


Chapter 22

Hair Removal

MILADY
STANDARD COSMETOLOGY INSTRUCTOR SUPPORT SLIDES



**“Although fate presents the
circumstances, how you react depends
on your character.”**

– Anonymous

Objectives

- Describe the elements of a client consultation for hair removal.
- Name the conditions that contraindicate hair removal in the salon.
- Identify and describe three methods of permanent hair removal.
- Demonstrate the techniques involved in temporary hair removal.

Hair Removal

- *Hirsuties* (hypertrichosis): the growth of hair on body parts that normally bear only downy hair
- Women
 - Brows, upper lip, face, arms, legs, bikini line
- Men
 - Back, shoulders, nape, chest

Two Categories of Removal

- Permanent (*electrolysis*, laser removal, photoepilation)
- Temporary (tweezing, waxing, shaving)

Client Consultation

- Disclosure of topical and oral medications
- Disclosure of skin disorders or allergies



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Health Screening Form

- Discloses medications and allergies
- Release form

HEALTH SCREENING FORM

Date _____
Name _____ Sex _____
Address _____
City _____ State _____ Zip _____

1. Have you been seen by a dermatologist? Yes _____ No _____ If yes, for what reason? _____

2. Please list all medications that you take regularly. Include hormones, vitamins, and other similar supplements: _____

3. Do you take steroid drugs or prednisone? Yes _____ No _____

4. Have you ever used Accutane* (isotretinoin)? Yes _____ No _____ If yes, when did you stop taking Accutane* (isotretinoin)? _____

5. Do you use or have you recently used Retin-A*, Renova*, Tazorac*, Differin*, Azelex*, or any other medical peeling agent? Yes _____ No _____ If yes, for how long? _____

6. Do you have any allergies? Are you allergic to any medications? Yes _____ No _____
If yes, please list allergies: _____

7. Are you pregnant or lactating? Yes _____ No _____

8. Have you had any of the following procedures?
Laser resurfacing: Yes _____ Date _____ No _____
Light chemical peel: Yes _____ Date _____ No _____
Medium/heavy chemical peel: Yes _____ Date _____ No _____
Any microdermabrasion? Yes _____ Date _____ No _____

9. Do you ever experience tightness or flaking of your skin? Yes _____ No _____

10. Do you frequent tanning booths? Yes _____ No _____

11. Do you have a history of fever blisters or cold sores? Yes _____ No _____

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RELEASE FORM FOR HAIR REMOVAL

I, _____, am _____ am not _____ presently using:

_____ Retin-A, or any other topical prescription medication
_____ Accutane: (isotretinoin)
_____ any alphahydroxy-based products
_____ any medications such as cortisone, blood thinners, or diabetic medication
_____ I understand that if I begin using any of the above products and do not inform my esthetician/cosmetologist prior to hair removal, I am accepting full responsibility for any skin reactions.
_____ The hair removal process has been thoroughly explained to me, and I have had an opportunity to ask questions and receive satisfactory answers.

Client's Signature _____ Date _____
Technician's Signature _____ Date _____

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Contraindication

- Any condition or disease that makes an indicated treatment or medication inadvisable

Hair Removal Contraindications

- Recent use of isotretinoin (Accutane)
- Use of blood-thinning medications
- Use of autoimmune disease drugs
- Use of prednisone or steroids
- Presence of psoriasis, eczema (chronic skin diseases)

Hair Removal Contraindications (continued)

- Sunburn
- Presence of pustules or papules
- Recent cosmetic/reconstructive surgery
- Recent laser skin treatment
- Severe varicose veins
- Other questionable conditions

Facial Waxing Contraindications

- Rosacea or sensitive skin
- Fever blisters or cold sores
- Recent chemical peel
- Recent microdermabrasion
- Use of exfoliants
- Recent laser treatment
- Use of hydroquinone

Permanent Hair Removal

- Electrolysis
- Photoepilation
- Laser

Electrolysis

- Current applied with fine electrode
- Can be painful, time-consuming, expensive
- Requires special license

Photoepilation

- Also known as Intense Pulsed Light (IPL)
- Minimal side effects
- Requires no needles (reduced risk)
- Clears 50 percent to 60 percent of hair in 12 weeks
- Requires license

Laser Hair Removal

- Rapid removal
- Best in anagen phase
- Best response from coarse, dark hair
- Requires specialized training

Temporary Methods

- Shaving
- Tweezing
- Depilatories
- *Epilatories*

Shaving

- Men's facial hair
- Women's legs and underarms
- Quick and convenient
- Can result in irritation, ingrown hairs, and nicks from the blade

Tweezing

- Tweezing used to shape eyebrows and remove undesirable hairs around mouth and chin.
- The natural arch of the brow follows the orbital bone or the curved line of the eye socket.
- Consultation is used to avoid mistakes and ensure client satisfaction.

Depilatories

- Substances used for temporary removal of superfluous hair by dissolving at skin level
- Contain detergents
- Contain adhesives
- Expand hair, break disulfide bonds
- Require patch test

Epilatories

- Wax (hot or cold)
- Applied to brows, cheeks, chin, upper lip, arms, and legs

Hair Removal Procedures

BODY AREA	APPROPRIATE HAIR REMOVAL PROCEDURES		
	WAXING	TWEEZING	DEPILATORIES
FACE/UPPER LIPS/EYEBROWS	X	X	
UNDERARMS	X		
ARMS	X		X
BIKINI LINE	X	X	
BACK/SHOULDERS	X	X (after waxing or sugaring)	X
LEGS	X		X
TOPS OF FEET/TOES	X		X

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Waxing Safety Precautions

- Test wax temperature.
- Avoid wax contact with eyes.
- Do not apply over warts, moles, abrasions, or irritated or inflamed skin.
- Use cold wax on sensitive underarms.
- Apply aloe gel to calm and soothe.

Threading

- Practiced in Eastern cultures.
- Involves manipulation of thread.
- Thread is twisted and rolled on skin surface.
- Hair is entwined and lifted from follicle.
- Specialized training is required.

Sugaring

- An epilatory treatment that produces the same results as hot or cold wax
- Uses thick, sugar-based paste
- Appropriate for sensitive skin
- Residue removed by dissolving with warm water

Practical Class

- Pre-Service Procedure
- Post-Service Procedure
- Eyebrow Tweezing
- Eyebrow Waxing
- Body Waxing

Summary and Review

- What information should be entered on the intake form during the consultation?
- What conditions, treatments, and medications contraindicate hair removal?
- What are the two major types of hair removal? Give examples of each.
- Define *electrolysis*, *photoepilation*, and *laser removal*.

Summary and Review (*continued*)

- Which hair removal techniques should not be performed without special training?
- What is the difference between a depilatory and an epilatory?
- Why is a patch test given before waxing?
- List safety precautions for hot and cold waxing.
- Define *threading* and *sugaring*.

Congratulations!

You have completed one unit of study
toward course completion.

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