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Are At-Home Lasers for Anti-Aging Worth the Investment?

BY IMAN BALAGAM

March 30, 2026

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If you're looking to up the ante in your skin-care routine, you might be ready for what beauty insiders have long gatekept: at-home lasers. You're likely already familiar with the in-office versions found at dermatologist offices, aesthetics clinics, or laser spas like Skin Laundry and beyond, where treatments can be expensive and difficult to keep up with regularly unless you have both the time and the budget. As these tools use light energy to spur skin's healing processes, they work wonders to boost skin tone, texture, and elasticity for visible improvement in fine lines, wrinkles, and dark spots.

Fortunately, a small but growing category of FDA-cleared, expert-approved devices is making that same technology more accessible, allowing you to use a laser consistently, on your own



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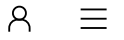
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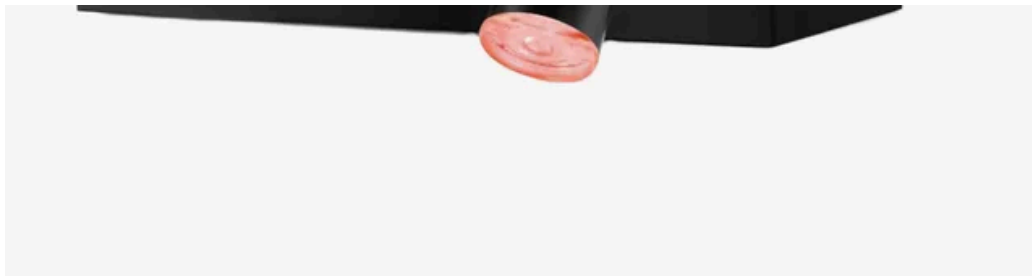
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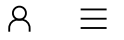
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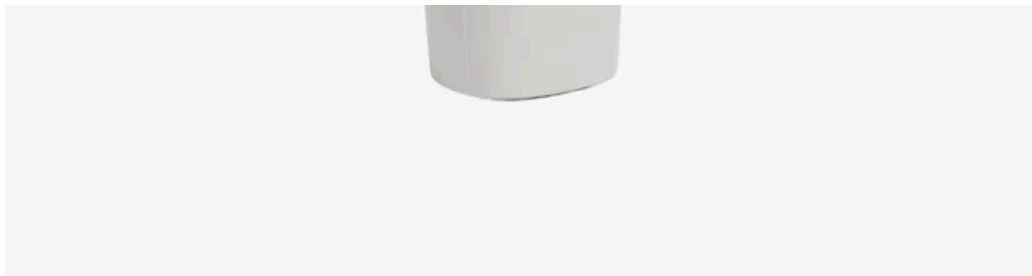
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Nira Pro 3 Laser



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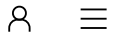
\$699
NIRA

- **Why We Love It:** According to board-certified dermatologist Debbie Palmer, MD, the Nira Pro is a non-fractional 1450nm laser best suited for targeting fine lines and uneven texture. What sets the Pro apart from the original, aside from the price tag, is its higher

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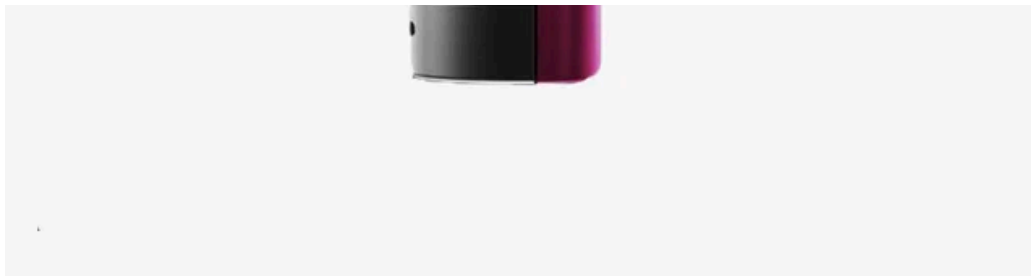
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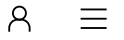
\$700
TRIA

- **Why We Love It:** Unlike IPL devices, the Tria Laser is a fractional 1440 nm non-ablative laser, delivering more powerful, targeted results. Dr. Palmer notes that, compared to Nira, the Tria is fractional and delivers more heat, which can lead to erythema, so treatments are

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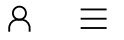
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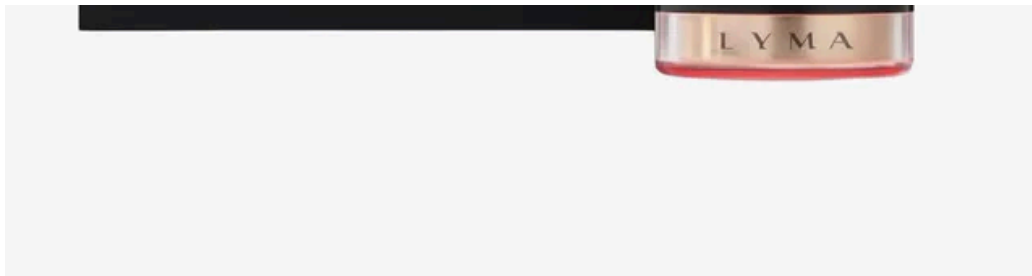
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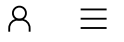
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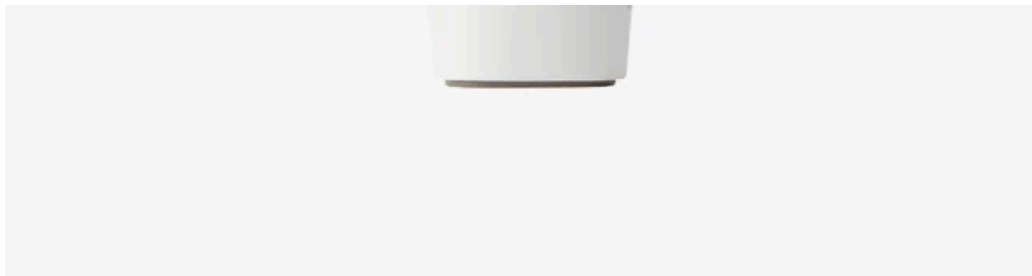
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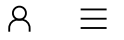
\$449
NIRA

- **Why We Love It:** The most affordable option on this list, the Nira Laser is still expert-approved. According to Dr. Halaas, it's a non-fractional laser designed primarily for fine lines and wrinkles, especially around the eyes and mouth. It uses gentle, heat-based

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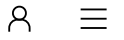
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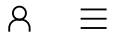
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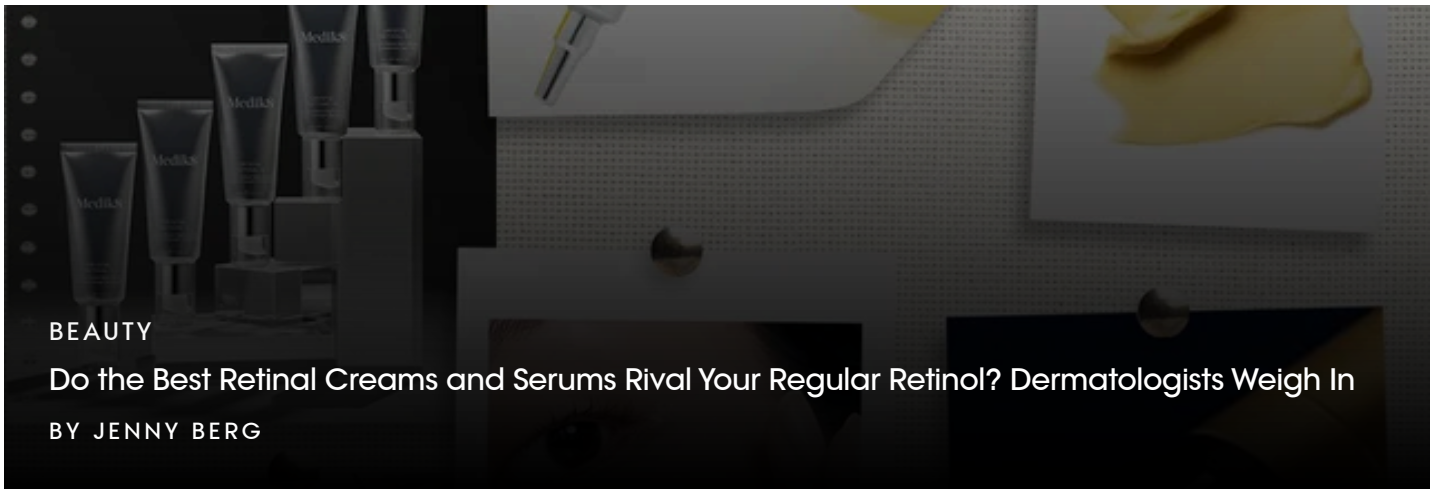
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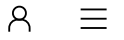
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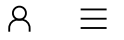
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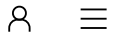
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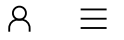
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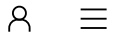
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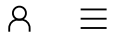
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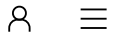
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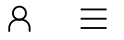
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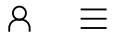
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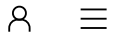
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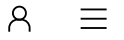
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