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- 2.0 Introduction to Superfluous Hair
- 2.1 Depilatory method of Hair removal
- 2.2 Epilatory Method of Hair Removal
- 2.3 Bleaching

Unit Overview & Description

This unit will provide the student information related to superfluous various methods to remove hair and bleaching.

Duration: Total Hours: 20 (Theory: 10 hrs Practical 10 hrs)

Knowledge & Skill:

Superfluous hair

1. Factors responsible for superfluous hair
2. Knowledge of Epilation & Depilation methods
3. Advantages of using various products for removal of superfluous hair.
4. Knowledge of bleaching and learn to disguise superfluous hair

Resource materials:

1. Beauty Therapy: The Foundation Level II, 2e by Lorraine Nordmann
2. Professional Beauty Therapy Level III, 2e by Lorraine Nordmann
3. Milady's Standard Cosmetology, ISBN:978-1-5625-3880-2
4. Reagents/ Prentice-Hall Textbook of Cosmetology by Mary Healy

Learning Outcomes:Unit 2

Unit	Superfluous Hair Removal	Outcomes
2.0	Introduction to Superfluous Hair	- Identify the technical terms for Superfluous Hair - Identify the contraindications of Hair removal - Identify the techniques of Hair removal
2.1	Depilatory Methods	- Identify methods of using depilatory for hair removal - Identify various methods used (Shaving/ Threading/Shaping of eye brows)
2.2	Epilatory Method	To identify the use of thermolysis and electrolysis and laser hair removed method
2.3	Bleaching	Identify the techniques used for disguise the facial hair

Assessment Plan (For the Teachers)

Unit	Topic	Assessment Method	Time Plan	Remarks
2.0	Introduction to Superfluous Hair	Exercise: Question Answer Diagram		
2.1	Depilatory Methods	Exercise: Question Answer Diagram ; Practical demonstration by the learner		
2.2	Epilatory Methods	Exercise: Question Answer Diagram ; Practical demonstration by the learner		
2.3	Bleaching	Exercise: Question Answer Diagram; Practical demonstration by the learner		

2.0 INTRODUCTION TO SUPERFLUOUS HAIR

HIRSUTIES OR HYPERTRICHOSIS

Hirsuties or hypertrichosis are terms that refer to the growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the faces of women. Hair removal is a treatment to be given for unwanted hair known as superfluous hair. It is a industry not in India but all over the world minting money with various methods to remove superfluous hair. Unwanted or overly abundant hair is a common problem that affects both men and women, for women fortunately a variety of hair removal methods are available, ranging from the fairly simple procedures of shaving and tweezing to more complex procedures that required special training. By understanding these methods and their effects, hair-removal specialists will be able to offer sound advice to clients, explain the problems clients may be having with their home hair-removal methods, and steer clients toward methods better suited to the client's needs. Two major types of hair removal techniques are in use today: permanent and temporary. Salon techniques are generally limited to temporary methods.



Use of waxes for different parts of the body (paraffin wax, sugar wax etc)

CONTRAINDICATIONS FOR HAIR REMOVAL

One of the main purposes of the client consultation is to determine the presence of any contraindications for hair removal. Facial waxing or tweezing should not be performed on those clients who have any of the following conditions or treatments:

- Very sensitive skin / sunburn
- Presence of pustules or papules
- Recent botox or collagen injections
- Cosmetic or reconstructive surgery

In other certain conditions

- Retin-A, Renova, hydroquinone, or similar products
- Blood-thinning medications
- Topical or oral cortisone medication
- Accutane

Two methods are used to remove superfluous hair:-

DEPILATORY METHOD OF HAIR REMOVAL

- i) Shaving
- ii) Depilatory cream

EPILATORY METHOD OF HAIR REMOVAL

- i) Threading
- ii) Waxing
- iii) Laser / Thermolysis / Electrolysis

Review Questions:

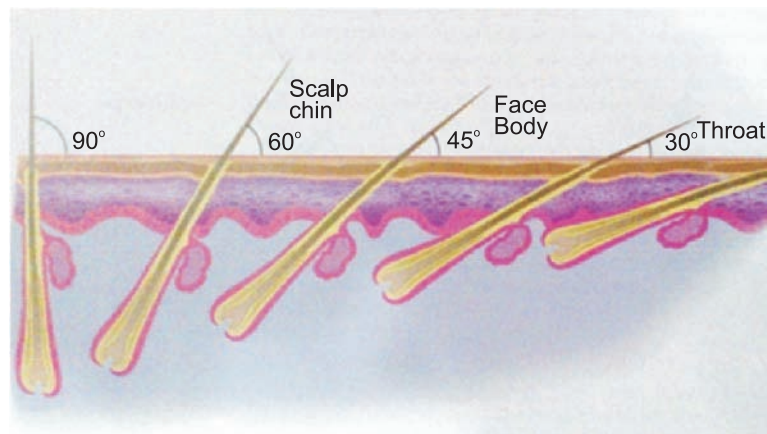
Fill in the blanks

- a. Growth of an unusual amount of hair known as _____.
- b. Technical term of unwanted hair is _____.
- c. Excessive growth of hair is due to imbalance of _____.
- d. Unwanted hair can be removed by _____ and _____.

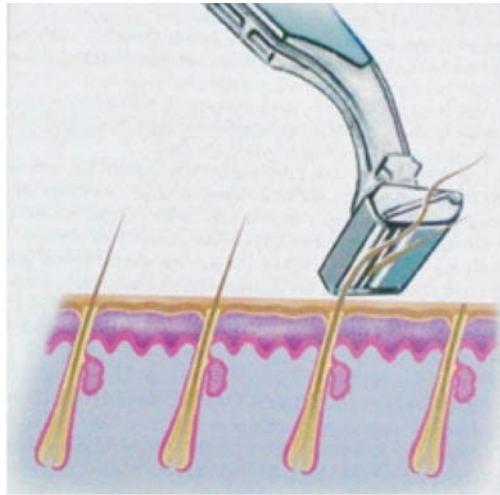
2.1 DEPILATORY METHOD OF HAIR REMOVAL

i) SHAVING

Shaving is the most common method of removing unwanted hair by men and women. However, more and more women are embracing the benefits of professional hair removal and are switching from shaving to waxing, electrolysis, or laser hair removal. Shaving is usually done with a manual or an electric razor on skin that is either wet and lathered or covered with a special foaming product. Shaving is not only removes unwanted hair indiscriminately removes finer vellus. Overtime, become terminal hair, thereby aggravating an already undesirable condition. It's a fast, inexpensive, painless and convenient treatment but hair grows back coarsely and more stubby in 1 to 4 days.



Types of growth of hair visible on skin surface



Shaving with razor

ii) **DEPILATORY CREAM**

Depilatory cream dissolves a hair just below the skin with the chemicals calcium thioglycolate, sodium thioglycolate, sodium hydroxide, agents that dissolve the hair on cattle hides. The keratin in hair is broken down, causing it to weaken and break away, broken hairs are washed away with the depilatory product. New hair, may be visible soon after, but if more depilatory product is applied to the area within a month, a skin irritation can occur. It is relatively inexpensive, can be used in privacy and when hair grows back, it is softer than that after shaving but the results are not as long lasting as waxing, can have a nasty odor, can cause skin reactions because protective barrier is compromised when the depilatories are washed away.

Review Questions:

- What do you understand by depilatory method?
- Explain in short the epilation?
- What kinds of methods are used to remove unwanted hair?
- Explain the techniques used under epilation.
- How would you judge/ measure the length of eyebrow?

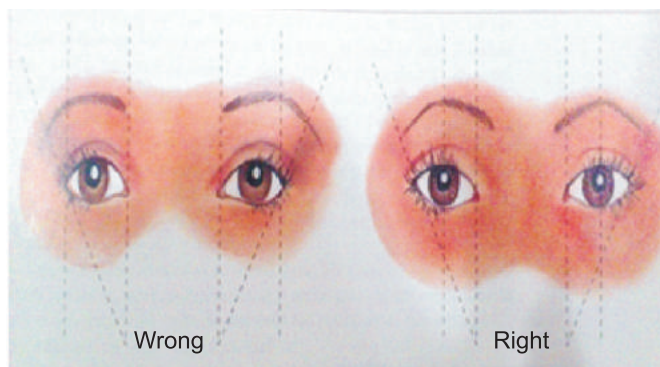
2.2 EPILATORY METHOD OF HAIR REMOVAL

i) **THREADING**

Threading is technique that has been used by India, Pakistan, Iran, Turkey, Egypt & Arabia. Threading is inexpensive treatment of hair removal. The most popular areas for threading are the eye-brows, hairline, the sideburns, the sides of face, the upper lip, the chin and under the jaw. Threading is a good alternative for those unable to tolerate waxing on the face due to prescription and other product. But ineffective for the large parts of the body. If it is not done carefully cuts or bruises may occur and can give pain and scars on the skin.



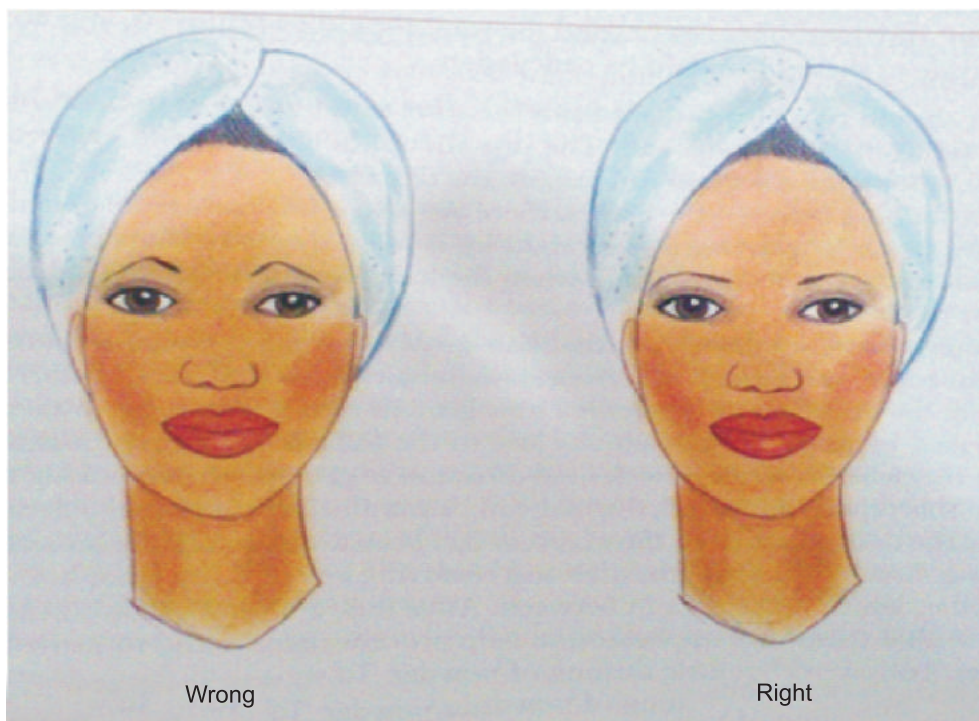
Judging of the brow.



Correct placing & shaping the eyebrows.

The thread should be a strong, cotton, household thread, clean and sterilized. The thread should range in length from 24" cut to 30" cut. The shorter threads are easier to control when learning and developing the skill, and they are also better for practitioners with small hands. As the practitioner becomes more skilled, a larger loop of thread is more manageable.

Eye Brown Arching



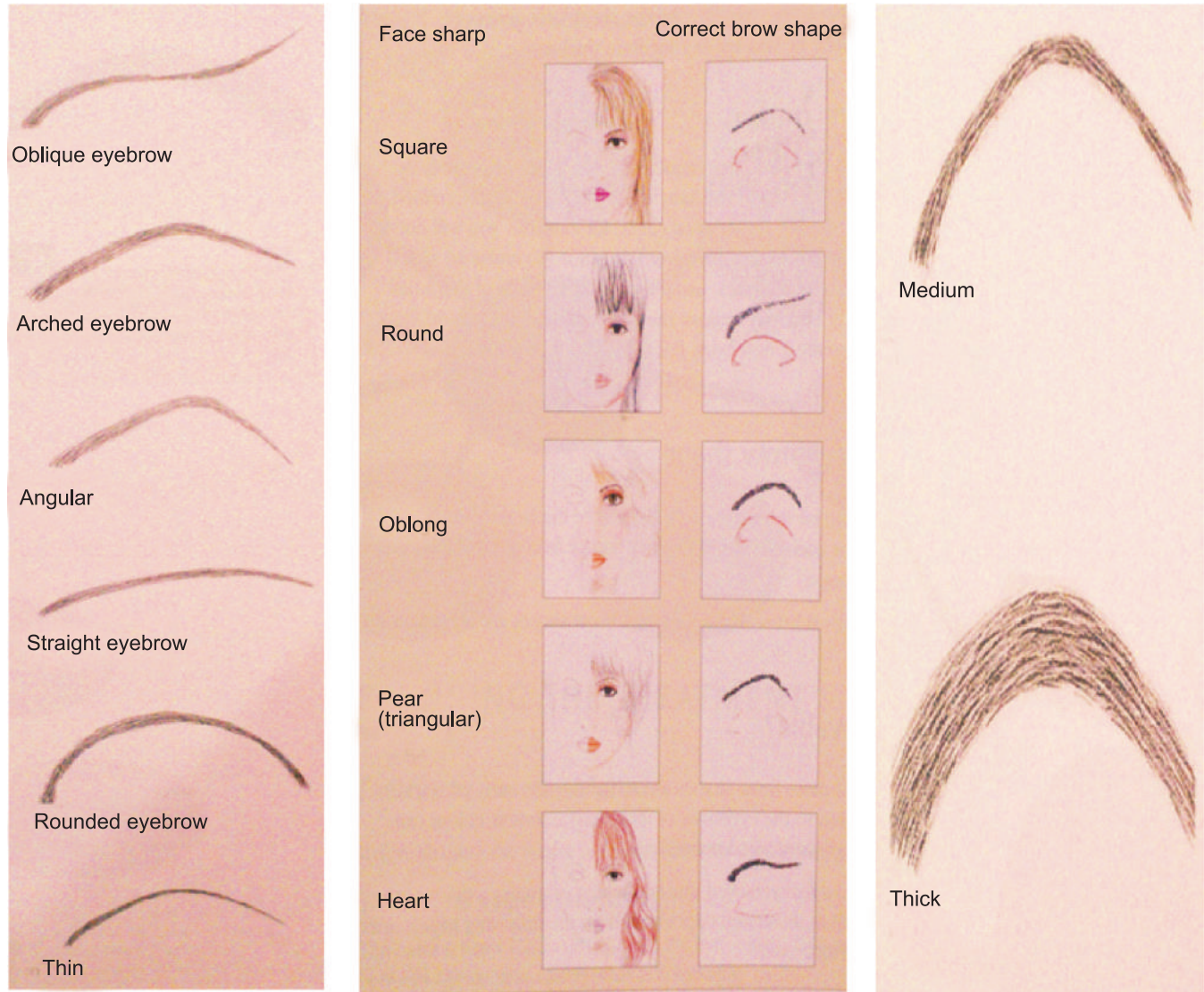
The correct shape of the eyebrows has a marked effect on the beauty and contour of the face shaping and is important features of the face. The entire expression can be changed by the eyebrow line and eyebrow forms a significant point of structure in facial composition and it is work of beauty expert to relate the structure to help emphasise good points and detract bad points. The natural arch or the growth of the hair follows the bony structure or the curved line of the orbit (eye socket). The majority of persons have disorderly growth of hair both above and below the natural line. These hairs should be removed to give a clean cut and attractive appearance.

IMPLEMENTS AND MATERIALS FOR EYEBROW ARCHING

- Emolient cream
- Eyebrow pencil
- Thread
- Astringent lotion
- Cotton
- Eyebrow brush
- Cleansing tissue
- Tweezer

MEASURING THE EYEBROW TO DECIDE LENGTH

In order to determine the correct length of eyebrows, there are three main guidelines:



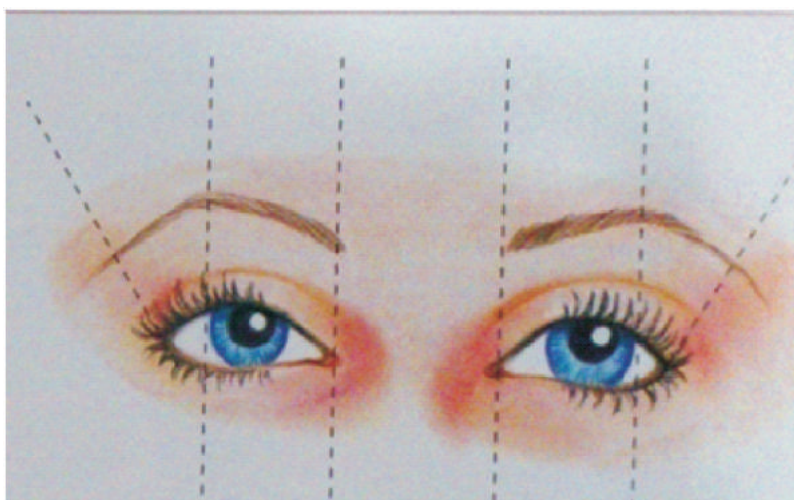
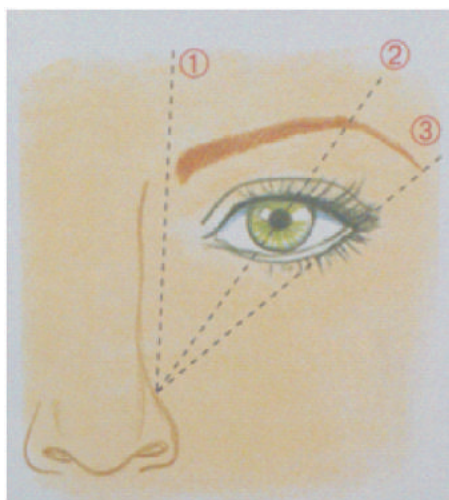
- ❖ Place an orange stick beside the nose and the inside corner of the eye. This is usually in line with the tear duct. Any hairs that grow between the eyes and beyond this point should be removed. If the client has a very broad nose, however, this guide is inappropriate : tweezing would commence near the middle of the brow. In this instance, use the tear duct at the inside corner of the eye as a guide.
- ❖ Place an orange stick in a line from the base of the nose (to the side of the nostril) to the outer corner of the eye. Any hairs that grow beyond this point should be removed.

- ❖ Place an orange stick in a vertical line from the centre of the eyelid. This is where the highest point of the arc should be.

PREPARING THE PATRON FOR EYEBROW ARCHING

Procedure:-

- ❖ Seat the patron on facial chair in reclining position.
- ❖ Select type of arc according to the face shape and customers liking, suitable for her facial characteristics.
- ❖ Cover patron's eyes with cotton pads moistened with antiseptic lotion.
- ❖ Brush the brows to remove powder and scales. Brows around the surrounding skin may be softened by rubbing emollient cream into them.
- ❖ Remove hair between brows and above brow line, when gradually proceed under the line. Extra care has to be taken while working under the brows. Stretch under and above the brows to maintain the tension.
- ❖ While working for thick growth it is advisable to use tweezer simultaneously to avoid cuts or bruises.



Use these guidelines when defining the eyebrow shape:

1. Start
2. Point of arch
3. End point of eyebrow

EYEBROW SHAPING

The entire expression can be changed by the eyebrow line. Select shape falls into the following categories as illustrated.

High Forehead:- The eyebrow arch is slightly elevated to direct from the high forehead.

Low Forehead:- A low arch gives more height to the very low forehead.

Wide Set Eyes:- The eyes can be made to appear closer together by extending the eyebrow line to the inside corner of the eyes.

Close Set Eyes:- To make the appear farther apart space brows. Farther the distance by widening the distance between them also slightly extend the brows outward.

Round Face:- Arch the brows to make the face seem narrower. Start online directly above inside cover of eye and extend to ends of been pulled out leaving little spots in the brows darken them with the pencil. Using the eyebrow brush over is to soften the pencil mark.

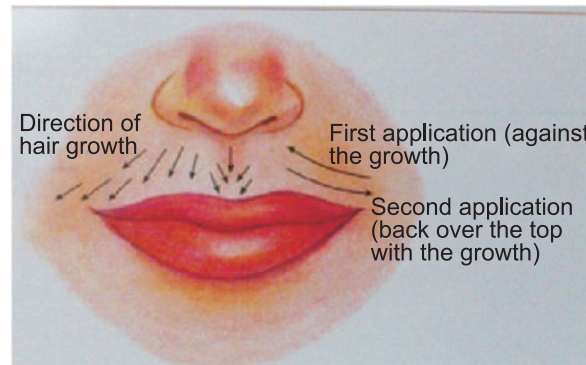
- Where the Arch is too High:-** Remove the superfluous hairs from the top of the brow and fill the part from the top of the brows.
- Where Arch is too Low:-** Remove the superfluous hair from the lower part of the brow and build up the shape of the brow by means of the brow pencil.

Precautions & Reminders:-

- It is inexpensive treatment and discomfort level is usually less than the waxing / tweezing but it is ineffective for the large parts of the body.
- It can be uncomfortable because the hair are snagged out of the skin faster than tweezing but more slowly than waxing.

Threading Contraindications

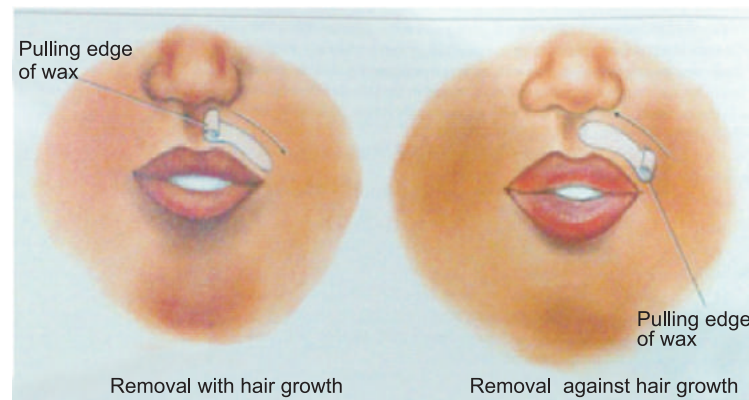
- ❖ Broken, irritated skin
- ❖ Active eczema and psoriasis
- ❖ Active herpes lesion
- ❖ Sunburned skin



While waxing on upper lip it is required to understand the direction of hair growth of upper lips.

ii) WAXING

Introduction



Use of wax on upper lips

There are two major methods of waxing for hair removal. One is hard wax, also known as the nonstrip method. The other major wax method is the hot wax or strip method. This can include the honey-textured waxes and crème waxes. In addition to those waxes, there are various varieties in between, such as cold wax and sugar was, and many with soothing additives.

Waxing Contraindications

If the client has any of the following, wax depilation must not be carried out:

- ❖ Skin disorders, such as bruising or recent hemorrhage.
- ❖ Loss of skin sensation

- ❖ Cuts / Abrasions
- ❖ Bruises
- ❖ Warts

Types of waxes

- ❖ Warm waxes are frequently made of mixtures of sugar, syrup and zinc oxide are also called honey wax.
- ❖ **Hot wax :** It is relatively slow to use and used at quite a high temperature, extra care to must be taken to avoid burns.
- ❖ **Sugar wax :** There are two methods of sugar wax hair removal- sugar paste and strip sugar. Sugar paste is applied to the skin, using the hands, in the direction of hair growth. The hairs embed in the wax, which is then removed swiftly against hair growth, removing the hairs. Strip sugar is similar in application and removal to warm wax and requires a wax removal strip to remove the wax, against hair growth. Sugar wax has pure sugar as the main ingredient, plus other natural ingredients such as lemon.

Equipment & Materials

- Room with privacy
- Table / Stool
- Antiseptic cleanser and towel
- Washable drapes for the client
- Applicator / Spatula
- Pretreatment lotion / Antiseptic lotion
- Dusting powder
- Ice cubes
- Soothing lotion
- Cotton
- Wax heater
- Waxing strips (disposable)

Good lighting is essential to a waxing treatment area. Fluorescent lights are the brightest and most economical with music because music makes a treatment most pleasurable. Wax heater are usually thermostatically controlled, but the wax should be always be tested on the skin of the technician on the inner forearms before its application on the client.

Make sure the table is at a comfortable height for working, check the posture and make sure you do not bend over, maintain safe distance with client.

Procedure

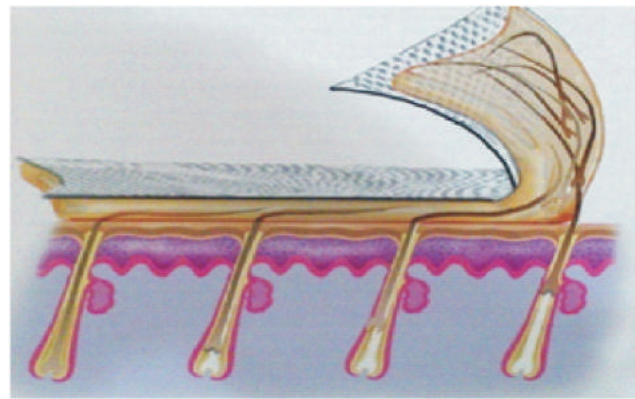


Types of waxes

- Use a towel to protect the client's remaining clothing.
- Wipe the area to be waxed with a professional antiseptic pre-wax cleansing lotion on cottonwool. Blot the area dry with tissues before applying the wax. While wiping the skin, look for contra-indications.
- If the client's skin is very greasy (she may for example have applied oil before coming to the clinic), cleanse it using an astringent lotion such as witchhazel. Use dusting powder with cottonwool on the treatment area before the application of wax.
- Apply wax on the area which is to be treated in the same direction of hair and press the disposable strip, with stretching the skin and pull the strip with sudden tug in the opposite direction of the hair.
- An after-wax lotion should be applied, using clean cottonwool, at the end of the treatment. This breaks down any wax residue, helps to guard against infection and irritation, and takes away any feelings of discomfort.



Apply wax in the same direction of hair.



Removal of Strip

Hygiene and Sanitation

- Use disposable equipment where possible to avoid cross-infection. Wear protective gloves during the treatment.
- Clients should not apply perfumed products to the area that was waxed for at least 24 hours.
- A clean and sanitary environment is not only important to meet stated requirements, it inspires client confidence. As the client leaves the room, tools should be washed with a germicidal soap and put in the sterilization unit. Wipe down surfaces and bottles with a disinfectant cleaner.

Points to remember

- Hot wax is always applied in the direction of hair growth and removed against hair growth.
- It is always better to work from lesser hair growth to denser hair growth.
- The wax should not be applied to a greater area than is going to be immediately removed.
- The strips should not end where there is still wax.
- The strip should be placed over the wax, always allowing a sufficient free edge to grasp easily.
- Once the strip is placed over the wax, it only needs to be smoothed or rubbed once or twice to adhere to the wax and be effective.
- Do not prolong the anticipated moment of discomfort by excess rubbing.
- The pull of the strip should always be against the hair growth. It should be quick and decisive and as close to the skin as possible for minimal discomfort.

iii) LASER / THERMOLYSIS / ELECTROLYSIS

LASER HAIR REMOVAL

Laser is a new method for the rapid, gentle removal of unwanted hair. The term laser is an acronym for light amplification by stimulated emission of radiation. Laser has the strength to pierce nature's hardest substance, the diamond, to perform orthodontic procedures on the gums. The laser was the first introduced as a method of hair removal after 1980s. It was noted that birthmarks treated with certain types of lasers became permanently devoid of hair. Lasers are not for everyone; the absolute requirement is that one's hair must be darker than the surrounding skin. Coarse, dark hair responds best to laser treatment. For some clients, this method brings truly permanent results. The laser can also slow down regrowth. Whereas electrolysis works on a hair-by-hair basis, laser uses a wide beam that can treat multiple hairs at once. Laser hair removal is based on the principle of selective photothermolysis which is the selective targeting of an area using a specific wavelength to absorb light into that target area sufficient to damage the target tissue while allowing the surrounding area to remain relatively untouched.

THERMOLYSIS / ELECTROLYSIS

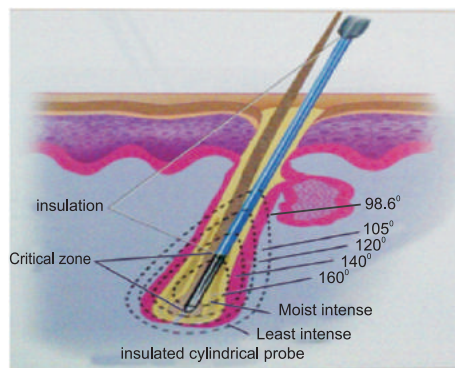
Electrolysis is the removal of hair by means of an electric current that destroys the root of the hair. The current is applied with a very fine, needle shaped electrode that is inserted into each hair follicle. This technique can be painful, time-consuming, and expensive, and must be performed only by a licensed electrologist.



Implements & materials for Laser Hair removal

Thermolysis takes its name from the Greek word thermo, meaning heat, and Ysis, meaning to dissolve. It is also commonly called diathermy, a more outdated term; (high frequency). The facts that it is fast and effective and relatively easy to learn make it popular method. There are three types of thermolysis machine:-

1. Manual
2. Semi-Manual
3. Computerized



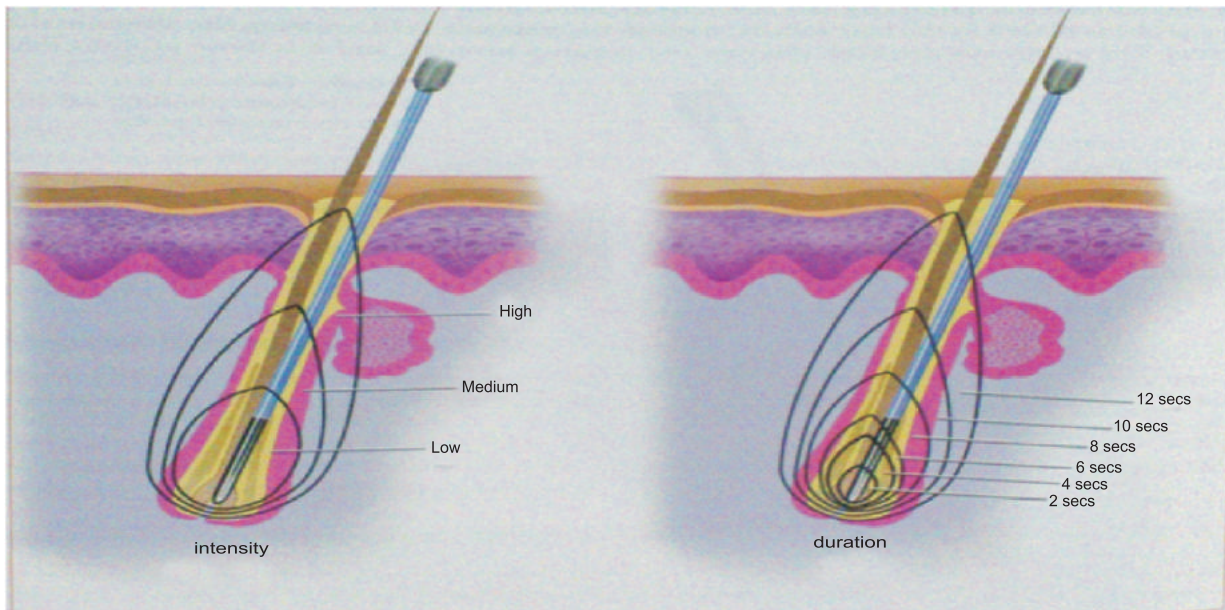
Working of thermolysis on hair

MANUAL THERMOLYSIS MACHINE

With the manual thermolysis machine, the intensity of the current is selected using a rheostat and controlled by the operator, as is the duration of the current, which is controlled by the foot pedal.

SEMI-MANUAL THERMOLYSIS MACHINE

Semi-manual thermolysis machine were developed later, as concerns arose about the duration of the current. The lengthy and often clumsy use of the footswitch or inaccurate counting with the hand-operated button resulted in the overtreatment of the hair follicle and damage to the skin. To prevent the extended application of current, a dial with an automatic timer was added, allowing the operator to preselect the duration of the current once the footswitch is tapped.



COMPUTERIZED THERMOLYSIS MACHINE

Computerized, or automatic, thermolysis machine can be programmed for galvanic, thermolysis, the blend, and pulsing and flash techniques. They can also be programmed to apply the appropriate amount of current for hair type.

Review Questions:

- Write the material and implements used for eyebrow shaping?
- What are the various types of waxes to remove superfluous hair?
- Write the procedure of waxing.
- What do you understand by thermolysis?
- How far laser treatment is successful in hair removing?

2.3 BLEACHING

Bleaching is a temporary solution to facial hair which will disguise rather than remove hair. Avoid bleach if you have a lot of upper lip hair as it may turn the hair yellow. Facial hair bleach usually comes as a powder and cream, which should be mixed together before applying. Clean the area with diluted surgical spirit or witch hazel. Dry the skin and apply the bleach in a thick layer. Leave on for 10 minutes before removing with damp cotton wool pads. Finally, apply a light antiseptic cream.

Skin Whitening, skin lightening and skin bleaching refers to the practice of using chemical substances in an attempt to lighten skin tone or provide an even skin complexion by lessening the concentration of melanin. Bleach refers to a number of chemicals that remove color, whiten, or disinfect, often via oxidation.

The bleaching process has been known for thousands of years, but the chemicals currently used for bleaching resulted from the work of several 18th century scientists. The solution of sodium hypochlorite, and calcium hypochloride (bleaching powder) is commonly referred to as "bleach". Oxidizing bleaching agents that do not contain chlorine most often are based on peroxides, such as hydrogen peroxide, sodium percarbonate and sodium perborate. While most bleaches are oxidizing agents, a few number are reducing agents such as sodium dithionite.

TYPES OF BLEACHES

Powdered bleach- This is done by adding bleaching powder with liquid hydrogen peroxide and ammonia. If powder bleach is used for eliminating dark spot and freckles then bleaches should be applied only to that area of dark spots and freckles.

Cream bleach - This is available at any drugstore or at chemist shops and used in most of the beauty parlors. It is used for Skin brightening use a cream bleach so that you can widespread on your face.

If you do not have a defined area (i.e. if freckles and spots are wide spread) then it is safer to use cream bleach.

Milk Bleach: This is usually best suited for sensitive skin type. It primarily comprises of milk powder and usually some ammonia to lighten the hair.

Protein Bleach: It is mild bleach, in which butter pack is used to ensure a soft supple skin. Ammonia is used to lighten the hair and remove tanning. Protein Bleach is a blessing for those who have a sensitive / oily skin.

Gold Bleach: In gold beach Aqua activator is used along with the Gold cream bleach, which helps in activating the bleaching action to give you a fairer and glowing skin. Ammonia is used to lighten the hair and remove tanning. This particular bleach is famous among brides as it gives a golden glow to one's skin.

Oxy bleach: Feel your skin breathing with Oxy bleach. It's a special type of bleach which is especially good for the tanned and sensitive skin. It helps oxygen to penetrate the skin. When oxygen enters the skin, it takes with it water and lipids deep into the skin, making the skin softer, more hydrated and glowing. It is a healthy way to bleach. Its effectiveness can be judged by the onlookers around you.



The Pros of bleaching

It's fast, easy, and without much risk. Bleaching cream can be found at any drug store fairly cheap, and you can bleach right in your own home. Large areas of hair can be bleached at the same time, with the entire process only taking minutes from start to finish. You don't risk a lot pain or getting ingrown hairs, since you aren't removing the hair from follicle.

The Cons of bleaching

- Bleaching facial and body hair doesn't give you a smooth and hairless surface. These are the main reasons people want to rid hair. Even though hair is lighter, it still may be noticeable, especially if you are standing in the sun or a bright room.
- Not all hair or skin types can benefit. Don't count on bleaching disguising long or thick hair- only finer ones, like on the face or arms. Bleached hair on dark or tan skin, can still stand out because of the color contrast (light hair against dark skin).
- The results aren't very long-lived. The hair above the surface is the only part of the hair follicle that has been lightened. As the hair grows, you will see the darker, natural color.
- It can temporarily lighten dark skin tones. The lighter skin tone can last for up to 3 days.

TROLLEY SETTING

Materials Required: Bowl (Glass or Plastic), Cotton wool, Sponge, Towels, Neck cape, Applicator Brush, Head Band, Gloves (Rubber), Bleaching Powder, Hydrogen Peroxide (20 Volumes), Liquid Ammonia, Dropper and Rose Water

Patch Test: A Patch Test is necessary before proceeding with the bleach. This should be performed at least 24 hours prior to bleaching process. If reaction occurs, do not bleach.

Procedure for Powder Bleach

1. Remove the jewellery and make up
2. Cleanse the face and neck thoroughly
3. Prepare the client using head band and wrap the towel or neck cape
4. Prepare the bleach pack by mixing two tea spoons of bleaching powder, 5-6 drops of liquid ammonia and hydrogen peroxide (20 volumes) as per requirement to make a smooth paste
5. Cover the client's eyes with cotton dipped in Rose water
6. Apply bleach pack in upward and outward movements. Leave for 10- 15 minutes and clean the face with tap water.
7. Apply moisturizer

Note: Use oil bleach/cream bleach as per manufacturer's direction

Precautions of bleaching

There are several things to keep in mind before using bleach for lightening your facial or body hair

- Only use bleach meant for facial or body hair. Don't use bleach meant for the hair on your head, it's much stronger than the formula that's used for the face and body
- Test product first. Do patch test product first on arm and wait 24 hours before using on large area, because you could be allergic or very sensitive to the product. Even if you don't see any redness on your arm, you still need to be cautious when using on facial skin- it's generally more delicate
- Don't bleach where you shouldn't. Only use bleach on the outside of your body. Don't use near eyes, inside nose, ears, on nipples, scar tissue, warts, moles or near genitals. Bleach shouldn't be used over sunburned, irritated, inflamed or chapped skin, or an area that is freshly tweezed or shaved. It's simply not safe
- Don't use on extremely exfoliated skin. Bleaching isn't safe to use on areas where you are using Retin A, Alpha Hydroxy, or Glycolic Acid
- Keep packaged product away from heat and sun. Store bleaching products in a cool, dry place
- Metal and bleach don't mix. Don't use a metal dish to mix bleach or apply bleach using anything metal
- Keep bleached area out of direct sunlight for at least 24 hours
- Children: In a house with small children, all products, including bleach, should be completely out of reach and preferably under lock and key. All bleaches should be clearly marked and it is also advisable to label them.
- Never mix chlorine bleach with other cleaning products, in particular ammonia or anything acidic (such as vinegar). The combination of bleach with these products releases a very toxic gas. Thumb rule should be to never mix chlorine bleach with anything other than water.
- Protection: Always protect your hands when working with bleach. If you don't wear gloves you are likely to end up with rough, scaly and even bloody hands - it is that rough on skin. You may want to use protective eye ware when working with bleach as well.
- Ventilation: Always make sure the area you are using bleach in is well-ventilated - open the windows.

Review Questions:

Fill in the blanks

- a. _____ type of bleach is good for sensitive skin.
- b. _____ volumes of hydrogen peroxide should be used for bleaching the facial hair.
- c. Bleaching should be done only after doing _____.

SUMMARY

Growth of facial and body hair is natural. However, to remove such hair techniques such as epilatory, depilatory, methods may be used. Use of bleaching is a good method of disguising superfluous hair.

EXERCISE QUESTIONS

Theory Questions:

1. Explain the term Hypertrichosis?
2. Differentiate between the term epilation and depilation?
3. Explain the judging of brow length with the help of illustration?
4. Explain Bleaching and its precautions?
5. Describe the epilatory method of hair removal?

Practical Questions

1. Demonstrate the use of depilatory cream on arm?
2. Demonstrate eyebrow shaping using threading technique?
3. Demonstrate the procedure of hot wax on legs?
4. Demonstrate the trolley setting for the removal of superfluous hair?
5. Demonstrate bleaching on client's face?