

LONG ISLAND BEAUTY

April 2025

Magazine

SPRING

Fashion Trends

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Laser Hair Removal for PCOS-RELATED HAIR GROWTH

Laser hair removal is one of the most effective long-term solutions for managing excessive hair growth caused by PCOS. It works by targeting the pigment in hair follicles with concentrated light energy, which damages the follicle and reduces future hair growth.

How It Works

- A laser emits light that is absorbed by the pigment (melanin) in the hair.
- The light energy converts to heat, damaging the follicle and inhibiting future growth.
- Multiple sessions are required since hair grows in cycles, and the laser is most effective in the active growth phase.

Benefits of Laser Hair Removal for PCOS

- Long-Lasting Results – While not always permanent, it significantly reduces hair growth over time.
- Less Frequent Maintenance – Compared to shaving or waxing, touch-ups are needed less often.
- Reduces Ingrown Hairs – A great option for those prone to irritation and ingrown hairs.

Considerations & Limitations

- Multiple Sessions Required – Typically, 6-12 sessions are needed for optimal results.
- Works Best on Dark Hair – The laser targets pigment, so it's less effective on light or gray hair.
- Hormonal Influence – Since PCOS is hormone-driven, some hair may grow back over time, requiring maintenance treatments.
- Potential Side Effects – Temporary redness, swelling, and slight discomfort are common but usually subside within a few hours.

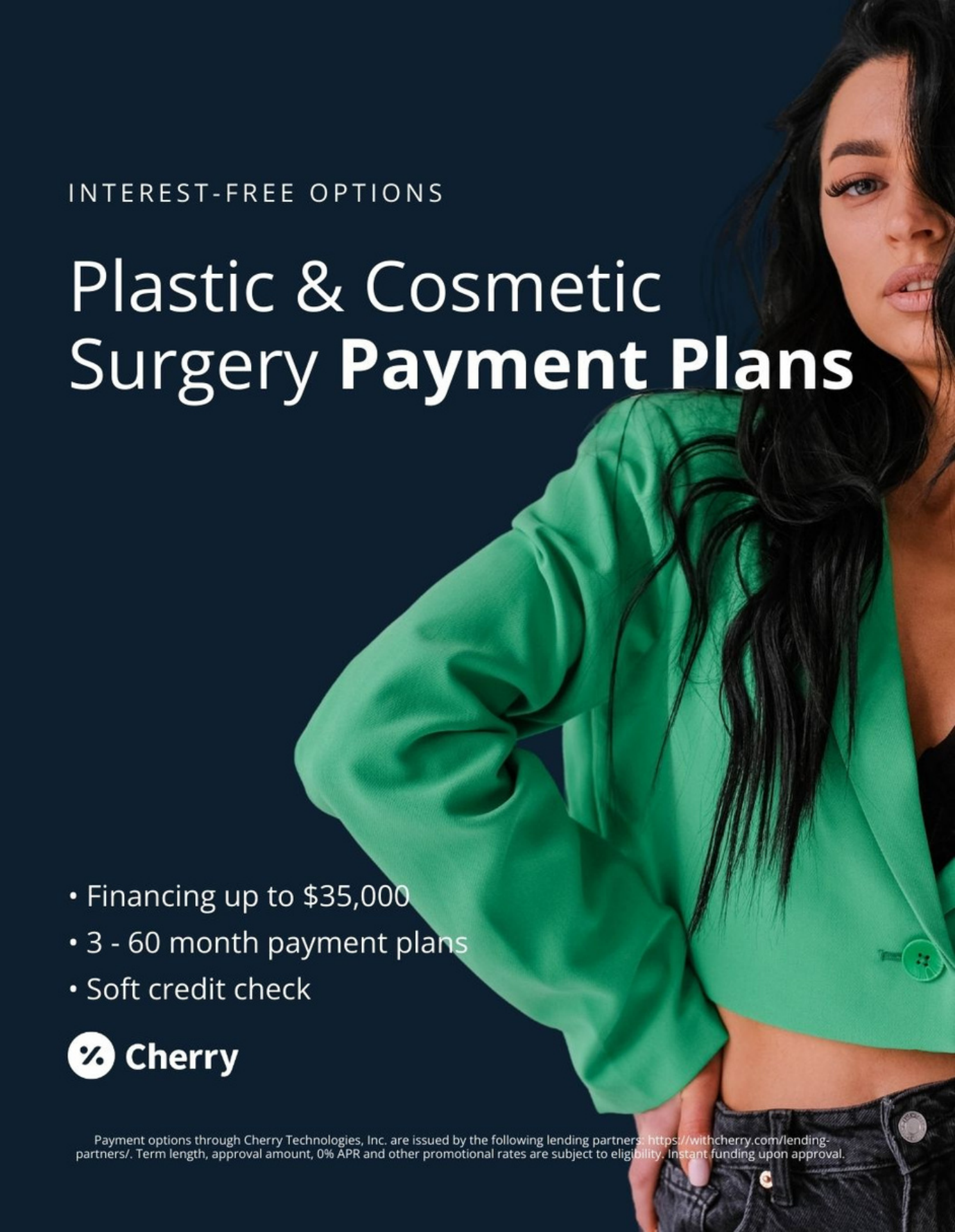
Since PCOS-related hair growth can be persistent, a combination of laser treatments and hormone management often provides the best results.



Patient Testimonials

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Spring 2025 fashion trends blend nostalgia with contemporary flair, offering a diverse array of styles to refresh your wardrobe. Here are some key trends to watch:

- **Revived Pastels:** Soft, sorbet-inspired pastel hues reminiscent of the 1960s are making a comeback. These gentle tones add a touch of femininity and nostalgia to spring ensembles.
- **Statement Denim:** Denim takes center stage with innovative designs, including high-rise flares and denim-on-denim looks. Celebrities like Jennifer Lopez and Leni Klum have been spotted embracing these styles, showcasing the versatility of denim this season.
- **Ruffles and Volume:** Ruffled pieces, from tiered skirts to mini dresses, promise movement and dynamism, inspired by brands like Valentino and Alberta Ferretti.
- **Polished Matching Sets:** Coordinated sets offer effortless sophistication. Whether it's a blazer paired with trousers or a vest with a deep V-neck bodysuit, these ensembles provide a polished yet approachable look suitable for various occasions.
- **Bold Prints and Patterns:** Designers are embracing bold prints, including reimagined plaids and polka dots, adding a playful element to spring wardrobes. These patterns can be found in various pieces, from voluminous skirts to barrel-sleeved jackets.
- **Indie Sleaze Revival:** The edgy, carefree aesthetic of the early 2010s, known as "indie sleaze," is experiencing a resurgence. This trend features vintage-inspired pieces, grunge elements, and a mix of bold prints and textures.
- **Vibrant Spring Colors:** Spring 2025 introduces a palette of vibrant colors, including the revival of millennial pink, rich mocha mousse, bold cobalt blue, and soft butter yellow. These shades add warmth and whimsy to seasonal outfits.
- **Modern Lace:** White lace is reimagined in contemporary silhouettes, pairing well with structured or casual staples to balance vintage charm with modern style.

Incorporating these trends into your wardrobe can provide a fresh and stylish update for the season.

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