



The Boujee Blonde
AESTHETICS

LASERS, DECODED · A PRIVATE BRIEFING

The Boujee Laser Guide

There are so many lasers out there and most people don't know the difference — here's what I actually use and why.

READ FIRST · THEN BOOK SMART

With **Marissa Hartman, FNP-C** · Slidell, LA · theboujeeblondeaesthetics.com

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Why lasers feel *so confusing.*

It's not you — it's the marketing.

"Resurfacing." "Photofacial." "IPL." "Fractional." "Non-ablative." Every med spa ad uses the words; almost none explain what they mean for *your* skin. Strip the buzzwords away and every laser conversation is really about three questions:

THE QUESTION

WHY IT MATTERS

What does it target?

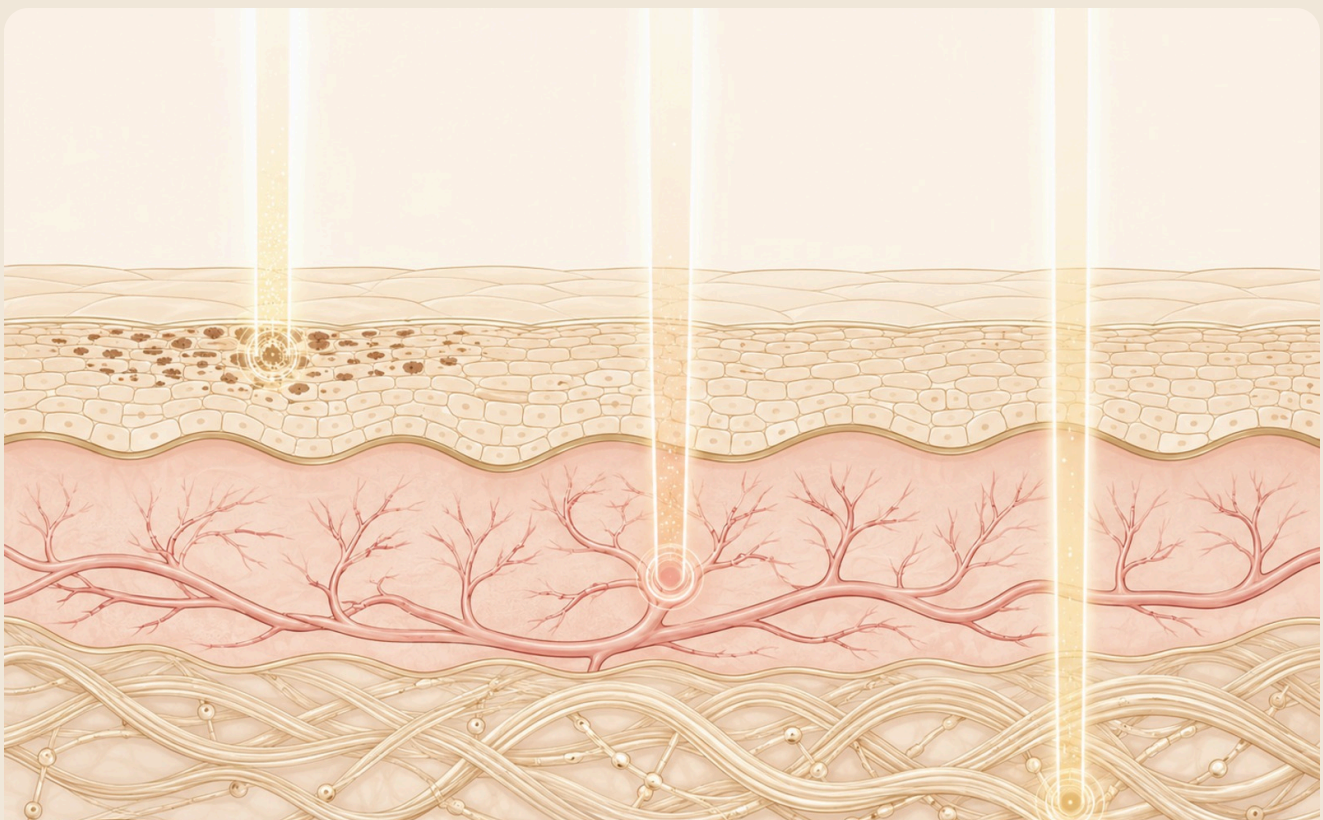
Pigment, redness, texture — different problems live at different depths.

How deep does it work?

Surface refreshers vs. deeper collagen remodelers.

What's the downtime?

A lunchtime glow vs. a week of hiding — know before you book.



02

What I actually use — *and why.*

One platform, chosen on purpose: NOUVADerm.



THE ACTUAL NOUVADERM PLATFORM IN THE SLIDELL CLINIC — MEDICAL-GRADE, SKIN-FIRST, NO GIMMICKS

I didn't stock a laser to have a laser on the menu. I chose NOUVADerm because it solves the concerns Slidell patients actually walk in with — and because it's adjustable session to session as your skin responds. Non-invasive, and safe for all skin tones.

YOUR CONCERN

WHAT THE LASER DOES ABOUT IT

Sun spots &

Targets the pigment directly — spots darken slightly, then flake and fade over

03

What a series *looks like.*

Laser is a plan, not a one-off. Here's the realistic arc.

Session 1

THE BASELINE

● Conservative settings, honest expectations

We start where your skin is — not where a template says. Mild redness and warmth for a day or two afterward is totally normal.

Weeks 2–4

FIRST CHANGES

● Spots lift, tone starts evening

Treated pigment darkens, flakes, and fades. Skin often feels smoother before it visibly changes in the mirror.

Sessions 2–4

THE SERIES

● Each session builds on the last

Spaced 4–8 weeks apart, with settings adjusted as your skin responds. This is where the compounding payoff happens.

After

MAINTENANCE

● Protect the investment

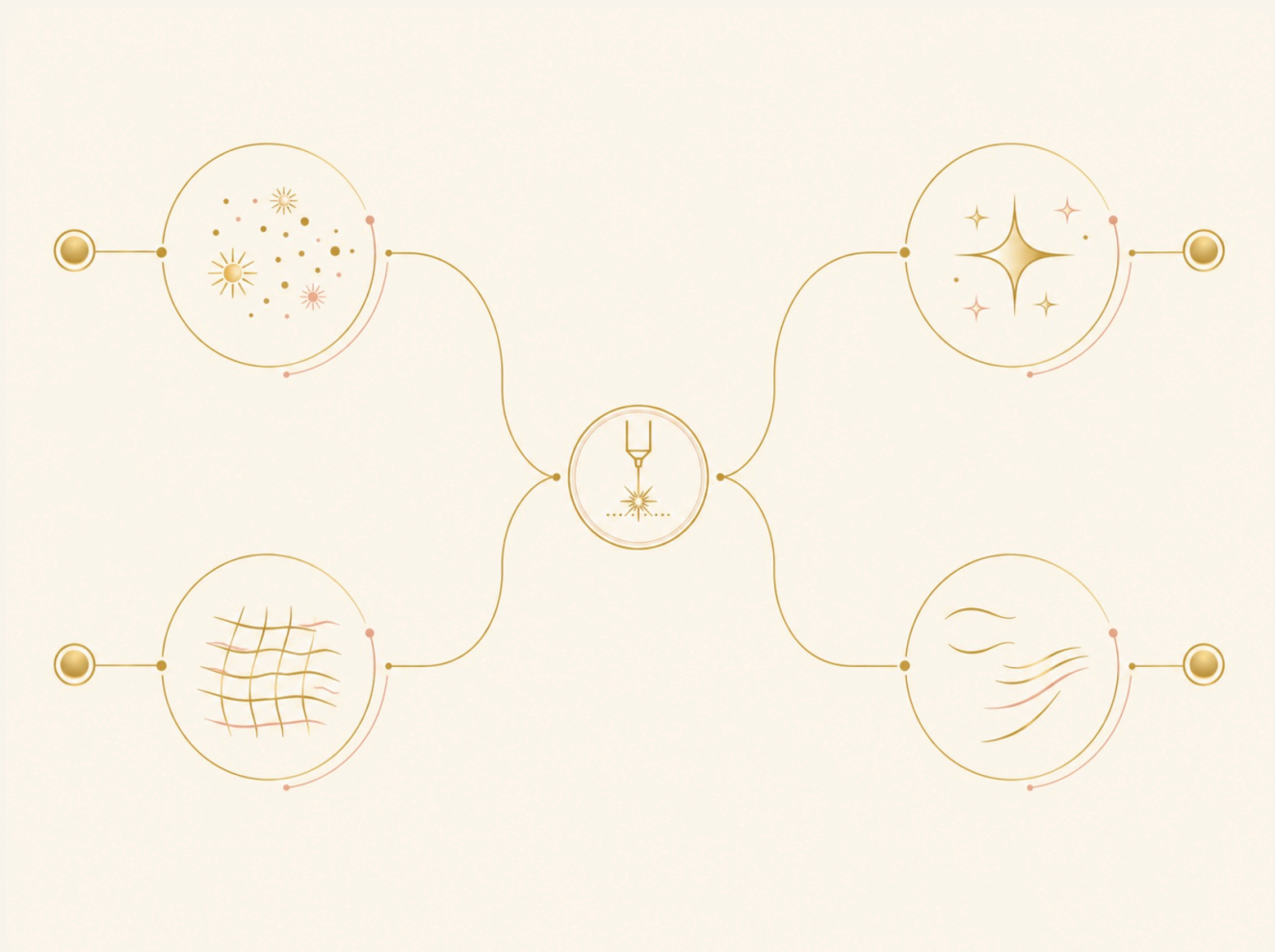
SPF becomes non-negotiable, and a periodic maintenance session keeps the results you paid for.



04

Laser, microneedling, *or both?*

Different tools for different jobs — the honest decision map.



THE LANE MAP — FIND YOUR CONCERN, FOLLOW THE LINE

IF YOUR MAIN CONCERN IS...

USUALLY THE ANSWER IS...

Sun spots, pigmentation, redness

Laser. It targets pigment and vessels directly — microneedling can't reach those.

Acne scars, pores, fine lines

Microneedling. Collagen induction rebuilds texture from within.



NOW THE CONSULT IS ABOUT YOUR SKIN

Ready to skip the 101 lecture?

You now know more about lasers than most people who've already had one. Book a consultation and we'll spend it on your actual skin — mapping your concerns to a plan, not explaining vocabulary.

BOOK AT [THEBOUJEEBLONDEAESTHETICS.COM](https://theboujeeblondeaesthetics.com)

The Boujee Blonde Aesthetics

1389 Lakewood Dr, Suite B, Unit 119 · Slidell, LA 70458

Call or text (985) 444-6313 · Instagram @the_boujee_blonde

This guide is for general education only and is not medical advice, a diagnosis, or a prescription. Laser treatment suitability, settings, session counts, results, and downtime vary by individual and skin type, and are determined during a consultation with a licensed medical provider. Results vary.