bleeding.

Interviewer: Does waxing make skin darker?

Interviewee: No, good-quality wax does not cause hyperpigmentation. In fact, waxing removes

dead skin and tan too!

Interviewer: got queries about laser hair reduction? get answers from our expert.

Interviewee: You may have tried several hair removal methods such as shaving, waxing, epilators, hair removal creams, etc. But, while looking for a permanent hair reduction method, you stumbled upon the idea of laser hair removal. You have various questions in your mind such as what the laser hair removal side effects are, is laser hair removal permanent, or is laser hair removal safe.

All of these questions can be correctly addressed by an expert laser hair removal dermatologist who can guide you throughout your laser hair removal journey. You need to have a complete idea about any hair reduction procedure offered through laser before you decide to opt for this method. In this article, we ask some of your recommended questions to our laser hair removal expert Dr. Shrenik who comes with 8 years of industry experience to give you a clear picture of this method.

Interviewer: Can you elaborate on Laser Hair Removal?

Interviewee: Dr. Shrenik explains, "LHR basically is Laser Hair Reduction where we use a specialised laser light to target the hair roots and destroy them so that the hairs become less in number and thickness. It is the latest and the best technology which can be used for hair reduction compared to all others". In case you have any more questions about the process, Dr. Shrenik assures that all your doubts would be answered at makeO skinnsi. "Our laser hair removal doctor will start by giving an overview of the laser hair removal treatment and then take the process further", he says.

Interviewer: How Does LHR Work?

Interviewee: Dr. Shrenik says, "The benefit of laser hair removal over other methods can be understood by knowing how this method provides permanent hair reduction."

#### **Explained below is how LHR works:**

Laser hair removal works on the principle of selective photothermolysis. In LHR, laser light is absorbed by the melanin (dark pigment) present in the hair roots. The absorbed light heats up the hair follicle and destroys it. The long thick and dark terminal hairs are converted to thin, fine vellus hairs. The duration of the growing phase reduces and the resting phase is prolonged with every laser session. The density, thickness and colour of hairs gradually reduces and time taken for the hairs to grow increases so that one can be hair free after recommended sessions.

It is a cost effective method in the long run as one need not visit a parlour or pursue other methods of temporary hair removal.

Interviewer: Do both Men and Women opt for LHR?

Interviewee: Yes, both men and women above the age of 14 who want to get rid of unwanted hairs and want to be hair-free can take laser hair reduction treatment.

As per Dr Shrenik, 'Hair reduction through laser need not be restricted to women alone and men can also opt for this procedure for effective results.'

Interviewer: Is LHR Safe?

Interviewee: LHR is a safe procedure when done by a trained personnel as it targets only the hair follicles without affecting or damaging the surrounding skin. It will not cause any harm to the internal organs or deeper layers as it will only penetrate till the dermis. However, it is imperative that you reach out to an experienced dermatologist. Before starting the treatment you will be briefed about it. Dr Shrenik says, "at makeO skinnsi our laser hair removal dermatologist will explain why laser hair removal is safe for your permanent hair reduction."

Interviewer: When Should you Book a Session?

Interviewee: One should have not undergone waxing, threading or bleaching in the past 1 month before booking a session. Also, there should be a minimum gap of 4 weeks between the sessions or visible hair growth before booking the next session.

Dr Shrenik recommends that it is important to know the right time to undergo hair reduction treatment before you book a session for yourself.

Interviewer: Does the Hair Grow Back After LHR?

Interviewee: Laser targets the hairs in growing or those in anagen phase and that too 10-15% of hairs will be targeted in each session. So multiple sessions are required for considerable results. On an average a minimum of 6-8 sessions and a maximum of 12-15 sessions are required for upto 90% reduction. The reduction seen will be in terms of density, colour and thickness. The remaining hairs grow back in time. However after 8-10 sessions, the hair growth will become slower and the residual hairs will be finer. They will be aesthetically acceptable and barely visible.

At makeO skinnsi, experts like Dr. Shrenik will explain how you can expect your skin to be after the hair removal process is complete.

Interviewer: About Laser Hair Removal at makeO skinnsi.

Interviewee: At makeO skinnsi, we offer an almost painless laser hair removal treatment where you can book our service from the comfort of your home. Our laser hair removal experts use a 4 wavelength ice-cool technology that doesn't heat the skin during the procedure giving you a safe hair reduction experience. With makeO skinnsi, you can choose laser hair reduction for either a full body or a specific area to achieve well-groomed and flawless skin. We offer cost-effective pricing for each session that will help you save big on your overall hair removal treatment.

Interviewer: everything you need to know about facial waxing!

Interviewee: Who doesn't like a face that is fuss-free, smooth, soft and flawless at all times? However, Mother Nature has only blessed a small number of people with such skin. Facial hair growth has been a problem for a lot of people. The solution to this is hair removal treatments. Facial hair removal treatments have been here for ages. However, these treatments have gone through a lot changes. Contrary to the popular belief, hair removal does not have to be overly complicated or excruciatingly painful. There are several methods of facial hair removal and we are here to simplify the most popular and widely trusted method for you- Facial Waxing.

Interviewer: What is Facial Waxing?

Interviewee: It is important to understand that the skin on your face is a lot softer and more sensitive than the rest of your body. Waxing is one of the most effective ways to get rid of unwanted facial hair. Face wax for women and men removes hair from the root and can prove to be highly effective on sensitive and tricky areas like the upper lip, jawline, chin and eyebrows.

Interviewer: Facial Waxing Allows You to Target Tricky Areas

Interviewee: Face hair removal wax is different from waxing your arms or legs. There are curves and sensitive areas on the face that a razor cannot reach. This stands true for both men and women. Beard waxing for men and facial waxing for women can help you target tricky areas on the face and neck with ease.

Shaping and grooming the beard is all about sharp effects and precision. Whether a man wants sharp clean edges or a gradient effect on his beard, face wax for men provides the cleanest results that last for a longer time compared to shaving. Facial Waxing for women can help achieve precision in sensitive areas like around the eyes and eyebrows, skin close to the hairline, upper lip and jawline.

Interviewer: Benefits of Facial Waxing.

Interviewee: In the process of getting rid of unwanted hair, facial waxing also provides other benefits. There are several perks of facial waxing including:

- It exfoliates and gets rid of dead skin cells that may have accumulated on the skin
- Improves skin's tone and texture
- Has longer lasting results
- Ensures accuracy and precision

Interviewer: Understanding the types of Face Wax.

Interviewee: Let us briefly walk you through the different types of facial waxing options.

- 1. Soft Wax: It gets rid of tiny hair precisely.
- 2. Hard Wax: It is less painful and better for smaller areas of the body like upper lip wax.
- 3. Fruit Wax: This is a natural form of waxing with organic fruit extracts.
- 4. Chocolate Wax: It is skin-nourishing and anti-oxidant.
- 5. Sugar Wax: It is a gentle, natural type of wax with astounding benefits.

Interviewer: How to prep skin for facial waxing?

Interviewee: In addition to being one of the most efficacious methods of hair removal, facial waxing is also beneficial in the long run. This is because women who tried it repeatedly experienced a significant

reduction in the regrowth of hair. It is a cakewalk to prepare the skin for facial waxing too. Simply ensure the following things:

- Check for any wounds, breakouts or sunburns
- The hair length should be approximately ¼ inches
- Exfoliate before waxing
- Moisturise after waxing

Interviewer: Are there any other less-painful alternatives?

Interviewee: That being said, ripping the hair from the root is not a great feeling. Even when done by a professional, it is possible to get burns, skin damage, redness or irritation on the skin. If your skin is prone to acne and breakouts, it is surely a good idea to stay away from wax and switch to other pain-free methods of hair removal.

One such method is Laser Hair Removal. It is a 100% safe and pain-free. The best part? With the ice-cool technology, all you feel is a slight zapping sensation on the skin that is not painful at all. makeO skinnsi provides at-home service and makes use of the latest technology to provide personalised care for everyone. You can render our Laser Hair Reduction service, wherein the makeO skinnsi pros will come to you and carry out the sessions in the comfort of your home. As a part of our post-treatment care, we guide and follow up until your recovery is complete. If you are ready to welcome a futuristic, innovative, effective, pain-free and cost-effective (in the long run) hair reduction process, then get in touch with the professionals at makeO skinnsi today!

Interviewer: Is facial wax painful?

Interviewee: Minimal pain and irritation are inevitable after facial waxing, for the first few times at least.

Interviewer: How long does waxing last?

Interviewee: Your hair growth depends on your genetics. But generally, the hair does not start to grow

back until 2-3 weeks.

Interviewer: Can facial waxing cause redness?

Interviewee: Facial waxing can cause mild irritation and temporary redness.

Interviewer: What are the other pain-free alternatives to waxing?

Interviewee: Yes. There are several other pain-free methods of facial hair reduction. This includes

threading, shaving and the most effective Laser Hair Removal.

Interviewer: Is facial wax suitable for all skin types?

Interviewee: Yes, it is a popular hair removal method. However, it is advisable to do a patch test to check

for allergies or possible side effects.

Interviewer: do you need a different toothbrush for braces?

Interviewee: Braces are one of the most popular ways of correcting jaw misalignments and getting perfect teeth. From early teens to adults, all kinds of age groups undergo braces treatment to correct their dental issues such as crowding, crooked teeth, improper jaw alignments and more. These are corrected with the help of several braces components like brackets, wires and elastic bands.

While these parts are effective, being fixed on your teeth can make it harder for you to do basic things like chewing, flossing and brushing! Did you know that you need a special toothbrush for braces known as an orthodontic toothbrush?

Interviewer: What is an Ortho brush?

Interviewee: When you wear braces, brushing with a normal toothbrush can be painful and uncomfortable. Food particles, plaque and bad breath are some common oral problems that braces must deal with carefully. This can be done with the help of an orthodontic brush. This type of brush generally has a small-rounded head, soft bristles and a strong grip. Ortho brushes are available in two main types: normal and electric toothbrushes. Electric brushes are known to be better for removing plaque off the surface of your teeth!

Interviewer: What to Look For in an Orthodontic Brush?

Interviewee: **Soft bristles:** Soft bristles that are flexible make it easy for braces users to clean their teeth by going between wires and around brackets for maximum hygiene. Since these are soft, there are lower chances of them breaking wires or causing any injury too. Additionally, soft bristles can clean your teeth without causing gum irritation or tissue harm too!

A small-sized rounded head: A small round head on your braces brush can access elusive parts of your jaw to clear plaque. This kind of head makes it easy to clean the surface of your teeth and avoid gum irritation or inflammation too.

A comfortable grip: Braces warrant caution while brushing, so not only is it important to have flexible and soft bristles along with a small round head, but your ortho brush for braces must also have a firm and comfortable grip so that you can use it with natural ease and prevent any inconvenience.

Interviewer: Tips to Maintain Oral Hygiene While Wearing Braces.

Interviewee: Here are some extra tips to maintain oral hygiene that may help you in your braces journey.

- Brush your teeth 2-3 times a day for two minutes. Make sure to ask your orthodontist about how to brush with braces and some helpful tips too.
- Rinse and brush after each meal.
- Use a fluoride wash to keep your teeth clean and germ-free.
- Floss once a day to keep the gaps between your teeth clean and free from food debris or plaque.
- Book a regular professional dental cleaning appointment to keep your dental health at an optimum level.
- In case of any bumps, cuts or boils, visit your orthodontist at the earliest to understand

Looking for an effective ortho brush for braces? Check out makeO toothsi electro, the advanced way of brushing your teeth! Consisting of powerful vibrations, smart sensors, and an ergonomic handle, this electric toothbrush for braces is FDA-approved, cruelty-free and expert-curated! If you haven't begun your braces journey yet, you can also explore an invisible alternative to traditional braces with makeO toothsi's clear aligners! These are 3D-printed clear plastic trays that are not only removable, effective and invisible but also come at an affordable EMI option of Rs.3,219/month.

Interviewer: What is an ortho brush?

Interviewee: An expertly designed toothbrush for braces, an ortho brush is made with soft and flexible bristles, a small rounded head and a firm grip to make braces cleaning as easy as possible.

Interviewer: What is the difference between an Orthodontic brush for braces and a normal brush? Interviewee: Normal toothbrushes come in many sizes and bristle types, with a lot of their heads being extremely long. For braces teeth, brushes with softer bristles and a smaller head are used as they are gentle on the brackets. Some orthodontic brushes even have a gap in the middle to help clean brackets easily.

Interviewer: What is the best type of brush for braces?

Interviewee: Orthodontists generally recommend a small rounded brush so it can easily reach difficult areas in your mouth and clean between brackets and wires.

Interviewer: Can I use a normal toothbrush for braces?

Interviewee: Using an electric toothbrush like makeO toothsi electro is perfect for braces. However, if you are looking for a new normal toothbrush to clean your braces, look out for a brush with a small rounded head and soft bristles.

Interviewer: is hair waxing good for men?

Interviewee: Hair removal methods of shaving and trimming are common among men for ages. However, in recent years, men waxing their body is becoming a popular norm due to the various benefits and desired hair removal provided by this method. Men are becoming more aware of following a body grooming routine for hair removal, and waxing provides the kind of grooming required to maintain smooth and hair-free skin.

Interviewer: Does hair waxing Hurt?

Interviewee: The first thing that pops up in your mind when we say body waxing for men will be the amount of pain you may experience. However, considering the popular belief about waxing being extremely painful and unbearable, you will be surprised to know that it won't be the case. No doubt body wax for men can be slightly painful, but with a positive mindset and preparation, you will notice that the process is not as painful as you expected it to be. Also, with regular waxing sessions, your skin will get used to the procedure and it will feel much more bearable.

Interviewer: Body Parts Covered in Waxing

Interviewee: Almost all body parts are covered in men's waxing procedures whether done at home or a clinic. However, if you are getting started with waxing, it is better to start with one area of the body to get used to the waxing process. Here are some common body part that are selected by men for waxing.

**Chest:** The chest is the main visible part of the body in the front which can grow messy and unwanted hair. Waxing your chest can provide smooth and wonderful-looking skin.

**Back & Shoulders:** Unwanted and stubborn hair can grow on the back and the top of your shoulders in patches. Waxing your back and shoulders will take away the hassle to manage the hair in these difficult areas.

**Face:** Believe it or not, being presentable is a required norm in today's world which gives rise to the need for face wax for men. Men can choose to have a well-maintained face in the long run by waxing areas of around their eyebrows and beard.

Interviewer: Benefits of Body Hair Waxing for Men.

Interviewee: Waxing your body hair can provide various benefits. Here are the benefits that you can experience with body wax for men.

#### **Reduced Hair Growth**

Although waxing is a temporary hair removal procedure, every time you do a waxing session, the hair will grow out to be much thinner and softer. Also, the hair will grow at a slower pace compared to the usual growth cycle after shaving.

## **Control Body Odour**

If you have a hairy body, you may regularly face the problem of body odour as the hair absorbs sweat and keeps it intact. Waxing removes the hair follicle from the root itself leaving no room for perspiration leading to bad body odour.

#### **Remove Dead Skin Cells**

When waxing is performed on your skin, it also removes the dead skin cells present on the top of your skin along with the hair. This purifies the top layer of the skin along with removing hair to give a smooth and shiny finish to your skin.

### Improve Skin Health

Waxing may be painful at first, but it can improve your skin health by increasing blood circulation to the top layer of the skin. With regular waxing sessions, your skin will feel rejuvenated with the removal of stubborn and rough hair.

Interviewer: Other Methods of Hair Removal.

Interviewee: **Shaving:** This is the most common and temporary method of hair removal where you have to use a shaving cream and a razor to remove the hair.

**Hair Removal Spray:** The use of hair removal sprays is on the rise as it provides a quick way to remove all your body hair. All you have to do is apply the hair removal spray on your body, wait for 10 mins and remove the hair through a sponge or spatula.

**Laser Hair Removal:** This is one of the permanent methods for hair reduction which is an almost painless procedure. Laser hair removal treats the hair follicle from the root and prevents any further hair growth while giving you permanent results.

Waxing can be an effective hair removal procedure whether it is a full body wax for men or men waxing private areas. On the other hand, if you want to experience an almost painless hair removal procedure, then you should check out laser hair removal treatment by makeO skinnsi. We use the latest quadruple wavelength technology to remove the finest of hair from your skin. Book your first laser hair removal session with makeO skinnsi.

Interviewer: Is waxing good for men?

Interviewee: Waxing is an effective hair removal procedure to get smooth and well-groomed skin to let you become more presentable and confident. Waxing removes the hair follicle from the root itself, and with regular sessions, the hair will grow finer and softer.

Interviewer: Can guys wax their private area?

Interviewee: Yes, guys can wax their private areas to avoid hair growth and maintain their hygiene. However, you should follow all the pre and post-waxing instructions to make sure you experience a hassle-free process.

Interviewer: Is it better to shave or wax for men?

Interviewee: Shaving will only remove the hair from the surface while leading to side effects such as razor burns and skin irritation. Waxing, on the other hand, removes the hair follicle from the root to give you flawless and well-groomed skin.

Interviewer: how to remove braces from teeth? - braces removal process and next steps. Interviewee: Teeth correction process can take up-to 12-24 months to get the desired results. Every person undergoing a teeth correction through braces eagerly waits for the braces removal process to begin. Your braces are removed when your teeth have been effectively aligned in their desired position and the alignment treatment is complete.

Interviewer: When Does Removal of Braces for Teeth Happen?

Interviewee: Your orthodontist will give you an estimated time of treatment at the end of which your braces will be removed. Your orthodontist will check the alignment of your teeth throughout your treatment to make sure your teeth correction is proceeding as planned. Once the alignment is satisfactory, your braces removal process will begin.

Interviewer: How are Braces Removed From Your Teeth?

Interviewee: Here are some points:

The responsibility of taking braces off your teeth at the end of your treatment is handled by your
orthodontist. You don't have to worry about how to remove your braces as the orthodontist will
carefully examine the alignment of your teeth through regular checkups. Once your teeth
correction is complete, you will be informed about the day for the removal of your braces.

- Your orthodontist will start by removing the archwire on both the upper and lower parts of your teeth.
- A special dental plier will be used to detach each bracket from the tooth. You may experience some pressure on your teeth when the brackets are removed. You may also hear a strong clicking sound made by the plier during the removal of brackets.
- The orthodontist will then carry out the cleaning of your teeth to remove any remaining dental glue.
- After the braces are completely removed, the measurements of your corrected teeth will be taken
  to create a mould structure. This mould structure will be used by your orthodontist to create
  retainers.

Interviewer: Maintaining Teeth After Braces Removal

Interviewee: You have to maintain your teeth correction results even after the removal of your braces. The process of maintaining aligned teeth after braces removal includes wearing retainers as recommended by your orthodontist. Wearing retainers will help you to avoid any relapse that may take place due to the teeth moving to their original positions. You also have to maintain your teeth by brushing them twice a day and cleaning them with the help of floss and mouthwash.

Interviewer: What is the Braces Removal Cost?

Interviewee: You do not have to pay any additional price for the removal of your braces. The braces removal price is included in your overall teeth correction plan since the beginning.

The process of how to remove braces will be carried out by your orthodontist once your teeth correction process is complete. If you are looking to start your teeth alignment journey, then you can check out high-quality clear aligners from makeO toothsi. The clear aligners from makeO toothsi can fix various teeth alignment issues such as teeth gaps, uneven bite, and crooked teeth. You can start your teeth straightening process with a pricing plan starting from ₹3,219/month.

Interviewer: How to remove braces at home?

Interviewee: You should not attempt to remove your braces at your home by yourself. Your orthodontist will remove your braces carefully with the help of special dental tools once your teeth correction treatment is carried out properly.

Interviewer: Is it painful to remove braces?

Interviewee: You won't experience any severe pain when removing braces if the process is carried out properly. You can feel slight pressure on the teeth during the removal of brackets from each tooth.

Interviewer: How much does removal of braces cost?

Interviewee: The cost of removing your braces is included in your treatment plan which is provided to you at the start of your treatment. You don't have to pay any extra cost to get your braces removed from your orthodontist.

Interviewer: Can I remove my braces alone?

Interviewee: No, you cannot remove your braces alone all by yourself as you can damage your teeth in the process. The responsibility of removing your braces falls under your orthodontist who will use his medical experience to carefully remove your braces.

Interviewer: who can have laser hair removal? can everyone opt for it?

Interviewee: Ever looked at body hair and wished for it to disappear forever? Ever felt tired of the routine of shaving, waxing and trimming for every special occasion? Laser Hair Removal is the answer to all your unwanted hair woes. This procedure is well known for its claims of long-lasting hair reduction and well-groomed smooth skin. How does this work? A laser hair reduction procedure uses a highly effective laser beam and hits the hair follicles on your skin. This attacks the root of your hair follicles, hence reducing your hair growth!

Interviewer: Does Laser Hair Removal Work for Everyone?

Interviewee: You might be wondering if such an advanced procedure like laser hair removal works for or suits everyone. Laser Hair Removal works for most people however there are some people who are not suitable for hair removal:

#### Who Are Not Suitable for Laser Hair Removal

#### Different coloured hair:

If you have red, orange or any other coloured hair, then a laser hair removal procedure will not work on your skin. This procedure only works on brown and black skin hence be sure to check your hair colour before booking a session.

#### **Pregnant women:**

Pregnant women are generally advised to not undergo a laser hair treatment as there have been no proven studies to conclude that this procedure is safe for pregnant women.

# Genetics:

If you have already undergone laser hair removal sessions and cannot see any results, it may be because of your hereditary genes. Biological factors can sometimes fight the effect of the laser and end up not showing any results.

Interviewer: Does Laser Hair Removal Work on Indian skin?

Interviewee: Most lasers work best on fairer skin, however, with the advent of technology in the laser hair removal sector, there are now many high-quality lasers with higher wavelengths that do not attack the melanin present and hence laser hair removal for Indian skin is easily viable. makeO skinnsi's laser hair reduction is the best home laser hair removal for Indian skin.

Interviewer: Does Laser Hair Reduction Work on Dry Skin/Combination Skin Type?
Interviewee: Laser hair removal works on all skin types including dry skin, oily skin, normal skin and combination skin. In fact, laser hair removal for dry skin is actually quite effective as the laser only targets the hair follicles and their pigment. So no matter your skin type, you can choose to go for a laser hair treatment for your unwanted hair. Just make sure to visit your dermatologist in case you are on medication for acne treatment or other treatments.

Additionally, the easiest way to find out if your skin is suitable for an at-home laser hair removal for Indian skin is by doing a patch test before the first session.

Interviewer: Is Laser Hair Removal Only for Women.

Interviewee: Who can have laser hair removal? One of the most popular misconceptions about laser hair removal is that it is only for women. The truth is hair removal for men is just as popular. Men can also easily avail of full-body laser hair removal or body part-specific laser hair removal to do away with unwanted body hair. If you are a man looking to reduce hair on your chest, armpits or back then you can surely opt for laser hair removal for men. Looking for a convenient laser hair removal for Indian skin? makeO skinnsi provides a great at-home hair removal option. Using only the latest technology, their laser treatment is suitable for men, women and all skin types for a smooth and worry-free experience.

Interviewer: Who is not suitable for laser hair removal?

Interviewee: Pregnant women, people on medication and people with extremely dark skin should not go for laser hair removal.

Interviewer: Who is best suited for laser hair removal?

Interviewee: People with dark brown or dark black hair with a thick and coarse texture. People with fairer skin also are very suitable for laser hair removal.

Interviewer: How painful is laser hair removal?

Interviewee: Laser hair removal when done with a high-quality laser is almost painless. makeO skinnsi uses a 4-wavelength laser technology for a painless hair removal experience.

Interviewer: Does laser hair removal work on PCOS?

Interviewee: Women with PCOS are always battling unwanted body hair. Laser hair removal is the perfect permanent hair reduction solution for them to feel well-groomed while dealing with their disorder.

Interviewer: 5 things you must check before booking your laser hair removal appointment! Interviewee: Unwanted body hair can be really bothersome for some, especially if you like hairless smooth skin all the time. But removing hair can be tedious if you are constantly shaving, waxing or plucking them out to achieve a smooth and hairless look. Laser hair removal is an efficient and long-term alternative that can save you countless trips to the salon and your precious time too.

Laser treatment for hair removal is a procedure done in skin clinics in which a concentrated beam or laser is used to remove unwanted hair. This procedure rids your skin of hair for several months or years! makeO skinnsi Laser Hair Reduction is an almost painless, effective and convenient way of ridding your body of unwanted hair from the comfort of your own home! Using the latest laser technology that is suitable for your skin, this, makeO skinnsi procedure is a great and affordable laser hair removal option with EMI options starting at Rs. 2,300!

Interested in getting it done? Before you embark on your laser treatment for the hair removal journey, be sure to understand what it entails.

Interviewer: Things to Know before Booking Laser Hair Removal.

Interviewee: Before you even think about booking your body hair removal appointment, you must book a consultation with a dermatologist. Knowing your skin and doing a patch test with the laser is the ideal way of confirming if your skin can handle a laser hair treatment.

Interviewer: How to Choose the Body Area/Parts for Hair Removal

Interviewee: The most common body parts that are chosen for laser hair removal are:

- Upper lips
- Underarms
- Legs
- Bikini area
- Back hair
- Hand
- Chest

The decision to remove hair is yours alone. You can choose the body parts where you find unwanted hair troublesome and undergo laser hair removal for them. You can also choose a full-body laser hair reduction if you want your entire body to be well-groomed for a long time!

Interviewer: What Should You Do Before Booking an Appointment for Permanent Hair Removal? Interviewee: Here are 5 things you must add to your checklist before your appointment:

- Don't step out in the sun and run the risk of a tan. A body laser hair removal cannot be performed
  on tanned skin. Avoid artificial tanning and spray tans for at least a month before getting a laser
  hair reduction treatment.
- If you are thinking of going for a permanent unwanted hair removal appointment, make sure to not wax or pluck your hair for at least a minimum of two days before. Instead, make sure to shave the targeted or chosen areas for permanent body hair removal a day before the appointment for maximum results! If you are choosing a full laser treatment for body hair then don't forget to exfoliate the bikini area to help the laser perform well.
- Make sure to shower before your first laser treatment for hair removal as clean skin helps the laser target hair follicles with ease.
- Choose pure cotton undergarments for your sessions as it does not catch fire due to heat.
- Avoid coffee, tea or any caffeinated drinks as they can mix with the blood and cause high blood pressure which can increase skin sensitivity, making the treatment a bit painful.

Interviewer: Some Extra Tips to Keep in Mind for Laser Hair Removal.

Interviewee: You can also choose loose-fitting clothes to feel more comfortable during and after the session.

- Make sure to avoid hair removal creams or any other chemicals like bleach on your skin before
  the session and only choose to shave the hair one day before the treatment.
- If you wear makeup or skincare, remember to use a good make-up remover or a cleanser to clean your face.
- And lastly, if you are on any kind of medication or are consulting with a dermatologist for skin issues, make sure to check with them if a laser hair removal is right for you!

Interviewer: Does laser remove hair permanently?

Interviewee: Laser hair removal removes hair for several months or years with a very insignificant amount of hair ever growing back.

Interviewer: What are the negatives of laser hair removal?

Interviewee: Temporary irritation to the skin in the form of stings, redness or blistering can occur soon after the session but it remains for a very short time.

Interviewer: Is getting laser hair removal worth it?

Interviewee: Laser hair removal keeps you well-groomed for a long time without worrying about constant waxing, shaving and ingrown hair!

Interviewer: How painful is laser hair removal?

Interviewee: Most Laser hair reduction procedures are almost painless and might cause a small stinging feeling. makeO skinnsi's Laser hair reduction uses ice-cool laser technology which makes the whole process pretty painless!

Interviewer: Do you shave before laser hair removal?

Interviewee: Yes, one day before your treatment it is imperative to shave the targeted areas. This removes the possibility of the laser using up all of its energy on hair and makes the hair removal process more effective!

Interviewer: what is electrolysis for hair removal?

Interviewee: Various methods are used for removing hair but none of them truly provide permanent results. The use of electrolysis is one of the known methods to precisely provide permanent hair removal that lasts after the treatment. In this article, we are going to look at all the things you need to know about electrolysis for hair removal.

Interviewer: What is Electrolysis?

Interviewee: In electrolysis, the growth of hair is targeted by treating the hair follicle and the root with chemical or electrical energy. In electrolysis treatment, the individual hair follicle is destroyed from the root and removed by an electrologist. The electrolysis treatment for hair removal is majorly popular for facial hair like eyebrows, upper lip, chin, cheeks, etc. This method helps in providing permanent results after which the hair doesn't grow at all.

Interviewer: How Does Electrolysis Work?

Interviewee: In electrolysis for hair removal, an electrologist inserts a tiny probe into your pore which treats your hair follicle with electricity. This heats the hair follicle and destroys it completely from the root itself. The electrologist then uses a pair of tweezers to remove this dead hair follicle from the pore after which the hair won't grow again in that place.

Interviewer: 3 Electrolysis Types Used for Permanent Hair removal By Electrolysis.

Interviewee: Here are the types:

- Thermolysis: This method uses localised heat that is transferred through the tiny probe to destroy your hair follicle.
- Galvanic: This method mainly relies on a chemical reaction to destroy the hair follicle from the root.

 Combination: This method makes use of both above-mentioned methods as required to get the permanent result of hair removal.

Interviewer: Pros and Cons of Electrolysis Hair Removal.

Interviewee: Here's a look at the pros and cons of electrolysis for hair removal that will help us to understand and select this method. Although this method can be applied to all parts of the body, electrolysis facial hair removal is the most commonly requested process.

## **Pros of Electrolysis**

**Permanent Results:** This is the only method that can guarantee permanent hair removal once the treatment is complete. After completing your treatment, you don't have to worry about hair growing back along the line. The hair removal results will stay permanent, and your skin will remain smooth and well-groomed.

**Versatility:** This method is suitable for all skin types including all types of hair and skin colours. This treatment is effective for all types of hair which makes electrolysis facial hair removal most reliable.

## **Cons of Electrolysis**

**Discomfort:** You may experience mild discomfort repeatedly during the treatment as each hair follicle will be zapped with electricity. Your electrologist may suggest an anaesthetic cream if you keep feeling pain throughout the treatment.

**Treatment Time:** The treatment time with electrolysis will be more as each hair is removed individually for permanent impact. You may have to visit for multiple sessions depending on the area you choose for hair removal.

**Cost:** The electrolysis hair removal cost will be calculated by the hour in most cases. The electrolysis cost will depend on the part you are choosing for hair removal. For areas such as the legs, electrolysis hair removal prices can be relatively high.

Interviewer: Other Methods of Hair Removal.

Interviewee: **Waxing:** In waxing, hot wax is applied on your skin after which a fibre strip is used to pull the hair from the body along with the wax. Waxing can be a painful process and you have to repeat this process every time for hair removal.

**Shaving:** A razor is used along with shaving cream or lotion to cut off the hair from the surface of your skin. Shaving your hair is convenient and it will give quick and temporary results.

**Hair Removal Cream:** Hair removal creams work within minutes to remove your hair by dissolving and removing the hair with ease. This is one of the quickest ways to remove hair from your skin.

**Laser Hair Removal:** In laser hair removal, pulses of laser are used to heat the hair follicle to remove it from the root. This is one of the most reliable methods for permanent hair reduction. You can check out makeO skinnsi for starting your hair removal journey from the comfort of your home. The process for laser hair removal is convenient and painless as the makeO skinnsi pros use the 4 wavelength ice cool

technology. This does not heat up your skin and hence there is no discomfort during the treatment. Go for a full body laser hair removal or just treat a specific part. Choose what you need and let our experts handle the rest. makeO skinnsi laser hair removal start at Rs 2,300 EMIs per month.

Interviewer: Does electrolysis remove hair permanently?

Interviewee: Yes, electrolysis removes hair permanently and it is the only method which is known to remove the hair and stop its growth completely. In electrolysis treatment, the individual hair follicle is destroyed from the root and removed by an electrologist.

Interviewer: Is electrolysis hair removal painful?

Interviewee: Yes, electrolysis hair removal can be painful as a tiny probe has to be inserted into your pore to treat the hair follicle. Some people have pain tolerance but if that isn't happening, then your electrologist will suggest an anaesthetic cream to manage the pain.

Interviewer: Which is cheaper electrolysis or laser?

Interviewee: If you compare the overall costs, electrolysis hair removal costs will be more compared to laser hair removal. Electrolysis will require a greater number of sessions to remove the hair from your skin which will increase the cost compared to laser.

Interviewer: all about depilatory creams: facts about hair removal creams:

Interviewee: Depilatory creams or hair removal creams are one of the most pain-free and convenient at-home hair removal options available today. These are thick creams that contain certain chemicals which have the power to melt the hair off your body and leave you with smooth and hairless skin.

Interviewer: How do Hair Removal Creams work?

Interviewee: All depilatory creams or hair removal creams are easy to use. You simply have to apply a thick layer of cream onto your hair and wait for 3-10 minutes before wiping it off and rinsing it with cold water to achieve the desired results. But how does this work?

Permanent hair removal creams contain an active ingredient called thioglycolic acid. Most hair removal creams contain either pure thioglycolic acid or some form of it. This ingredient along with other chemicals is responsible for attacking the keratin (a protein) present in the hair and weakening it which results in pain-free hair removal!

While most depilatory creams work for every body part, there are some special products that are well-suited for sensitive regions. These extra-sensitive products are generally facial hair removal creams or hair removal creams for private regions. Make sure to read the packaging and buy a cream that is best suited for your needs. Additionally, you must note that there are also different hair removal creams for women and hair removal creams for men as the hair growth and courses of the two genders greatly varies.

Interviewer: Advantages of Hair Removal Creams.

Interviewee: Here are the advantages:

- Pain-free
- Done within 10 minutes
- Easy to use
- Lasts longer than shaving
- Is prone to fewer cuts and provides a smooth experience
- Is inclusive as hair removal creams for women and hair removal creams for men, both exist in the market for everyone to try
- Relatively Inexpensive
- Hair may grow back softer

Interviewer: Disadvantages of Hair Removal Creams

Interviewee: Here are the disadvantages:

- May cause chemical burns if kept longer or not used correctly
- May cause mild irritation or pain
- Has a strong unpleasant odour
- Does pose a risk of ingrown hair
- Can cause irritation in sensitive regions if you choose a normal cream instead of a hair removal cream for private parts.

Interviewer: Other Alternatives for Unwanted Hair Removal Cream.

Interviewee: While these creams give a good finish and a smooth feel, even the best hair removal cream cannot keep your hair from growing back forever. More often than not the hair grows back in a few days after using a hair removal cream. So if you are looking for a more permanent solution to your hair removal problem, you may want to try laser hair reduction.

Even male hair removal cream for private parts or female hair removal cream for private parts can only help you for a small number of days. With an effective and high-quality laser treatment, you can have the well-groomed body that you've always wanted without putting any effort into maintaining it! Laser hair reduction is hence a great alternative for hair removal creams as it is almost painless, hassle-free and permanent.

Interested in knowing more? Check out makeO skinnsi laser hair reduction which is an incredible at-home service done using only the latest cooling laser technology for painless and efficient laser hair removal that will give you lasting results!

Interviewer: Is using a hair removal cream safe?

Interviewee: Follow the instructions mentioned on the box of a hair removal cream and you can have a safe and easy hair removal experience. However, not adhering to the guidelines mentioned in the packaging may hamper your experience and cause pain.

Interviewer: Can you use hair removal cream on private parts?

Interviewee: There are several special depilatory creams for pubic hair in the market available today. These contain more sensitive ingredients that are safe to apply in the nether regions without causing pain or irritation.

Interviewer: Is it better to shave or use hair removal cream?

Interviewee: While shaving is quick and cheaper, it can cause cuts and nicks, ingrown hair, dry skin and infection. Hair removal creams not only give a smoother hairless finish but are also less likely to cause ingrown hair or cuts.

Interviewer: What are the disadvantages of hair removal cream?

Interviewee: Hair removal creams may cause chemical burns or first to third degree burns if your skin is overly sensitive or you keep the cream on for too long. So make sure to read the instructions behind every cream and use it carefully for the best results!

Interviewer: laser hair removal types - know different methods now!

Interviewee: Laser hair removal is one of the most upcoming and popular methods of permanent hair removal. It is preferred for its best features like low maintenance, excellent results and permanent hair growth reduction. With its rising popularity in the past few years, laser treatment has branched out into various laser hair removal types which are based on factors such as skin tone, the wavelength of the laser, the texture of the hair and so on.

Are you interested in undergoing a laser hair removal treatment? Then there are 5 laser hair removal types that you should be aware of before choosing the right one for you!

Interviewer: 5 Types of Laser Hair Removal.
Interviewee: Alexandrite Laser Hair Removal

Alexandrite Laser hair removal is most suited for lighter skin tones or people with fair complexions. This laser type features a shorter wavelength which reduces pain but also does not penetrate too deep into the skin. While Alexandrite laser is more effective than threading, shaving and waxing, this method does not produce long-lasting results and may require many sessions to achieve silky, smooth and hair-free skin.

### **Diode Hair Removal**

The Diode hair removal has a greater wavelength than the Alexandrite laser which helps in deeper penetration and hence quicker results. This means that the user might require fewer sessions to achieve their desired hair-free skin. The Diode hair removal method is perfect for medium-dark skin types and due to its higher wavelength is also almost painless!

## **Ruby Laser Hair Removal**

One of the first laser technology, ruby laser hair removal is not in use today due to the plethora of other advanced laser technology that has cropped up over the years. This laser type does not work on medium to dark skin tones and can only be effective on lighter and fair skin with fine or thin hair. The ruby laser hair removal paved the way for ample research on hair reduction, side effects and laser technology. But it gives rise to many temporary side effects including redness, swelling, soreness and burning for darker skin.

### **ND Yag Laser Hair Removal**

The most effective laser for darker skin tones and coarse hair texture, the nd yag laser hair removal features the highest wavelengths and requires only a few sessions to entirely kill the bottom of the hair root and permanently reduce growth. But since the wavelength for the nd yag laser hair removal is high, it does cause more discomfort than other laser types. Additionally, this laser treatment is not effective on lighter skin and finer hair.

#### IPL (Intense Pulsed Light)

Unlike other treatments in which an actual laser is used, IPL only involves a pulsed light that attacks the hair follicles and permanently reduces growth. In an IPL treatment, the wavelength and power can be adjusted to suit the exact skin tone and hair type of the user for seamless and highly efficient hair removal.

For a beginner venturing into the unknown land of laser hair removal, understanding your perfect laser treatment can be daunting. Why not make things simple by booking an at-home free trial with makeO skinnsi's laser hair reduction? While booking an appointment, you simply need to answer a few questions which will help our experts understand your skin tone, hair type and concerns. This will help them create a customised laser hair removal plan for you for a worry-free and comfortable laser hair removal process.

makeO skinnsi laser hair reduction uses a 4 wavelength ice cool technology which makes the process almost painless and permanent. It suits all skin types and hair types so all you need to do is check with your doctor if you are eligible for this process, book an appointment, do a patch test, and get started!

Interviewer: Which type of laser hair removal is best?

Interviewee: IPL and Diode laser hair removal are very effective methods of laser hair removal. And,

Alexandrite is a popular one for fairer skin.

Interviewer: What is the safest laser hair removal?

Interviewee: Diode laser hair removal is known to be the most precise and safe for all skin tones and IPL

is a close second.

Interviewer: What is the most painless laser hair removal?

Interviewee: Diode laser hair removal and Nd Yag laser are known to be precise and can effectively bring

lower pain.

What are the negative effects of diode lasers? Redness, swelling, irritation, sensitivity, burning sensations, blisters and scabs are some temporary side effects of the diode laser. Sometimes, it may also cause hyperpigmentation.

Interviewer: is laser hair removal only for women? can men opt for it?

Interviewee: Times have changed and so has the definition of what it means to take care of your body. It was only women who used to follow hair removal routines in the past. However, today even men opt for hair removal services. Let's take a look at one such hair removal option for men.

Interviewer: Can Men Opt For Laser Hair Removal?

Interviewee: Gone are the days when having a good amount of hair meant you are manly enough. If you choose to embrace your body hair then kudos to you. But if you are from the lot who choose to get rid of the same hair, well that's also a valid preference. Since it's your body, the choice to have hair or not should be yours too. Body hair removal for men as a service has seen a significant rise in the past few years. Various methods such as shaving, threading and waxing can be applied for men's hair removal too. In a similar way, laser hair removal is something that men can opt for as well.

Interviewer: Laser Treatment for Hair Reduction

Interviewee: Today, men too are in the same boat as women who are tired of the regular upkeep that comes with hair removal. Hence, laser hair reduction is gaining more and more popularity. But what is laser hair reduction and how does it work for men? Laser hair removal for men is the same as it is for women. Using laser light technology, your hair follicles and hair roots are targeted with energy. This energy destroys the root and hair follicles thereby reducing your hair growth.

makeO skinnsi offers convenient at-home laser hair reduction services for anybody who wants to get rid of unwanted hair. The 4 wavelength ice cool technology used by makeO skinnsi pros makes the procedure comfortable and painless. Say bye to painful hair removal methods and ingrown hair.

Interviewer: Laser Hair Reduction Can be Done On Which Body Part?
Interviewee: Laser hair reduction can be done on any part of the body except for the eyelids. Some of the most preferred sections for laser hair removal for men are

- Back Laser Hair Removal
- Chest Laser Hair Removal
- Facial Laser Hair Removal
- Full Hand Laser Hair Removal
- Full Leg Laser Hair Removal
- Underarms Laser Hair Removal
- Stomach Laser Hair Removal

Men's facial hair removal is also possible through laser hair reduction. If you are someone who is conscious about their chest hair then you can opt for chest hair removal for men through laser technology. makeO skinnsi offers a full body and specific area laser hair reduction service. Here you can choose whether you want to go for a full body or just remove unwanted hair from a specific body part. The full-body laser hair reduction package covers your back, chest, chin, face, hands, legs, stomach, underarms, and groin. You get expert dermatologist supervision throughout your treatment and the procedure is painless with ice-cool laser technology. You can opt for makeO skinnsi laser hair reduction services at Rs 2,300 EMI per month.

Interviewer: Benefits of Laser Hair Removal for Men

Interviewee: Razor burns, post-wax breakouts, and ingrown hair are just a few annoying after-effects of traditional hair removal methods. You can choose to remove your hair with a zap or two with laser technology. Below listed are some benefits of permanent hair removal for men with laser technology:

### **Never Having To Shave Again**

One of the most obvious benefits of laser hair removal for men is the freedom from regular shaving and razor burns. No longer having to maintain your hair lets you save time and money.

#### No Ingrown Hair

As laser hair removal targets the hair follicles directly, no hair roots mean no ingrown hair. Every time you shave there are chances you might get ingrown hair. These include painful bumps on the chest, back, neck, and groin.

## **Better Intimate Hygiene**

Well, it's not a secret that shaving your groin is tricky. With laser hair removal you can be free of this hassle and also maintain intimate hygiene effectively.

## **Reduced Chafing**

If you are an athlete or you work out a lot, chances are that your body goes through chafing or friction caused by excess hair in parts such as the inner thighs and underarms. Laser hair removal for men can be the best option to get rid of chafing.

So what are you waiting for? If you want to get rid of unwanted hair on your body and feel more confident then book a patch test with your dermatologist today!

Interviewer: Is laser hair removal suitable for men?

Interviewee: Yes. Laser hair removal is suitable for men with the most preferred areas such as the back, chest, stomach, and groin.

Interviewer: Does laser hair removal work on hairy men?

Interviewee: Yes. Laser hair reduction can effectively reduce the range of hairiness on your body. Moreover, laser hair reduction destroys the root of the hair thereby delaying the growth for a long time.

Interviewer: How long does male laser hair removal last?

Interviewee: The efficacy of laser hair removal for men depends on various factors such as the area that is being treated, the thickness of the hair, the density of the hair, hormones and more.

Interviewer: How painful is laser hair removal for men?

Interviewee: One of the most commonly asked questions, laser hair removal for men is not painful. makeO skinnsi offers ice-cool technology which makes the procedure painless for you. You might feel a slight stinging sensation and nothing more.

Interviewer: What is the best way to remove male body hair?

Interviewee: If you are tired of regular shaving and waxing, laser hair reduction is an ideal choice to remove male body hair.

Interviewer: is it safe to remove unwanted hair with a razor?

Interviewee: Shaving is one of the most popular methods of hair removal, preferred by men and women both. All you need is a clean, sharp razor, and you are good to go. While many choose to shave because it is quick, cheap and straightforward, the concept of shaving is always seen as a runner-up when compared to waxing. Let us explore and debunk some of the benefits and misconceptions of using a razor for hair removal here!

Shaving is a process of trimming or removing the top layer of hair that is present on the skin. Since a razor moves laterally on the skin, you will find that your hair is simply trimmed off. The root of the hair still remains intact in the hair follicle which is why it is a painless process, unlike waxing which uproots the hair embedded in the follicle too!

Interviewer: Advantages of Using a Razor for Hair Removal.

Interviewee: Cheap

With only a razor required, shaving is one of the cheapest options for hair removal. There are many hair removal razor for ladies in the market that do the job for cheaper price. Other hair removal methods like hair removal creams, waxing, etc are relatively costlier. Shaving helps you save money from your bi-monthly visits to the salon by a mile!

### **Painless**

Since there is no uprooting of hair roots involved, shaving is painless. If you have sensitive skin or a bad pain tolerance, then you know that waxing is not for you. Shaving is an easy way of hair removal as it is painless and convenient to use.

### Quick

When done carefully, shaving can result in smooth, hair-free skin within minutes and saves time when you are in a hurry.

### Variety

Depending on your shaving needs, you can also find different types of razors in the market today. From facial hair remover razors to different razors for men and women, you can really choose the kind of shaving equipment that best fits your needs easily.

Interviewer: Disadvantages of Using a Razor for Hair Removal.

Interviewee: Ingrown Hair

Shaving can cause ingrown hair. These are dark or red bumps that are difficult to shave as in reality, they are curled-up hair stuck to the skin layer. Ingrown hair can cause infections, inflammation and more.

#### Cuts

When you shave too quickly or without being careful, you might cut yourself. Razors are sharp objects that can cause cuts if not handled with care.

#### Infections

When you cut yourself with a razor you are exposing your skin to infections. Did you know that even using someone else's razor or an old rusty razor can cause infections? Hence it is important to switch up your razor every few weeks and clean them before and after use.

## **Dry skin and Irritation**

If you don't use shaving cream and a post-shave aloe gel or moisturising lotion, shaving can cause dry skin and irritation too. So make sure to avoid hot water, walking in the sun and using scented products near your shaved regions as this may cause irritation. If you are using a women's face shaver, be extra careful as the face is the most sensitive region!

**Pro tip:** Choosing a special hair removal razor for ladies with moisturizing gels in them can help fight some dry skin and irritation too!

Interviewer: Myths of Shaving Hair with Razor.

Interviewee: Hair grows back faster

Your hair does not grow back faster if you shave. While waxing uproots the hair, shaving only trims it,

hence regrowth can seem quicker, however, this speed is not unnatural.

## Hair grows back thicker

Hair does not grow back thicker if you shave! In fact, the growth of your hair is not dependent on any external factors. It's all about genes!

Interviewer: Other Alternatives for Hair Removal.

Interviewee: If you are looking for options besides hair removal blades, then you can try depilatory creams, epilators, waxing and more. There are alternatives to facial hair remover razors too! You can try hair removal creams for facial hair, face wax and face epilation too! For a more permanent hair removal method though, we recommend the makeO skinnsi laser hair reduction.

makeO skinnsi laser hair reduction is a laser hair removal process that uses the latest 4 wavelength ice cool technology to permanently reduce hair growth and give you smooth, hair-free skin! Explore EMI options for this procedure starting at Rs. 2300/month!

Interviewer: Is it good to remove facial hair with a razor?

Interviewee: Yes, shaving your face is entirely safe. Some of the best facial razors for women are available today that can easily help you maintain a hair-free face. Just make sure to use shaving cream and a soothing moisturiser post-shave!

Interviewer: Is it safe to use razors in the pubic area?

Interviewee: Razors can be used to remove unwanted hair on your private parts. Make sure to practice caution during shaving and use shaving cream before and a soothing gel afterwards.

Interviewer: Is it OK for females to shave their faces?

Interviewee: Yes. It is quite alright if you choose to shave your face. Facial hair removal razor for ladies is extremely popular and easy to use, however, there is a risk of ingrown hair, irritation, inflammation, acne, cuts and redness.

Interviewer: Should I wax or shave my face?

Interviewee: Face shaving is known to produce better results. But, for long-lasting results, choose a laser hair removal treatment like makeO skinnsi laser hair reduction.

Interviewer: electrolysis vs laser hair removal - know the difference

Interviewee: The use of hair removal methods such as electrolysis and laser hair removal is on the rise for permanent hair reduction. Both methods are equally effective for removing unwanted hair and getting smooth and well-groomed skin. You may be thinking of electrolysis or laser hair removal, which one would be the best for me? In this article, we are going to look at the difference between electrolysis and laser hair removal to help you make a better decision.

Interviewer: What is Laser Hair Removal?

Interviewee: In laser hair removal, the hair on your skin is treated with pulses of laser light. This procedure heats the melanin present in the hair follicle which in turn destroys the hair follicle from the root. In laser hair removal, a wide area of skin will be treated by laser pulses at a time.

Interviewer: Electrolysis vs Laser Hair Removal Cost.

Interviewee: When comparing the costs for electrolysis and laser hair removal, an electrolysis cost may appear less per session. However, you will require a lot more sessions with electrolysis to completely remove hair from a certain body part. Also, some clinics will charge you by the hour for an electrolysis procedure. Therefore, laser hair removal is affordable on an overall treatment basis in the laser hair removal vs electrolysis cost comparison.

After going through the article, you may have understood what the difference between electrolysis and laser hair removal is. You will also be able to figure out if electrolysis or laser hair removal is better suited for your needs. If you are looking for reliable laser hair removal treatment, then you can choose makeO skinnsi for achieving smooth and flawless skin. Experience an almost painless procedure for 90% hair reduction delivered under the guidance of our expert dermatologists from the comfort of your home.

Interviewer: Is electrolysis cheaper than laser?

Interviewee: If you compare the overall treatment cost, electrolysis hair removal cost will be more compared to laser hair removal. Electrolysis will require a greater number of sessions to remove the hair from your skin which will increase the cost compared to laser treatment.

Interviewer: Why is laser more popular than electrolysis?

Interviewee: Laser hair removal can be done from the comfort of your home, requires a lesser number of sessions, results are visible sooner, affordable on an overall treatment level, and almost painless. All these factors make laser treatment more popular than electrolysis.

Interviewer: What is the downside to electrolysis?

Interviewee: One of the major downsides of electrolysis is the amount of time required for the treatment. Since electrolysis provides permanent removal by treating every single follicle, you will require many sessions to complete the treatment for a single body part.

Interviewer: What age is best for electrolysis?

Interviewee: Electrolysis can be safely carried out on people of all groups with the same kind of results. However, your electrologist will be able to tell whether electrolysis is a suitable treatment considering your skin type and hair.

Interviewer: pcos hair growth: causes and tips to manage excessive growth

Interviewee: PCOS or Polycystic Ovarian Syndrome is a common condition among women in which the body produces a greater number of androgens or male sex hormones. This disorder is known to cause enlarged ovaries with cysts in them. It is also known to cause several changes in the body such as weight gain, acne, hair loss, irregular menstrual cycles and more. Did you know that there's also a link between PCOS and hair growth?

Interviewer: Hair Growth in PCOS.

Interviewee: Hirsutism is an excessive and unnatural hair PCOS symptom in which a woman with PCOS begins to have growth in unexpected regions of the body in a way males do. While many women embrace this, many succumb to societal pressure and tend to find ways to avoid PCOS hair growth using different methods of hair removal and medication.

Interviewer: Causes of PCOS Hair Growth

Interviewee: A very minimal amount of male hormones are naturally present in the female body. When a woman has PCOS, her body contains an unnatural amount of male hormones which triggers unnatural hair growth in areas such as the chest, abdomen, face, back, etc. This PCOS hair growth can be thick and relentless!

Interviewer: Treatment for PCOS Hair Growth

Interviewee: PCOS body hair growth can only be controlled through medications that either suppress hair growth in the body or regulates the hormone imbalance. If your hormones are more balanced, you may see lower PCOS symptoms of hair growth.

There are several home remedies for reducing unwanted pcos hair growth. These include following strict dietary guidelines and consuming nutrient-rich supplements, having spearmint tea, and applying homemade masks/pastes such as lemon and honey, turmeric, besan and more!

Interviewer: Types of PCOS Body Hair Removal Treatment for Women

Interviewee: Looking for ways for PCOS hair removal without taking medication? Here are some common ways that you can use for your unwanted hair:

## Waxing

Using hot wax and wax strips, you can remove unwanted PCOS hair growth from your body. Waxing removes the entire hair from the root which gives a smooth finish. However, if you are sensitive to pain or if your skin does not respond well to hot wax, then this may not be the right option for you. Waxing is also a tedious process which can take several hours for the full body!

#### Shaving

One of the easiest and cheapest ways of hair removal is shaving. For the face, there are many face razors available to temporarily give you a hair-free appearance within minutes. For the entire body, you can use any razor to do the job. Shaving while being economical and convenient, does give long-lasting hairlessness. The hair grows back pretty quickly, so you will have to take time out regularly to shave if you choose this one! You may also have cuts, infections and ingrown hair with this form of PCOS body hair removal.

**Depilatory Cream** 

Hair removal creams or depilatory creams are another easy way to remove hair in a painless manner. These creams are infused with chemicals which can easily remove the hair even under the skin layer hence avoiding perma shadow and giving smooth, hair-free skin. Nevertheless, the chemicals in these creams can be harmful to sensitive skin and can cause darkness too. This is also a temporary hair removal method, which means you have to keep using it regularly for a hair-free body!

#### Laser Hair Reduction

Laser hair removal or laser hair reduction is one of the most effective ways of unwanted PCOS body hair removal permanently. In this procedure, a high-intensity laser beam is used to target the hair follicles present on your skin. This beam attacks the hair follicles and the melanin in the skin to successfully reduce hair growth for a long time. Laser hair reduction works on most types of hair including facial hair, bikini line, underarms and more, so you can still lead a hair-free life with PCOS!

makeO skinnsi's Laser Hair Reduction procedure is a dynamic laser hair removal service that can be done from your own home! Using the latest 4 wavelength ice-cool laser technology, makeO skinnsi pros come to your own home to provide you with an almost permanent, nearly painless and hassle-free PCOS hair growth removal service!

Interviewer: How can I get rid of PCOS hair?

Interviewee: You choose laser hair removal or hormone medication to reduce unwanted hair growth with

PCOS.

Interviewer: What does PCOS face hair look like?

Interviewee: While women do have hair on their faces, it is generally really thin and small to even notice.

Women with pcos hair may have darker and coarser hair that is very noticeable.

Interviewer: Will PCOS body hair go away?

Interviewee: If your PCOS reduces with medication and diets, then your PCOS body hair growth can reduce however it may not fully go away. For permanent hair removal, you may want to choose makeO

skinnsi's Laser Hair Reduction procedure!

Interviewer: How can I reduce my PCOS facial hair naturally?

Interviewee: Having spearmint tea regularly may reduce facial hair. You can also try using face packs or pastes with natural ingredients such as turmeric, besan, lemon and honey and apply it on your body for reduction of hair growth for PCOS.

Interviewer: wedding date fixed? here's when you should book a laser hair removal session. Interviewee: Weddings, especially the big fat Indian weddings are a huge celebration. With multiple events and hundreds of people attending, you have to make sure you look your absolute best for the most special time of your life. Many Indian women take up grooming activities right before their wedding to achieve a flawless, youthful and alluring to-be bride look.

Some of these include facials, teeth straightening and hair removal procedures. Many Indian women particularly look out for long-lasting hair removal options so that they can feel well-groomed and worry-free on their big day. Wondering which hair removal option to choose before your wedding? Try Laser Hair Removal!

Interviewer: Why Choose Laser Hair Reduction Before Your Wedding?

Interviewee: Laser hair removal is a popular procedure done to permanently remove or reduce unwanted body hair by pointing a high-intensity laser beam over the hair follicles on your skin. This procedure is safe, almost painless, convenient and permanent so you will not have to worry about unwanted hair growth for a long time!

We all know that shaving is a temporary hair removal method which is unreliable for a serious occasion like a wedding. Waxing and epilating are better options as they last a bit longer, however, they are still painful and may cause ingrown hair, burns, redness and more! With a safe and high-quality laser hair reduction procedure, you can get rid of ingrown hair, even out skin tone and sun spots and have endless hairless days.

Interviewer: When To Book a Bridal Laser Hair Removal?

Interviewee: Permanent hair removal is a relatively long process which requires multiple sessions. For a full body hair removal, you will need 6-8 sessions spanned across 6-8 weeks each. Even if you choose to opt for specific services such as facial laser hair removal, underarm hair removal and more you will require at least 4-6 sessions which will take place every 4-6 weeks. So if you have your wedding date fixed or are looking to get married soon, make sure to begin your laser hair removal journey 12 months before the big day!

Interviewer: Do you Need to Book Hair Laser Treatment For The Entire Body? Interviewee: Some of the most popular laser hair removal services for Indian brides are facial hair removal, underarm hair removal and bikini lines hair removal. You can choose to get these or any other areas treated as per your requirement or choose to go for a full-body laser hair removal treatment for an impeccable bridal look.

Interviewer: What To Check Before Booking Bridal Hair Removal For Your Wedding? Interviewee:Before you book a facial hair removal or a full-body hair removal appointment make sure to check all of these points.

- Choose a trusted skin clinic or a service for your laser hair removal procedure. Make sure that it is performed by experienced professionals or experts only.
- Don't wax or pluck your hair before you go to your appointments.
- Avoid the sun and tanning in general during this time. The laser does not work on tanned skin!
- If you are on any kind of medication, check with your doctor if you can safely go through this procedure.
- If you have extremely sensitive skin or any other skin issues, make sure to check with your dermatologist if your skin is suitable for laser hair reduction.
- Lastly, make sure to do a patch test before you begin your permanent hair removal journey to check if your skin is ready for this treatment.

Now that you know everything that laser treatment for hair removal entails, it is time to look for an appointment with a clinic or a service that is trustworthy, high-quality and provides effective laser hair removal services. makeO skinnsi's laser hair reduction is a great option for you! Why? It not only uses the latest 4 wavelength ice cool technology to provide painless facial hair removal and body hair removal, but it also provides at-home service, so you never have to miss an appointment or feel uncomfortable at a clinic!

With makeO skinnsi, you will notice 90% hair reduction in only a few sessions and permanent hair removal once your procedure is complete! With all the hectic planning and shopping to do for the wedding, let your grooming become the easy part with makeO skinnsi's painless and permanent laser hair removal at home.

Interviewer: What is the best way to remove women's facial hair?

Interviewee: Shaving, waxing, threading and facial hair removal creams are easy ways to temporary facial hair removal. For permanent facial hair removal choose a laser hair reduction treatment from makeO skinnsi.

Interviewer: Is it OK to remove female facial hair?

Interviewee: Yes, it is completely safe and normal to remove female facial hair often. Just make sure to be extra careful while doing so as the skin around the face is extremely soft and sensitive.

Interviewer: Is it possible to remove hair permanently?

Interviewee: With a laser hair reduction procedure, you can successfully get rid of unwanted hair growth for a long time.

Interviewer: What is the best method of permanent hair removal?

Interviewee: One of the most effective methods of permanent hair removal is the laser hair reduction procedure. It can not only keep your hair from growing for a long time, but it also gets rid of ingrown hair and even the skin tone.

Interviewer: how do the teeth shift during braces treatment?

Interviewee: Dental braces or metal braces are one of the most effective ways of teeth straightening and correcting misalignments such as crooked teeth, teeth crowding, twisted teeth, jaw misalignment etc. An average braces treatment lasts from 1-2 years and can transform your smile entirely.

A braces treatment is done by an orthodontist, an expert at dental misalignments. They understand your teeth and jaw, make a plan and also fix the braces onto your teeth. Once your braces are in, they tighten them every 3-4 weeks to bring a change to your smile.

Interviewer: What are Braces Made Up of?

Interviewee: Wondering how do braces work, and can retainers move teeth back? Let us first understand the components of braces to learn how teeth moving with braces occurs. There are 4 main components of a traditional braces treatment. They are:

#### **Brackets:**

The most important part of braces, metal brackets are glued to teeth and hold the wires that apply pressure on the teeth. In traditional braces, they are in the front of the teeth and in lingual braces, these are placed at the back of the teeth. Generally made with metal, ceramic braces contain ceramic brackets and clear brackets come in clear braces.

### Arch wires:

Arch wires do the important job of not only connecting all the teeth and brackets together but applying pressure for teeth straightening.

#### **Elastic bands:**

All other major and minor components of braces are tied together with elastic bands. These provide added pressure and force for alignment. Elastic bands come in several colours to choose from too!

While these are some of the most important parts of braces some others include separators, o-rings, power and energy chains and more. Another type of braces, which are clear aligners do not contain any of these parts. Aligners such as makeO toothsi invisible aligners are made from clear plastic trays and nothing else! Yet they perform as effectively as other braces types.

Interviewer: How do Braces Move The Teeth?

Interviewee: All the components of the braces together loosen the teeth from the current undesired position and move them in the right direction. They work together to apply gentle force and slowly push the teeth to the desired location without affecting the gum line of the teeth.

Interviewer: How Long do Teeth Take to Shift with Braces?

Interviewee: If you're wondering when will I notice my teeth move with braces, then you must know that this is a gradual process and progress will take at least a year. When teeth moving with braces occurs, it happens due to bone shifting. The movement and the later stabilisation of the bone under the teeth take a long time which is the reason for the overall timeframe of a braces treatment. The duration generally varies from person to person depending on their type of misalignment.

Braces are known to cause some pain and discomfort. They also require the user to follow certain food restrictions like not eating hard or chewy food and sticking to soft food. It is important to follow these restrictions for a few weeks after the braces have been removed too. Once your braces treatment is done, you must take precautions to maintain your teeth's position by avoiding hard foods and wearing orthodontist-prescribed retainers to keep them in place!

Not convinced by braces or simply looking for a more invisible alternative for achieving the perfect smile? makeO toothsi clear aligners are a great alternative to traditional braces. Made with premium plastic trays, these aligners can correct most misalignment issues while being removable, nearly invisible and almost painless!

Interviewer: When will I notice my teeth move with braces?

Interviewee: While the duration of a braces treatment goes for 12-24 months, you may begin to notice changes in your teeth in 4-12 weeks' time.

Interviewer: Can retainers move teeth back?

Interviewee: Retainers given by your orthodontist post braces are not meant to move teeth back but simply hold them in place. Since our teeth naturally move over the years, the teeth straightening must be protected and preserved, which is what a retainer does!

Interviewer: Can braces move teeth in 3 weeks?

Interviewee: Yes, braces can make the slightest of shifts in your teeth in 3-4 weeks' time. You will be able to notice the change in teeth movement by this duration.

Interviewer: Which teeth are the hardest to move with braces?

Interviewee: Lateral incisors or the teeth next to your front two teeth are known to be the hardest to move with braces.

Interviewer: What is the shortest time period for braces?

Interviewee: Typically the time for a braces treatment is between 12-24 months. However, it mostly depends on the patient, their dental issues, mouth and gums along with which type of braces they choose to use.

Interviewer: laser hair removal for hirsutism: does it work?

Interviewee: Lately, have you noticed excessive hair in places where it shouldn't be such as the face, back, and chest? Women do have fine, plain but faintly visible hair on their faces and body. However, if you have noticed that the colour of your unwanted hair growth is darker than usual and the texture is coarse, then chances are you have hirsutism. This is a condition where there is excessive hair growth, with a male-like pattern in areas such as your face, inner thighs, back and chest.

Women in general have a hair removal routine each month, but if you have hirsutism, then hair removal processes such as threading, waxing and shaving can become tiresome. Have you ever wondered if Laser Hair Reduction can help with female hirsutism? Let's take a deep dive and understand what is hirsutism in women, its symptoms, causes and probable hair removal options for this condition.

Interviewer: What is Hirsutism?

Interviewee: So, what does hirsutism mean? Hirsutism in women is a condition wherein there is unwanted hair growth on your face, back and chest. This is mainly due to excess androgens in your body. What are androgens? These are male sex hormones and women usually have low androgen levels in the body. When the level is increased, you may get hirsutism. The increase of androgens in your body may be because of a variety of reasons.

Interviewer: What are the Symptoms of Hirsutism?

Interviewee: The primary hirsutism symptom is when you have hair on body parts where women usually do not have hair - face, chest, inner thighs, and back. Mild hirsutism is when you have significant hair growth in your upper lip, chin, sideburn area, lower abdomen and around the nipples. The colour of this hair growth will be dark, meaning its mature hair. You may also experience other symptoms along with hirsutism such as:

- Acne
- Alopecia (hair loss)
- Receding hairline
- Oily skin

Interviewer: Causes of Hirsutism.

Interviewee: It is difficult to pinpoint an exact or direct cause of hirsutism However, one of the most common hirsutism causes is increased levels of androgens. As mentioned above, androgen is a male hormone. In men, androgen is responsible for hair growth. Women do have androgen in their body, however, the level is minimal. If your hair follicles are very sensitive to androgens, then you can get hirsutism.

If the level of insulin is high in your body then it may also lead to hirsutism. Insulin unlocks cells in your body to absorb energy from sugar. It can also stimulate the ovarian cells in your body to produce more androgen thus leading to excessive hair growth.

PCOS or Polycystic Ovary Syndrome is also one of the causes of hirsutism. PCOS is the hormonal imbalance in women leading to high androgen levels. There might also be other symptoms such as irregular periods, weight gain, acne, infertility, etc. Menopause is also one of the reasons for excessive facial hair growth.

Interviewer: Does Laser Hair Removal Work For Hirsutism?

Interviewee: If you have hirsutism and are tired of frequent hair removal hassles then laser hair reduction might be a better option for you. Laser hair reduction does not permanently remove hair from your body however, it does restrict the growth of hair for a long period of time if done correctly. In a laser hair reduction procedure, the melanin in your hair follicle absorbs the laser light. It heats up the hair follicle thereby destroying the roots.

As far as hirsutism is concerned, laser hair reduction can be effective. Laser treatment for hirsutism is a viable option for women who want hair reduction in specific areas especially the face, back and chest. However, it is important to note that laser hair reduction for chest hirsutism, stomach hirsutism and other areas can only work if you also have a hirsutism treatment going on side by side.

makeO skinnsi offers laser hair reduction at affordable rates starting at Rs 2,300 EMI/month. makeO skinnsi pros use the latest laser technology of quadruple wavelength laser which is a combination of 4 wavelengths - 755+810+940+1064 nm. This new type of laser reduces all types of hair – fine, medium, and thick hair. A perfect solution for hirsutism issues in women. Moreover, the ice-cool technology in the laser does not allow your skin to get heated making it a safe procedure.

So even if you have hirsutism, it is about time to get confident in your body as Laser Hair Reduction is one alternative you can explore. All said and done, your doctor might know the exact cause of your hirsutism, hence it is best to consult them before opting for this procedure.

Interviewer: Does laser hair removal work for PCOS hirsutism?

Interviewee: Yes. If you have an ongoing PCOS and hirsutism treatment then you can also try laser hair

reduction to see the desired results.

Interviewer: What is the best hair removal procedure for hirsutism?

Interviewee: If you are tired of your monthly parlour appointments then you can try laser hair reduction as a long-term solution for hirsutism. Hirsutism laser hair removal is far safer and more effective than shaving, waxing and threading.

Interviewer: How many laser sessions are needed for hirsutism?

Interviewee: An expert can help identify the extent of your hirsutism and accordingly recommend the number of sessions you might require for the hair reduction treatment.

Interviewer: what is tooth enamel and how to preserve it?

Interviewee: Your oral health majorly depends on your ability to maintain an effective dental care routine to safeguard your teeth. Dental experts recommend brushing your teeth twice a day as a general rule to maintain your overall teeth health. However, preserving your teeth enamel is an important factor that you need to consider for maintaining your oral health. Knowing about the enamel and the causes of tooth enamel erosion can help you to safeguard your teeth in a better way.

Interviewer: What is Tooth Enamel?

Interviewee: Enamel is the outer layer that covers each tooth's surface and protects the soft and fragile inner parts of your teeth. Tooth enamel is the toughest substance that is found in the entire body that forms a protective layer to safeguard vulnerable areas of the teeth such as the pulp and dentin. The dental enamel is translucent thereby providing a distinctive colour to your teeth.

Your tooth enamel is made up of a mineral called hydroxyapatite which constitutes a major part of your enamel coating. Having your teeth enamel in the best condition will help you to protect your teeth against tooth decay and various other dental issues. Tooth erosion can be linked to teeth enamel damage as the bacteria enters the inner part of your teeth through the openings in the enamel layer.

Interviewer: What Causes Tooth Enamel Erosion?

Interviewee: It is important to know the reasons that lead to decayed enamel so you can take the necessary measures to protect this thin layer. The production of acids in your mouth can erode the enamel layer leading to various dental issues.

- Consuming drinks that have a high sugar content such as soda, soft drinks, energy drinks, fruit
  juices, etc. The bacteria in your mouth create acids with the help of the sugar content in your
  mouth leading to enamel erosion.
- Consumption of alcohol and similar drinks can dry out your mouth while also increasing the sugar content. Such drinks can cause low saliva levels in your mouth which can lead to the breeding of bacteria.
- Eating overly sweet food products such as candies, sweets, sour foods, etc.
- External conditions can cause wear and tear, stress, and friction on the surface of the teeth leading to teeth enamel damage.
- Overeating and binge eating leads to a constant acidic state of the mouth that can affect the enamel layer of your teeth.

How to Preserve Your Tooth Enamel?

It is essential to preserve your tooth enamel with utmost care as the body doesn't produce this tissue once it is eroded. You need to take care of the existing enamel layer on your teeth to avoid any permanent dental issues in the future.

- Your diet should consist of fruits and vegetables that are rich in fibre. This will help you to increase the saliva flow in your mouth and neutralise the effect of acids on the enamel.
- Consume dairy products such as milk and cheese to increase your calcium content. Consuming food products that are rich in calcium will help to strengthen your teeth enamel.
- You can chew sugar-free chewing gum between your meals to increase saliva production. Saliva
  will neutralise the harmful effects of acids on your enamel while also strengthening your teeth with
  trace minerals.
- Visit your dentist regularly for a timely checkup between a timeframe of 3-6 months. Your dentist
  can help you to notice any signs of teeth erosion and help you to counter any underlying teeth
  issues.

#### Conclusion

Enamel is the most important factor in safeguarding your teeth from various dental issues. You should take all the necessary precautions to protect and preserve your teeth enamel. If you are looking for the treatment of teeth for misalignment, then you can check out high-quality invisible aligners from makeO toothsi. The clear aligners from makeO toothsi can fix various teeth alignments issues such as teeth gaps, uneven bite, and crooked teeth. You can start your teeth straightening process with a pricing plan starting from ₹3.219/month.

Interviewer: Can enamel be restored on teeth?

Interviewee: No, once tooth enamel is eroded from the surface of your teeth, it cannot be completely restored. You can improve the condition of your teeth enamel to a certain extent by improving its mineral content.

Interviewer: What happens when tooth enamel is gone?

Interviewee: When tooth enamel is degraded, your teeth will be more vulnerable to the development of cavities and decay. Your teeth sensitivity will also be affected as consuming hot or cold items can give rise to a sharp sensation due to exposed nerves.

Interviewer: What is tooth enamel made of?

Interviewee: Tooth enamel is made up of hydroxyapatite which forms a majority part of the tooth enamel. This crystal structure is derived from the mineral calcium phosphate. Although, other compounds are present in trace amounts in the making of tooth enamel.

Interviewer: How can I strengthen my enamel?

Interviewee: You can strengthen your enamel by consuming food products that are high in calcium. Consuming calcium-rich foods will help to strengthen the enamel by adding trace minerals and neutralising the effects of acids.

Interviewer: your guide to silky smooth armpits with undearm laser hair removal Interviewee: With summer right around the corner, you must be thinking of a wardrobe change that involves spaghetti straps, tank tops and sleeveless dresses. What's getting in the way? Probably your relentless, thick and annoying underarm hair.

There are so many problems with underarm hair that you may want to avoid this summer. Find out all the fixes to your underarm hair removal right here!

Interviewer: Worried about Ingrown hair?

Interviewee: Ingrown hair is a typical problem for those who regularly shave their hair on the body. But what is ingrown hair and how can you identify it? Ingrown hair is when shaved hair grows back in a curl rather than growing straight naturally. This curl is trapped under a layer of skin and can accumulate bacteria and cause infection too. Ingrown hair can look like red bumps or darkened spots.

If you have ingrown hair on your armpits, it makes shaving more difficult as they cannot be easily removed. To avoid ingrown hair, exfoliate your armpits regularly and you will have a smooth underarm region for hair. While this is a great practice to avoid ingrown hair, the most effective solution to your ingrown hair problem is choosing laser underarm hair removal.

Interviewer: How to avoid Perma Shadow?

Interviewee: Have you ever shaved your armpits only to find them bumpy and not so light? This could be due to perma shadow. Shaving your armpits can only remove surface-level hair, hence hair follicles in the skin may contain some hair that remains which causes a dark shadow, referred to as a perma shadow. You can temporarily avoid this by using hair removal creams instead of shaving. However, in the long run, you may want to choose permanent underarm hair removal by a laser!

Interviewer: Does your hair grow back too fast?

Interviewee: Shaving or waxing every week or every couple of days can be extremely frustrating. It can make your skin sensitive and red while also making you constantly invest in new razors and beauty salons. If you are plagued with faster hair growth in your underarm region, a more permanent solution like laser hair removal in the underarm can be perfect for you.

Interviewer: Underarm Laser Hair Removal.

Interviewee: Using the latest laser technology, an underarm laser hair removal procedure targets the hair follicles in your underarm region to almost permanently reduce your hair growth. When done by a professional, this procedure can smoothly help you achieve a well-groomed armpit region in just a few sessions!

Interviewer: Benefits of Underarm Laser Hair Removal Interviewee:

- Almost painless procedure
- Almost permanent
- Low maintenance
- A great solution to ingrown hair
- Minimal side effects
- Evens skin tone and reduces sunspots
- Makes the skin appear smooth

Interviewer: What is the underarm laser hair removal cost?

Interviewee: Thinking about underarms laser treatment but not convinced about the price? Contrary to the popular option, now having your hair permanently reduced is not as expensive as you think. In India, you can find affordable underarm laser hair removal costs while having no compromise on the quality. One of the most effective procedures in India is the makeO skinnsi laser hair reduction. A unique, at-home service which uses the latest laser technology, this underarm laser hair removal costs Rs. 2300 per month on EMI!

Interviewer: Are there any side-effects of underarms laser treatment?

Interviewee: A hair removal armpit procedure with a laser can cause temporary redness, sensitivity, and slight irritation in the skin. Before you go for your first session, be sure to check with your doctor or your dermatologist if this kind of procedure is suitable for you. Once your doctor gives their approval, make sure to do a patch test with a professional to check if this procedure will suit your skin. After these crucial steps are finished, you can be assured to have an almost painless and hassle-free hair removal session.

Interviewer: What hair removal method is best?

Interviewee: Waxing, shaving and epilating can be easy ways of hair removal however, the most effective and more or less permanent way of hair removal is laser hair reduction.

Interviewer: What is the longest-lasting hair removal?

Interviewee: An underarm hair removal procedure is one of the most long-lasting hair removal methods. It not only targets the hair follicles and keeps hair from growing quickly, but also removes ingrown hair, evens skin tone and keeps your skin looking smooth.

Interviewer: How can I remove armpit hair at home?

Interviewee: Armpit hair can be removed easily at home using ragzor or wax strips. However, you can also permanently remove your armpit hair by using makeO skinnsi's laser hair reduction at-home service.

Interviewer: What is the easiest way to remove underarm hair permanently?

Interviewee: Your stubborn and unwanted underarm hair can be removed permanently in the easiest way by choosing makeO skinnsi's laser hair reduction at-home service that uses the latest cooling laser technology for a painless and convenient underarms laser treatment.

Interviewer: ingrown hair: causes, treatment and tips to prevent it

Interviewee: Have you ever shaved or waxed your skin only to not have an entirely smooth finish? What gets in the way of a seamless hair removal activity is the presence of ingrown hair. These are common bumps that can be found on shaved areas in pimple-like forms. Did you know that the ingrowth of hair can lead to scars and even bacterial infection if not treated?

Interviewer: What Is Ingrown Hair?

Interviewee: Post-shaving or waxing, when hair grows back but curls into the skin layer, the end of the hair is trapped making it seem like a bump. These also often appear to be darker than the skin tone. Ingrown hair can also cause inflammation and red skin for some. Sometimes, ingrown hair can also clog a hair follicle!

Interviewer: What Causes Ingrown Hair?

Interviewee: An ingrown hair is simply the result of shaving or cutting a hair. When the hair grows back, it curls and deposits in the skin's outer layer which makes it a bump that is hard to remove. It can be caused by:

- shaving but tweezing, plucking, and waxing too
- dead skin clogging the hair follicles so the hair growth is trapped under it, making it curl and turn into ingrown hair
- Wearing tight clothes which make the skin rub against it.

Interviewer: How to Get Rid of Ingrown Hair Safely?

Interviewee: Are you plagued with this issue and are you trying to understand some home remedies for the ingrowth of hair on legs? Before you do that, remember to avoid poking or scraping an ingrown hair. Now read on to find out how you can safely remove an ingrown hair at home.

- Exfoliate, exfoliate! One of the best ways of getting rid of hair ingrowth on legs and hair ingrowth on hands is to use a gentle but effective exfoliator during a warm shower.
- Use a salicylic acid toner or a glycolic acid toner post-exfoliation to soothe the skin and keep it ingrown hair-free.
- Using a warm compress on ingrown hair by cleaning your skin with warm water in circular motions can firstly, clear any chance of bacteria and open up the clogged hair follicles!

Interviewer: Tips For Preventing Ingrown Hair:

Interviewee: Want to learn how to stop in growth of hair on legs or any other area? You only need to follow 4 important tips.

## 1. Stay away from your razor:

If you are already facing ingrown hair, it is best to avoid shaving for some time. If you ignore this and shave, you will cause a higher chance of inflammation and bacteria.

# 2. Shave the right way:

Are you shaving in a hurry, without a worry about the next hair growth, cuts and ingrown hair? You need to slow down and figure out the best ways to shave. Such as using a shaving cream, exfoliating before using the razor and shaving in the direction of the hair instead of against it to avoid more ingrown hair.

### 3. Change your razors often:

Regularly cleaning and changing your razor can help reduce chances of bacteria, hence lesser clogged hair follicles and low ingrown hair.

### 4. Have warm showers and use an astringent lotion:

Warm showers can open up clogged pores and hair follicles. Exfoliating in a warm shower can thereby help in ingrowth removal. But be sure to hydrate your skin generously post exfoliation and shaving with an astringent lotion to cleanse, soothe and protect your skin from bacteria.

So now that you know what ingrown hair is, how it is caused and the tips to avoid it, we must add that laser hair removal is one of the great hair ingrowth treatment options if you want to get rid of them entirely! Laser hair removal effectively stops ingrown hair by destroying the root of the hair follicles. This is why laser hair removal is a more or less permanent way of staying away from ingrown hair entirely. Interested in learning more? Explore makeO skinnsi laser hair reduction, a full-body, expert-led hair reduction procedure.

makeO skinnsi laser hair reduction is a one-of-a-kind, at-home laser hair reduction procedure with the latest cooling laser technology and almost painless and permanent outcomes. It offers full body, full legs hair removal, and other specific areas depending on exactly what you need!

Interviewer: How do I get rid of my ingrown hair?

Interviewee: If you are wondering how to avoid hair ingrowth after waxing, then the answer is exfoliate. Exfoliate in warm water, avoid shaving and use tweezers if needed to get rid of ingrown hair. You can also try laser hair removal for a more permanent stop to ingrown hair.

Interviewer: Do ingrown hairs go away on their own?

Interviewee: Yes, ingrown hair can go away on its own but for a while, you will notice bumps, darkness or redness. If the ingrown hair has not disappeared after a while, you must check for infection.

Interviewer: Should I pop an ingrown hair?

Interviewee: Don't pick, pop or scratch at your ingrown hair as that can lead to an infection and

inflammation.

Interviewer: How long do ingrown hairs last?

Interviewee: Most ingrown hairs only stick around for a week's time however, some can stay for as long

as a month. Be sure to keep a check on them for infection if they do.

Interviewer: backed by domain experts: Interviewee: Our Domain Experts:

# 1. Dr Arpi Mehta

(Co-Founder & CEO)

Dr. Mehta holds bachelor's and master's degrees in dental surgery, from the illustrious Nair Hospital Dental College in Mumbai with further specialisation and certification in lingual orthodontics in Paris and Geneva. She was running her own orthodontic clinical practice before establishing toothsi.

## 2. Dr Manjul Jain

(Co-Founder)

Dr. Manjul Jain completed his Masters in Orthodontics from KLE institute of Dental Sciences, Belgaum. He is a certified lingual orthodontist from Germany. He is the co-inventor and co-patent owner of India's 1st Cad/cam based customised 3d-lingual bracket system - Lingualmatrix. He is also the co-founder of smilealign digital aligner system and a founding member of the lingual orthodontic society India. Dr. Manjul Jain handles training of the dental professionals and customer support at toothsi. He is responsible for the QMS of the digital lab for toothsi and smilealigners.

# 3. Dr Pravin Shetty

(Co-Founder)

Dr. Shetty is the inventor of India's 1st Cad/cam based customised 3d-lingual bracket system - Lingualmatrix and SmileAligners digital aligner system. He pursued his super specialization in the subject of Aligners and lingual orthodontics from Germany, Korea and France. He leads toothsi central operations for scans, impression kits, training, teaching and supervising of 3D virtual treatment planning and also oversees entire 3D printing unit and aligners manufacturing laboratory facility along with automation, research and development , and clinical trials of new product. Dr. Shetty also spearheads the entire marketing and training, lecturing and treatment planning for B2B business - Lingualmatrix and SmileAligners.

## 4. Dr Anirudha Kale

(Co-Founder)

Dr Anirudha Kale completed his Masters in Orthodontics from Institute of Dental Sciences Belgaum followed by Lingual Fellowship from Dortmund Germany. He is the founder member of the Lingual Orthodontic Society of India. He currently manages the Simply Braces chain of clinics and marketing and sales for SmileAlign and Lingual Matrix.