



Hair Removal



HAIR REMOVAL

Hair Structure:

The structure of the hair consists of two components; the hair root which is located below the epidermis and the hair shaft which extends beyond the skin's outermost layer.

Within these components there are structures that are found in all hair types regardless of differences in color and texture or an individual's ethnicity and gender. Although basic hair structure is consistently the same regardless of an individual's ethnicity or gender, characteristics of color, texture and root depth are a consequence of genetic predisposition as well as physiological changes related to the aging process.

The hair not only protects the body from dust and pollutants but also serves as a filter from the dangerous effects of UV rays. As a result, variations in texture and color exist according to a culture's proximity to the equator. Typically, cultures closer to the equator tend to have hair that is darker and thicker and offers more protection.

COMPONENTS OF HAIR STRUCTURE

Root:

Lies beneath the skin's surface in the basal layer. Is encased within the hair's follicle. The hair follicle is a tube-like structure consisting of epidermal cells.

Shaft:

Comprised of a hard protein, keratin, the hair consists of three main layers. The innermost layer is called the medulla. It is present only in large thick hairs like the ones on our scalps. It helps giving hair its elasticity. The middle layer is called cortex. It constitutes the bulk of the hair. It's the cortex which is responsible for providing hair its structure, strength, color and texture to the hair. The outermost layer is known as cuticle. It's thin and transparent. It protects the inner structure of the hair.

Hair Growth Cycle:

- The hair root is located below the surface of the skin in the basal layer.
- It is enclosed within a hair follicle which has the dermal papilla located at the base of the follicle.
- Dermal papilla is fed by the bloodstream which provides nourishment to produce new hair growth.
- Dermal papilla is important to hair growth because it contains receptors for male hormones and androgens (androgens are what regulate hair growth in scalp hair).
- Hair growth on the scalp averages about 6 inches per year.
- Growth and loss of hair is random; not seasonal or cyclic. At any given time a random number of hairs can be in various stages of hair growth and shedding.
- There are three stages of hair growth; anagen, catagen, and telogen.

HAIR GROWTH CYCLES

Anagen:

This is the active phase. Cells in the root divide rapidly, by the way of mitosis, forming new hair. This pushes the club hair (see catagen stage) up the follicle and eventually out. About 85 percent of hair is in the growing phase at any given time. This phase can last from 2 to 6 years. Scalp hair growth varies depending on the individual's active phase of growth. Hair on various parts of the body have very short active phase of growth usually lasting about 30 to 45 days. This explains why body hair is much shorter than hair on our scalp.

Catagen:

This is the transitional phase. About 3 percent of hairs are in this phase at any one time. Lasting about two to three weeks, hair growth stops during this time. The outer root sheath shrinks and attaches to the root of the hair. The lower part is destroyed and dermal papilla breaks away to rest. Thus, forming club hair.



Telogen:

This is the final stage and resting phase of hair growth. This accounts for about 10 to 15 percent of all hair. For the scalp this phase last about 100 days. For body hair it is a longer process. During this phase the hair follicle is completely at rest, is full size and erect in the follicle. If hair is pulled out during this stage it will have a solid, hard, dry white material at the root. During this stage approximately 25 to 100 hairs are shed daily. This is normal since the hair bulb is not active. After the hair falls out, the bulb moves up into the dermis and begins to grow a new hair which then begins the cycle again.

It is important to understand the stages of hair growth when performing hair removal. You need to consider the stages of hair growth when scheduling so that you may choose the procedure that will be most effective for the client.

INGROWN HAIR

What is an Ingrown Hair?

- Hairs that as they grow curl around and penetrate the skin with its tip.
- This process will cause inflammation and pus formation. If not treated or removed it could become infected.
- Ingrown hairs can often resemble other skin conditions so be careful and consult a physician if needed.
- Ingrown hairs can be very tender to the touch.
- They can become a papule (also called a razor bump), and the body may produce a pustule (a blister containing pus). The pustule may rupture resulting in bleeding, itching tingling and mild or severe pain.

What causes an Ingrown Hair?

- Skin lacking moisture.
- Stiff beard hair in men.
- Embedded oil in the hair follicle.
- Build up of dead skin cells in the pores or on the skin itself.
- Course or curly hair in a curved hair follicle.
- Improper shaving techniques, such as shaving to close.
- Hair removal methods such as; shaving, waxing, tweezing, or electrolysis.

How do I prevent Ingrown Hairs?

- Treat skin with active ingredients such as; salicylic acid that exfoliates.
- Moisturizers that clear the pores and help prevent infection.
- Use post-shave products with salicylic acid so the product stays on your skin all day long.
- Use only non-acnegenic shaving cream with lots of lubricating agents. Do not use any products that contain alcohol. This can worsen ingrown hairs by drying the skin and closing the pores.
- Improve your skin's surface by exfoliating.
- Daily use of a gentle facial scrub containing glycolic and salicylic acid.
- Try to use a soft bristle face brush and liquid cleanser to dislodge the tips of the hair. This also eliminates dead skin cells and clears the follicles to allow the hair to break the surface.
- Try not to cut facial hair to close to the skin. It may get trapped inside the hair follicle and dig inward or sideways.

How do I treat Ingrown Hairs?

- Carefully lift just the end of the hair out with tweezers or a well sterilized needle. Be sure not to pull the entire hair out because it will cause the hair to grow back deeper.
- Be sure to use products that have azulene, allantoin, and witch hazel in the ingredients to reduce swelling and redness.

SKIN DISORDERS AND DISEASES

Many Americans face daily problems with their hair and what most of them think is just an everyday issue, can lead to a major disease/disorder. Alopecia Areata affects more than 4 million people in a lifetime. A disorder such as Folliculitis, commonly referred to as "barber's itch" is often thought of as a joke more than a skin disorder but, in truth, is in serious cases responsible for permanent hair loss. Some other disorders are more embarrassing than medically threatening such as poliosis; a random patch of white hair that can occur as early as 11 years of age. It is important to remember that most hair diseases and disorders can be treated or go away on their own.



TYPES OF DISORDERS AND DISEASES

Alopecia Areata (Also referred to as AA):

Causes hair loss in small, round patches. The cause is believed to be a genetic autoimmune disease in which the body attacks the hair follicles. A dermatologist can perform a scalp biopsy to determine if a person has Alopecia Areata. While there is no cure for Alopecia Areata (in time, the hair does grow back) there are options to help cope while it runs its course. Wearing wigs, hats, caps and scarves help to protect the scalp and any new hair growth.

Folliculitis (Also referred to as “Barber’s Itch”):

This is an infection of the hair follicle. In some mild cases, it is mostly embarrassing and uncomfortable rather than painful. But, if it progresses, it can cause permanent hair loss and scarring of the scalp. Usually appearing as small whitehead pimples around one or more hair follicles, symptoms range from itching of the scalp to clusters of small red bumps developing around the follicle, even pus-filled blisters that break open and scab over may form. It can be caused from tight clothing, friction from shaving, excessive perspiration, surgical wounds, coal tar, pitch or creosote which makes the disease more common to roofers, mechanics and oil workers. In the majority of cases, folliculitis goes away on its own with some help of a topical anti-itch cream and warm compresses. More serious cases must be treated with a prescribed treatment from a physician depending on the seriousness of the infection.

Poliosis:

A disease that removes the color of the hair in random patches. Hair color comes from melanocytes. Since melanocytes only last for a period of time, hair color starts to fade or decrease in intensity allowing gray hair to develop. This disease can be developed by anyone at any age. If a person believes that they have Poliosis then they should see a physician for a skin exam. Cures are few due to the fact that poliosis will go away over time. Suggestions to help cope with the effects of this disease are using hair dye, wearing hats or other options that make the person feel more comfortable.

HARD WAX

Benefits:

- Removes hair from beneath the skin’s surface.
- Many clients experience a reduction of hair growth after several waxings.
- In some cases, when hair grows back, it is softer.
- Waxing is highly popular and profitable.
- Waxing is a relatively fast and an efficient way to temporarily remove unwanted hair.

Precautions and Contraindications of Use:

- Specific conditions such as herpes simplex, diabetes, lupus, rosacea, hemophilia, pregnancy, chemotherapy/radiation treatments, varicose veins, moles, skin tags, warts or sunburn.
- Recent treatments including chemical peels using glycolic, salicylic, or other acid-based products, microdermabrasion in past 3 weeks, plastic or reconstructive surgery, after botox or restilyn injections.
- Using medications such as Retin A, hydroquinone, accutane, blood thinners, oral or topical cortisone medications, antibiotics.
- Any inflamed or irritated skin, sensitive areas or uncertain situations, such as cuts, abrasions, wounds, or open sores.
- If wax is too cool, it can break during the removal process.
- Overly heated wax can cause severe burns.
- Wear disposable gloves to prevent contact with blood-borne pathogens.

Pre-Procedure:

- Turn wax on to High setting for at least 20 minutes. Be sure to cover the wax pot during the pre-warming step as well as when wax is not in use.
- When wax is heated to correct temperature turn to ready. Wax is now ready to use for waxing procedure.
- When wax is not in use the switch on the wax pot to select standby. This allows the wax to stay warm.
- Attach wax collars to each pot to prevent drips onto pot or counter.
- Use a thermometer to monitor the heating of the wax to ensure the proper temperature is maintained.



Procedures:

- Have client sign consent form.
- Wash and glove hands. Do a patch test covering a small area on yourself to check the temperature of the wax on the skin.
- Pre-cleanse area to be waxed.
- Brush the hair into direction of the hair growth.
- Apply witch hazel to entire area to be waxed.
- Apply oil to area to be waxed.
- Load applicator with wax by dipping the applicator into the wax pot. You want to have the majority of your wax on the tip of the applicator.
- Use edge of the wax pot to scrape the excess wax from the back and sides of the applicator.
- Apply wax using the tip of the applicator. After applying wax turn applicator onto the side and use a figure 8 movement to spread wax evenly on the area to be waxed. This allows the wax to shrink wrap the hair.
- Use the tip of the applicator to on the area that you have applied the wax to create a lip at the end of each strip. This allows you to have a tab to use when removing the wax.
- Pull wax strip in the opposite direction of the hair growth pattern.
- You will want to roll your wrist while pulling keeping as close to the skin as possible.
To help ease the discomfort for the client be sure to immediately cover the area waxed with your free hand.
Hard wax may be used in areas that are more sensitive, smaller to cover or to clean up the areas that have hair remaining after use of soft wax.

Post-Procedure:

- Apply an astringent.
- Remove excess wax.
- Remove stray hairs with tweezers (follow tweezer guide).
- Reapply astringent.
- Apply cooling gel.

Frequently Asked Questions:

What's the difference between soft wax and hard wax?

Soft wax exfoliates the skin and is removed with strips of pelon or muslin. Hard wax shrink wraps the hair and pulls it out of the follicle. Hard wax can be applied on the same area more than once where as soft wax can not be used more than once. Hard wax is good for sensitive areas, such as underarms, bikini and lip area.

Can hard wax be used everywhere?

Depends upon the client's skin; hard wax is recommended for sensitive areas.

Can waxing be done if client is using a chemical depilatory?

The client should discontinue the practice two to three weeks prior to wax treatment so hair can grow out.

If hair on client is too long, should it be trimmed before waxing?

Yes, this allows the wax adhere better.



SOFT WAX

Benefits:

- Removes hair from beneath the skin's surface.
- Many clients experience a reduction of hair growth after several waxings.
- In some cases, when hair grows back, it is softer.
- Waxing is highly popular and profitable.
- Waxing is a relatively fast and an efficient way to temporarily remove unwanted hair.

Precautions and Contraindications of Use:

- Specific conditions such as herpes simplex, diabetes, lupus, rosacea, hemophilia, pregnancy, chemotherapy/radiation treatments, varicose veins, moles, skin tags, warts or sunburn.
- Recent treatments including chemical peels using glycolic, salicylic, or other acid-based products, microdermabrasion in past three weeks, plastic or reconstructive surgery, after botox or restilyn injections.
- Using medications such as Retin A, hydroquinone, accutane, blood thinners, oral or topical cortisone medications, antibiotics.
- Any inflamed or irritated skin, sensitive areas or uncertain situations, such as cuts, abrasions, wounds, or open sores.
- If wax is too cool, or goes on too thick, the skin may lift.
- Overly heated wax can cause severe burns.
- Wear disposable gloves to prevent contact with blood-borne pathogens.

Pre-Procedure:

- Turn wax on to High setting for at least 20 minutes. Be sure to cover the wax pot during the pre-warming step as well as when wax is not in use.
- When wax is heated to correct temperature turn to ready. Wax is now ready to use for waxing procedure.
- When wax is not in use the switch on the wax pot to select standby. This allows the wax to stay warm.
- Attach wax collars to each pot to prevent drips onto pot or counter.
- Use a thermometer to monitor the heating of the wax to ensure the proper temperature is maintained.

- Apply wax at a 45 degree angle, slowly spreading wax while holding skin tight. You will want the wax to slowly roll off the applicator for a more even spread. Be sure that you apply wax in the same direction of the hair growth pattern.
- Apply a pella or muslin strip to the area to that you have just applied the strip of wax. To apply the strip you will use a sliding pressure in the same direction of the hair growth pattern.
- Fold end of pella or muslin strip to make a tab for pulling. Hold skin around area to waxed firm and tight. When removing strip you will want to pull in the direction opposite of the hair growth pattern. Be sure to roll the wrist as you remove the strip while staying as close to the skin as possible. To help ease the discomfort for the client be sure to immediately cover the area waxed with your free hand.
- When using soft wax you do not apply the wax to the same area more than once. You may follow the procedure for hard wax removal to clean up the miscellaneous hairs that did not adhere to the strip.

Procedures:

- Have client sign consent form.
- Wash and glove hands. Do a patch test covering a small area on yourself to check the temperature of the wax on the skin.
- Pre-cleanse area to be waxed.
- Brush the hair into direction of the hair growth.
- Apply witch hazel to entire area to be waxed.
- Apply thin coat of powder (a light dusting)
- Load applicator with wax by dipping the applicator into the wax pot. You want to have the majority of your wax on the tip of the applicator.
- Apply wax at a 45 degree angle, slowly spreading wax while holding skin tight. You will want the wax to slowly roll off the applicator for a more even spread. Be sure that you apply wax in the same direction of the hair growth pattern.
- Apply a pella or muslin strip to the area to that you have just applied the strip of wax. To apply the strip you will use a sliding pressure in the same direction of the hair growth pattern.
- Fold end of pella or muslin strip to make a tab for pulling. Hold skin





around area to waxed firm and tight. When removing strip you will want to pull in the direction opposite of the hair growth pattern. Be sure to roll the wrist as you remove the strip while staying as close to the skin as possible. To help ease the discomfort for the client be sure to immediately cover the area waxed with your free hand.

- When using soft wax you do not apply the wax to the same area more than once. You may follow the procedure for hard wax removal to clean up the miscellaneous hairs that did not adhere to the strip.

Post-Procedure:

- Apply an astringent.
- Remove excess wax.
- Remove stray hairs with tweezers (follow tweezer guide).
- Reapply astringent.
- Apply cooling gel.

Frequently Asked Questions:

What's the difference between soft wax and hard wax?

Soft wax exfoliates the skin and is removed with strips of pelon or muslin. Hard wax shrink wraps the hair and pulls it out of the follicle. Hard wax can be applied on the same area more than once where as soft wax can not be used more than once. Hard wax is good for sensitive areas, such as underarms, bikini and lip area.

Can soft wax be used everywhere?

Depends upon the client's skin; hard wax is recommended for sensitive areas.

Can waxing be done if client is using a chemical depilatory?

The client should discontinue the practice two to three weeks prior to wax treatment so hair can grow out

If hair on client is too long, should it be trimmed before waxing?

Yes, this allows the wax adhere better.

WAX

Although wax ingredients can differ from product to product, they all have ingredients for structure and function. What all the waxes have in common is some type of rosin that develop the structure and texture of the wax. The following are examples of the purpose and potential benefit of wax ingredients of both soft and hard waxes.

Soft Wax 1:

Rosin (Colophonium), Polymerized Rosin, Triethanolamine, Vegetable Oil, Bee's Wax, Lanolin, Titanium Dioxide

- It is a quick and effective depilatory wax. It is ideal for larger areas. You only need a thin layer across the skin.
- Cleans up easier than other waxes. Vegetable oil allows the wax product to spread more easily while moisturizing the skin. The titanium dioxide makes the wax creamier and easier to see as it spreads across the skin.

Soft Wax 2:

Glycerol Rosinate, Triethylene Glycol Rosinate, Mineral Oil

- Good all purpose wax. Designed for hair that is resistant and is medium to coarse in texture.
- Lower risk of allergic reaction due to minimal ingredients. Is effective for large body areas.

Hard Wax 1:

Rosin and Glycerol Rosinate, Beeswax, Ethylene/VA Copolymer, Triethanolamine, Lanolin, Titanium Dioxide and Iron Oxide, Silica

- Used for more sensitive skin as it only sticks to the hair, not the skin. It is a low temperature disposable "strip less" wax. It traps the hair in a creamy pink mixture. The product remains supple after cooling without cracking.



Hard Wax 2:

The first five ingredients of the Cirepil Blue are the same as those of Cirepil Elva Rose, but they differ in their coloring and texturing ingredients. Instead of titanium dioxide and iron oxide, that leaves the wax creamy and opaque, Cirepil Blue has a FD&C Blue Lake coloring ingredient. Also, instead of using silica to provide its texture, it has what is called technical hydroabiethyl alcohol, a natural acid which is water soluble and prepared from pine rosin.

- It is a low temperature “strip less” wax. It contains a special polymer that “shrink wraps” the hair for easy removal.
- It is an effective way to finish hair removal left over from soft waxes.
- Compliments the soft wax for difficult hair growth patterns, as it does not remove a layer of skin. Results with less irritation.

Soft Wax A:

Glycerol rosinat, Mineral oil, Bee's wax, Mica, Titanium Dioxide, Fragrance

- It is an easy, quick, clean and economical wax to use. It leaves a very pleasant feeling to the skin.
- Only the application is needed to remove hair growth.



UPPER LIP HAIR REMOVAL

Benefits:

- Removes hair from beneath the skin's surface.
- Many clients experience a reduction of hair growth after several waxings.
- In some cases, when hair grows back, it is softer.
- Waxing is highly popular and profitable.
- Waxing is a fast and efficient way to temporarily remove unwanted hair.
- Hard wax does not remove any of the stratum corneum; it only attaches to the hair, so it is good for sensitive, thin skin.

Precautions and Contraindications of Use:

- Specific conditions such as herpes simplex, diabetes, lupus, rosacea, hemophilia, pregnancy, chemotherapy/radiation treatments, varicose veins, moles, skin tags, warts or sunburn.
- Recent treatments including chemical peels using glycolic, salicylic, or other acid-based products, microdermabrasion in past three weeks, plastic or reconstructive surgery, after botox or restilyn injections.
- Using medications such as Retin A, hydroquinone, accutane, blood thinners, oral or topical cortisone medications, antibiotics.
- Any inflamed or irritated skin, sensitive areas or uncertain situations, such as cuts, abrasions, wounds, or open sores.
- If wax is too cool, it can break during the removal process.
- Overly heated wax can cause severe burns.
- Wear disposable gloves to prevent contact with any possible blood borne pathogens.

Pre-Procedure:

- Have client sign consent form.
- Follow Hand Washing and Gloving skills.
- Do patch test on small area prior to service.
- Use a pre-waxing cleanser on area to be waxed.
- A numbing solution may be sprayed or applied to the area to be waxed.
- Assess the direction of the hair growth.
- Apply a light application of pre-epilation oil on the area.

Procedure:

- Apply wax using a new stick first in the direction of hair growth and then back over the same area against the direction of the hair growth. The wax should have clean even edges all the way around, be the thickness of a nickel, and be somewhat thicker at the end where it will be lifted.
- When wax looks opaque, it can be easily removed by grasping the wax with one hand and holding the skin taut with the other hand, pulling directly against the direction of growth as close to the skin as possible.
- Immediately apply pressure to the area.

Post-Procedure:

- Apply and astringent.
- Remove excess wax with pre-epilation oil.
- Remove stray hairs with tweezers (follow tweezers guide).
- Reapply astringent.
- Apply cooling gel.
- High frequency may be used.

Maintenance and Infection Control:

- Discard used disposable items in designated container.
- Perform Hand Washing and Degloving skills.
- Sanitize all surfaces.
- Do not double dip sticks in wax pot after it has touched client's skin.
- Refer to OSHA and your state board.

Frequently Asked Questions:

Can I get hyper pigmented if I get my lip waxed?

Yes, if the procedure is not done correctly and sun exposure is not avoided.

What can be done for a client if they become extremely red?

A cold towel can be used as a compress. Cooling and calming serum or calcium calamine can be applied. Avoid sun exposure for 24 hours.



EYEBROW WAXING

Benefits:

- Removes hair from beneath the skin's surface.
- Many clients experience a reduction of hair growth after several waxings.
- In some cases, when hair grows back, it is softer.
- Waxing is highly popular and profitable.
- Waxing is a relatively fast and an efficient way to temporarily remove unwanted hair.
- Hard wax does not remove any of the stratum corneum; it only attaches to the hair, so it is good for sensitive, thin skin.

Precautions and Contraindications of Use:

- Specific conditions such as herpes simplex, diabetes, lupus, rosacea, hemophilia, pregnancy, chemotherapy/radiation treatments, varicose veins, moles, skin tags, warts or sunburn.
- Recent treatments including chemical peels using glycolic, salicylic, or other acid-based products, microdermabrasion in past three weeks, plastic or reconstructive surgery, after botox or restilyn injections.
- Using medications such as Retin A, hydroquinone, accutane, blood thinners, oral or topical cortisone medications, antibiotics.
- Any irritated skin, sensitive areas or abrasions, wounds, or open sores.
- If wax is too cool, it can break during the removal process.
- Overly heated wax can cause severe burns.
- Wear disposable gloves to prevent contact with blood-borne pathogens.

Pre-Procedure:

- Have client sign consent form.
- Discuss desired shape of the eyebrow.
- Follow Hand Washing and Gloving skill.
- Do patch test on small area.
- Use a pre-waxing cleanser on area to be waxed.
- A numbing solution may be sprayed or applied to the area to be waxed.
- Assess the direction of the hair growth.
- Apply a light application of pre-epilation oil on the area.

Procedures:

- Apply wax with a new stick first in the direction of hair growth, and then back over the same area against the direction of the hair growth. The wax should have clean even edges all the way around, be the thickness of a nickel although somewhat thicker at the end where it will be lifted.
- When wax looks opaque, it can be easily removed by grasping the wax with one hand and holding the skin taut with the other hand, pulling directly against the direction of growth as close to the skin as possible.
- Immediately apply pressure to the area.
- With a new stick, (never dip stick in pot if it has touched client's skin) repeat steps until the unwanted hair is completely gone.

Post-Procedure:

- Apply astringent.
- Remove excess wax with pre-epilation oil.
- Remove stray hairs with tweezers (follow tweezers guide).
- Reapply astringent.
- Apply cooling gel. High Frequency may be used.

Maintenance and Infection Control:

- Discard used disposable items in designated container.
- Perform Hand Washing and Degloving skills.
- Sanitize all surfaces.
- Refer to OSHA and your state board.

Frequently Asked Questions:

Why is the pulling method and direction so important?

If wax is pulled straight up you can tear the skin and cause hair to break off rather than pulling it out by the root.

What if wax falls onto the lashes?

Ask client to close eyes gently, not to squeeze and remain calm. Apply oil or petroleum jelly with cotton swab and gently roll wax off, or tweezers may be used to pick up wax. Dampen a cotton pad, place over eye and gently wipe any left over oil or petroleum jelly.

