

5 Things to Know Before Your First Electrolysis Session

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Electrolysis is the only FDA-approved method for permanent hair removal. If you're getting ready for your first session, this quick guide will help you feel confident and informed.

1. It's Totally Normal to Be Nervous

Many people feel anxious before their first electrolysis appointment. Rest assured, the process is safe and you'll be in the hands of a trained professional. Communication with your electrologist helps ease first-time jitters.

2. Everyone's Pain Tolerance is Different

Some clients say electrolysis feels like a zap or a pinch, while others find it very tolerable. Let your provider know if you feel discomfort - there are ways to help ease the sensation.

3. You'll Likely Need Multiple Sessions

Because hair grows in different cycles, you'll need several sessions to permanently remove unwanted hair. Don't be discouraged - consistency brings results!

4. Avoid Tweezing or Waxing Beforehand

It's best to let hair grow naturally before treatment. Shaving is fine, but tweezing or waxing removes the root - which the treatment targets.

5. Aftercare is Key

Redness or slight swelling is common post-treatment. Avoid sun exposure and use gentle skincare products to keep your skin calm and clean.