

Wavelength	Chromophore	Target	Common treatment
532 nm	Melanin / Hemoglobin	Pigment / vascular	Pigment, redness
755nm	Melanin	Hair follicle	Laser hair removal
810nm	Melanin	Hair follicle	Laser hair removal
1064nm	Melanin / Hemoglobin	Deeper vessels, darker skin	Vascular, hair removal

Shorter wavelengths = more superficial targeting
 Longer wavelengths = deeper penetration