

This lesson focuses on *Hair Removal Theory*:

- Hair removal services
- Temporary hair removal methods and benefits
- Permanent hair reduction methods and benefits

## »» **EXPLORE**

What methods of hair removal have you tried at home?

## »» **INSPIRE**

As a professional, you'll have the ability to offer clients longer-lasting hair removal results.

### **Explore**

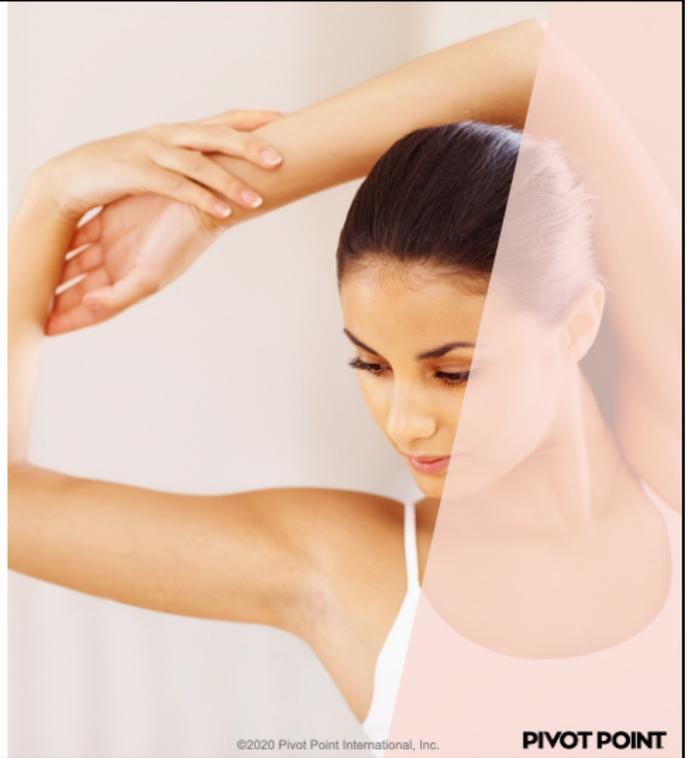
What methods of hair removal have you tried at home?

### **Inspire**

As a professional, you'll have the ability to offer clients longer-lasting hair removal results.



- List the different categories of hair removal services
- List and describe temporary hair removal services and benefits
- Offer examples of benefits related to permanent hair reduction



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**PIVOT POINT**

Following this lesson, you'll be able to:

- List the different categories of hair removal services
- List and describe temporary hair removal services and benefits
- Offer examples of benefits related to permanent hair reduction

## HAIR REMOVAL THEORY

Hair removal practices date back 20,000 years when prehistoric people used sharpened rocks and shells to remove body and facial hair.

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Hair removal methods probably originated in religious practices related to hygiene and the prevention of disease. Society and personal preferences have long dictated a person's need or desire for removing unwanted hair.

## »» HAIR REMOVAL SERVICES



Hair removal methods can be temporary or permanent.

- The process of removing hair from the follicle is referred to as epilation
- Removal of hair at or near skin level is known as depilation



## HAIR REMOVAL SERVICES

CATEGORY	TYPE
Temporary Hair Removal	Epilation <ul style="list-style-type: none"><li>• Waxing</li><li>• Sugaring</li><li>• Threading</li><li>• Tweezing</li></ul>
	Depilation <ul style="list-style-type: none"><li>• Chemical Depilatories</li><li>• Shaving</li></ul>
Permanent Hair Reduction	Epilation <ul style="list-style-type: none"><li>• Electrolysis</li><li>• Light-based hair reduction</li></ul>

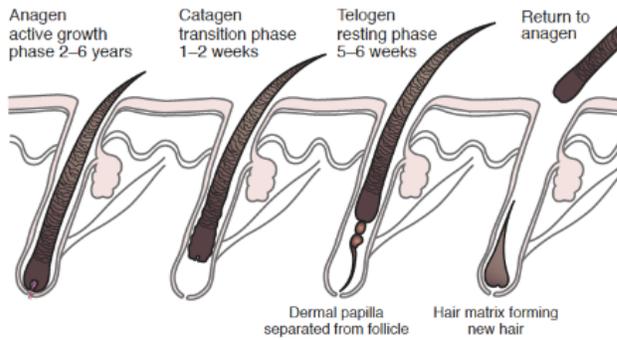
### Temporary Hair Removal

- Fast, affordable service
- Repeated at regular intervals
- Performed within a salon/spa or at home

### Permanent Hair Reduction

- Requires specialized training and equipment
- Need additional licenses or certifications
- Not within an esthetics scope of practice in most areas

## HAIR REMOVAL SERVICES



There are three stages of hair growth:

- Anagen – Growth stage
- Catagen – Transition stage
- Telogen – Dormant or shedding phase

## »» HAIR REMOVAL SERVICES



### FACE

There are two types of hair:

- Vellus
- Terminal

Vellus: Majority of the hair on the face

Terminal: Longer, darker and stronger than vellus

Hair on the eyebrow is terminal hair

Hair on the lip and chin varies from light vellus to dark terminal

Men's beards are also terminal.

# »» HAIR REMOVAL SERVICES

## FACE

AREA	COMMON TYPES OF SERVICE
Eyebrow	Tweezing, Waxing, Sugaring and Threading
Lip and Chin	Waxing, threading, shaving, electrolysis and light-based hair reduction

## »» HAIR REMOVAL SERVICES

### BODY

- The most common areas for hair removal services on the body:

Underarm



Bikini Line



Legs



Back and Chest



**Hirsutism** (HER-se-tizm) is a condition that causes an excessive growth of hair; typically affects women by causing dark hair to grow in areas of the body where men usually grow more hair, such as the face, arms, legs and back.

Another condition that causes excessive hair growth is **hypertrichosis** (hi-per-tri-KOH-sis), which is genetically determined and can occur anywhere on the body in both men and women.

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS



The benefits of temporary hair removal depend on the type of service performed.

With some techniques, hair can grow back in a matter of hours or days, such as with shaving; in other instances, hair grows back in several weeks, as with waxing.

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS



### SHAVING

- A form of depilation that removes hair at the skin level
- Can be done with a wet razor and shaving cream/gel or dry with electric shaver
- Often used to remove hair from large areas, such as legs or arms
- If using a razor, apply shaving cream before the service

Shaving is a form of depilation, as it removes the hair at the skin level. Shaving is usually performed by the client at home. Shaving can be done with a wet razor and shaving cream/gel or dry with an electric shaver.

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS



### CHEMICAL DEPILATORIES

- Painless method of hair removal that dissolves hair at the skin level
- Usually available in 4 forms:
  1. Cream
  2. Paste
  3. Powder
  4. Foam

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- Main ingredient in a chemical depilatory is a thioglycolic acid derivative with an alkaline pH that chemically softens and dissolves the protein structure of the hair.
- Prior to any depilatory product use, perform a sensitivity or allergy test.

### GUIDELINES FOR USING CHEMICAL DEPILATORIES

- Apply barrier creams or gels to areas surrounding the hair to be removed to prevent the chemical from seeping into unwanted areas and causing irritation.
- Don't leave on for more than 10 minutes; scrape or wipe off.
- Rinse skin thoroughly, pat dry, then apply a soothing gel, lotion or cream.
- A patch test is recommended to determine sensitivity to any depilatory product before use. If client develops itching, burning, or inflammation, do not use the chemical depilatory.
- Always use the manufacturer's instructions.



## TEMPORARY HAIR REMOVAL METHODS AND BENEFITS



### TWEEZING

- Method most commonly used to remove unwanted hairs from smaller areas
  - Eyebrows
  - Chin
  - Areas around mouth

Method most commonly used to remove unwanted hairs from smaller areas, such as:

- Eyebrows
- Chin
- Areas around mouth

To tweeze:

- Grasp individual hair with tweezers
- Remove in direction of hair growth
- Hair is extracted from the base of the follicle

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS



### WAXING

- Service that removes hair physically from the follicle by:
  - Applying wax
  - Allowing hair to firmly adhere to wax
  - Pulling off wax, which removes imbedded hair

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**Waxing** – Hair is physically removed from follicle by:

- Applying wax
- Allowing hair to firmly adhere to wax
- Pulling off wax, which removes imbedded hair

3 Considerations Before Waxing:

1. Areas to be waxed
2. Client's needs, preferences, sensitivity, contraindication and hair type
3. Amount client is willing to spend

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS

### WAXING: Soft (Strip) Wax



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Two types of professional-grade wax:

1. Soft (strip) wax
  - Known as classic wax or warm wax
  - Hair removal over large areas can be accomplished quickly and easily
  - Soft wax hair removal lasts between four to six weeks, depending on the level of hair growth
  - Adheres to skin and hair
  - Provides the same results as hard wax and sugaring
2. Hard (non-strip) wax

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS

### WAXING: Hard (Non-Strip) Wax



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Two types of professional-grade wax:

1. Soft (strip) wax
2. Hard (non-strip) wax
  - Also known as hot wax
  - Generally used for small areas; thinner, more sensitive skin; coarse, dense, shorter hair; client who can't tolerate strip wax due to sensitivities
  - Hard wax hair removal lasts between four to six weeks, depending on level of hair growth
  - Causes less redness following treatment than soft wax or sugaring; redness usually disappears within 24 hours
  - Adheres only to the hair, not the skin
  - Provides same results as soft wax and sugaring

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS



### SUGARING

- Two Methods of Sugaring:
  1. Strip
  2. Rolling
- A benefit of sugaring is hair as short as 1/8" (.3 cm) long can be removed

**Sugaring** is a hair removal technique that utilizes a past made primarily of sugar and lemon juice that is applied by hand or with a spatula to the skin

2 Methods of Sugaring:

1. Strip – Similar to the soft wax technique
2. Rolling – The paste is rolled and flattened repeatedly, adhering to the hairs and pulling them out while in motion

One benefit of sugaring is that short hair can be removed; hair as short as 1/8 inch (.3 cm).

## » TEMPORARY HAIR REMOVAL METHODS AND BENEFITS

### THREADING



Three Methods of Threading:

1. Mouth Technique
2. Neck Technique
3. Hand Technique

3 Methods of Threading:

1. Mouth Technique – The thread is looped and anchored in the mouth, between the teeth. The other end of the thread is held by the hand, holding the thread between the middle and index finger.
  2. Neck Technique – Same as the mouth technique, but the neck is the support that holds the thread taut.
  3. Hand Technique – The thread is held between both hands, one hand holding the thread taut and the other opening and closing the loop.
- Also known as banding
  - Ancient method of hair removal that utilizes 100% cotton thread that is twisted and rolled along the surface of the skin, entwining the hair in the thread and pulling it from the follicle
  - Threading results last approximately four to six weeks



# TEMPORARY HAIR REMOVAL METHODS AND BENEFITS

## Temporary Hair Removal Benefits

METHODS	ADVANTAGES	DISADVANTAGES
Tweezing	<ul style="list-style-type: none"><li>• Precise</li><li>• Can be quick</li></ul>	<ul style="list-style-type: none"><li>• Only small areas</li><li>• Can be painful</li></ul>
Waxing	<ul style="list-style-type: none"><li>• Fast</li><li>• Very effective</li></ul>	<ul style="list-style-type: none"><li>• Can cause redness</li><li>• Infection can arise with poor hygiene</li></ul>
Sugaring	<ul style="list-style-type: none"><li>• Can be reapplied</li><li>• Good for sensitive skin</li></ul>	<ul style="list-style-type: none"><li>• Can be sticky</li></ul>
Threading	<ul style="list-style-type: none"><li>• Fast</li><li>• Accurate</li></ul>	<ul style="list-style-type: none"><li>• May bruise or pinch</li><li>• Can snap hair if technique incorrect</li></ul>

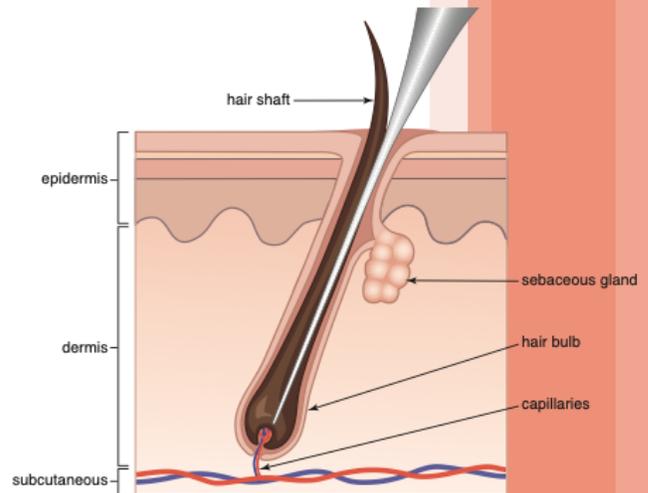
Refer to coursebook page 14 to review the complete chart.

## PERMANENT HAIR REDUCTION METHODS AND BENEFITS

Designed to damage the papilla of the hair, inhibiting the hair's ability to grow back. Takes several treatments to achieve the desired results, depending upon the stage of growth

Two Methods of Permanent Reduction:

1. Electrolysis
2. Light-based hair reduction



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### Permanent Hair Reduction

- Generally needs an additional license
- Has significant liability to client if performed incorrectly
- Check with area regulatory agency

## ➤ PERMANENT HAIR REDUCTION METHODS AND BENEFITS

### ELECTROLYSIS

Uses electric current to damage the cells of the papilla and disrupt hair growth

**Goal:** Damage enough papilla to grow soft, lighter hair or no regrowth



- A small needle is inserted into each hair follicle until it reaches the root
- Needle conducts a short-wave electric or galvanic current that destroys the papilla and permanently prevents regrowth

Electrolysis should not be performed if client:

1. Is pregnant
2. Has a heart condition
3. Has diabetes

# ▶ PERMANENT HAIR REDUCTION METHODS AND BENEFITS

## ELECTROLYSIS

METHODS	ELECTRIC CURRENT	ACTION
Galvanic	Direct current which flows in one direction	<ul style="list-style-type: none"><li>• Causes a chemical reaction that decomposes the papilla</li><li>• uses multiple needles or probes</li></ul>
Thermolysis	High frequency alternating oscillating current	<ul style="list-style-type: none"><li>• Cells coagulate causing tissue destruction</li><li>• inserts single needle into the follicle</li></ul>
Blend	Combination of galvanic and thermolysis	<ul style="list-style-type: none"><li>• Combination of both effects</li></ul>

# ➤ PERMANENT HAIR REDUCTION METHODS AND BENEFITS

## LIGHT-BASED HAIR REDUCTION

Two Types:

1. Laser Hair Reduction
2. Intense Pulsed Light (IPL)



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- Many methods use light-based system to permanently reduce hair growth
- Commonly referred to as “laser hair removal”

## ➤ PERMANENT HAIR REDUCTION METHODS AND BENEFITS

### LIGHT-BASED HAIR REDUCTION: Laser Hair Reductions

- Use laser light to penetrate and diminish or destroy hair bulbs



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### Benefits:

- Can treat hundreds of hair follicles simultaneously
- Quicker than electrolysis

### Considerations:

- Works best on hair in the anagen phase
- Most common areas are lip, chin, underarm and bikini
- Can be used anywhere but the eyebrows
- Gray or non-pigmented hairs do not react favorably
- Recommended for clients with coarse, dark hair and lighter skin
- Can either do permanent hair reduction or slow regrowth, depending on client

## ➤ PERMANENT HAIR REDUCTION METHODS AND BENEFITS

### LIGHT-BASED HAIR REDUCTION: Intense Pulsed Light (IPL)

- Uses a similar principle as lasers, but is not considered laser light
- Creates broad spectrum of light energy used to destroy hair bulbs
- Treats large areas of the body



# PERMANENT HAIR REDUCTION METHODS AND BENEFITS

## Advantages and Disadvantages of Permanent Hair Reduction Techniques

METHODS	ADVANTAGES	DISADVANTAGES
Electrolysis	<ul style="list-style-type: none"><li>• Permanent reduction up to lasting removal</li><li>• Minimal pain</li></ul>	<ul style="list-style-type: none"><li>• Slow to see results</li><li>• Improper placement of needles can cause follicle damage</li></ul>
Light-Based Hair Reduction	<ul style="list-style-type: none"><li>• Permanent reduction</li><li>• Reduces thickness</li></ul>	<ul style="list-style-type: none"><li>• Slow to see results</li><li>• Can cause scarring and hyperpigmentation in darker Fitzpatrick skin types</li></ul>



## CHECK WHAT YOU KNOW

1. TRUE/FALSE The hair on men in the back and chest areas is vellus hair.
2. TRUE/FALSE A benefit of sugaring is that hair as short as 1/8" (.3 cm) long can be removed.
3. The process of removing hair from the follicle is referred to as \_\_\_\_\_.
4. The growth phase of hair is known as the \_\_\_\_\_.
5. A wax formula for the underarms, should be selected according to hair \_\_\_\_\_.

Check What You Know questions help affirm understanding of key points.



## CHECK WHAT YOU KNOW

6. Since shaving removes hair at the skin level, it is a form of \_\_\_\_\_.
7. The temporary hair removal service of sugaring includes two methods, rolling and \_\_\_\_\_.
8. The hair removal method utilizing 100% cotton thread that is twisted and rolled along the surface of the skin is \_\_\_\_\_.
9. Thermolysis uses a high frequency alternating oscillating current that causes cells to \_\_\_\_\_.
10. Inserting a single needle (probe) into a hair follicle for hair removal is called high frequency/short-wave electrolysis or \_\_\_\_\_.

Check What You Know questions help affirm understanding of key points.



## CHECK WHAT YOU KNOW

1. TRUE/FALSE The hair on men in the back and chest areas is vellus hair. **Page 8**
2. TRUE/FALSE A benefit of sugaring is that hair as short as 1/8" (.3 cm) long can be removed. **Page 13**
3. The process of removing hair from the follicle is referred to as **epilation**. **Page 4**
4. The growth phase of hair is known as the **anagen**. **Page 5**
5. A wax formula for the underarms, should be selected according to hair **texture**. **Page 6**

Check What You Know questions help affirm understanding of key points.



## CHECK WHAT YOU KNOW

6. Since shaving removes hair at the skin level, it is a form of **depilation**. **Page 9**
7. The temporary hair removal service of sugaring includes two methods, rolling and **strip**. **Page13**
8. The hair removal method utilizing 100% cotton thread that is twisted and rolled along the surface of the skin is **threading**. **Page13**
9. Thermolysis uses a high frequency alternating oscillating current that causes cells to **coagulate**. **Page16**
10. Inserting a single needle (probe) into a hair follicle for hair removal is called high frequency/short-wave electrolysis or **thermolysis**. **Page 16**

Check What You Know questions help affirm understanding of key points.



## 109<sup>E</sup>.1 HAIR REMOVAL THEORY REVIEW

### HAIR REMOVAL SERVICES

The different categories of hair removal services are:

- Temporary hair removal – Waxing, sugaring, threading, tweezing, chemical depilatories and shaving (dermaplaning)
- Permanent hair removal – Electrolysis and light-based hair reduction

Validate learning by celebrating what has been learned.



## 109<sup>E</sup>.1 HAIR REMOVAL THEORY REVIEW

### TEMPORARY HAIR REMOVAL BENEFITS

The different temporary hair removal services and benefits are:

- Shaving – Removes hair from large areas, can be performed at home
- Chemical depilatories – Painless, can be performed at home
- Tweezing – Cheap, precise, remove hair from smaller areas, beneficial for finishing and detailing the eyebrows

Validate learning by celebrating what has been learned.



## 109<sup>E</sup>.1 HAIR REMOVAL THEORY REVIEW

### TEMPORARY HAIR REMOVAL BENEFITS (CONT'D)

The different temporary hair removal services and benefits are:

- Waxing – Fast, very effective and profitable, beneficial for large and small areas, can last 4-6 weeks
- Sugaring – Adheres to hair—not the skin—and can be reapplied, can remove hair as short as 1/8" (.3 cm) and lasts 4-6 weeks
- Threading – Commonly used on eyebrows and facial hair, less severe side effects and lasts 4-6 weeks

Validate learning by celebrating what has been learned.



## 109<sup>E</sup>.1 HAIR REMOVAL THEORY REVIEW

### PERMANENT HAIR REDUCTION BENEFITS

Some benefits of permanent hair reduction are:

- Electrolysis – Extremely effective, lighter, finer hair grows back until no hair grows back at all, minimum pain
- Light-based reduction – Extremely effective, hundreds of follicles can be treated simultaneously, permanent reduction

Validate learning by celebrating what has been learned.

# ▶ PIVOT POINT FUNDAMENTALS: ESTHETICS

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