

## Chapter 22: Hair Removal

Cosmetologists should study and have a thorough understanding of hair removal *because removing unwanted hair is a primary concern for many clients and providing hair removal will enhance your ability to satisfy client needs.*

### CLIENT CONSULTATION (p. 689-690)

A client should complete a health screening form before having any hair removal service done.

- **Health screening form-** a questionnaire that discloses all medications, both topical (on the skin) and oral (taken by mouth), along with any skin disorders or allergies that might affect the treatment
  - Allergies or sensitivities must be noted, highlighted, and documented on the service record card
  - See sample form on page 689
  - Clients should sign a release form for hair removal prior to every service

### CONTRAINDICATIONS FOR HAIR REMOVAL (p. 690-691)

*Some medical conditions and medications may cause thinning of the skin or make the skin more vulnerable to injury. Hair removal services should not be performed without a doctor's written permission for the following:*

Used Accutane in the last six months	Taking blood thinning medication	Taking drugs for autoimmune diseases
Taking prednisone or steroids	Has psoriasis, eczema, or other chronic skin conditions	Has a sunburn
Has pustules or papules in area to be waxed	Has had cosmetic or reconstructive surgery within the last three months	Has recently had laser treatment on the body
Has severe varicose veins	Has any other questionable medical condition	

*Facial waxing should not be done on clients with any of the following conditions without written permission from a physician:*

Skin lightening with hydroquinone	Uses any exfoliating topical medication or any other medical peeling agent	Recent chemical peel using glycolic, alpha hydroxyl, salicylic acid, or any other acid-based products
Recent microdermabrasion	History of fever blisters or cold sores	Laser skin treatment
Surgical peel	Rosacea or very sensitive skin	

### Permanent Hair Removal (p. 692)

- **Electrolysis**- removal of hair by means of an electric current that destroys the growth cells of the hair; current applied with a very fine needle; must be performed by a licensed electrologist
- **Photoepilation** (also known as **Intense Pulsed Light- IPL**)- uses intense light to destroy the growth cells of the hair follicles; minimal side effects; requires no needles; may be done by some cosmetologists and estheticians depending on state law
- **Laser Hair Removal**- a laser beam is pulsed on the skin, impairing hair growth; to be used hair must be darker than the surrounding skin; coarse, dark hair responds best to laser treatments; may be done by cosmetologists or estheticians under a doctor's supervision in certain states

### Temporary Hair Removal (p. 693)

- **Shaving**- targeted area should be softened by applying a warm, moist towel and then applying a shaving cream; an electric clipper or electric trimmer may also be used (especially at the nape of the neck); pre-shaving lotion helps reduce irritation
- **Tweezing**- use tweezers to remove unwanted hairs; commonly used for eyebrows as well as around the mouth and chin
- **Depilatories**- substances, usually a caustic alkali preparation, that dissolves hair at the skin's surface; can be inflammatory to sensitive skin; a good idea to do a patch test before the first application
- **Epilators**-removes hair from the bottom of the follicle; wax is commonly used (either hot or cold form); both are primarily made of resin and beeswax; time between waxing is usually four to six weeks

#### **SAFETY PRECAUTIONS for Hot and Cold Waxing**

- Always test temperature of heated wax before applying to client's skin; never heat wax in a microwave
- Do not let wax come into contact with the eyes
- Do not apply over warts, moles, abrasions, or irritated skin
- Use cold wax under the arm (skin may be sensitive)
- Redness and swelling sometimes occur after waxing sensitive skin; apply an aloe gel and cool compresses to calm and soothe the skin
- **Threading**- a cotton thread is twisted and rolled along the surface of the skin, entwining hair in the thread and lifting it from the follicle; requires specialized training
- **Sugaring**- uses thick, sugar-based paste to remove hair; especially appropriate for sensitive skin; produces same results as wax; can be used when hair is only 1/8 inch long; residue dissolves with warm water

**Procedure descriptions in the textbook on pages 696-706.**