

8

Superfluous Hair Removal

8.1 Introduction

Hair grows all over the surface of the body, with the exception of the palms of the hands and the soles of the feet. With age, the hair may become coarser and darker. The technical name for a superfluous hair is hypertrichosis. A problem that is particularly apparent on the upper lip and chin.

8.2 Objectives

After reading this lesson, you will be able to:

- Know causes of superfluous hair
- List different methods of removing superfluous hair
- Understand precautions while removing superfluous hair

8.3 Causes of Superfluous hair

Racial Factor

People belonging to different races have different hair growth, e.g. Japanese and Chinese have very sparse hair growth.

Hormonal Factor

Females have both male and female hormones in their body. But if they have more male hormones, then they have more hair growth.

Hereditary Factor

This is also one of the causes for having excess hair growth

Endocrine disorder

Due to endocrine disorder young people may have excess hair on their body and face.

Menopause

At the time of menopause females develop hormonal imbalance which can lead to excess of hair growth.

8.4 Methods of Hair Removal

There are many ways of removing unwanted hair. Methods of hair removal fall into two categories: depilation and epilation

Depilation

Methods of depilation

- (a) Abrasive paper
- (b) Pumice stone
- (c) Shaving
- (d) Depilatory creams

This method removes the hair from skin top only.

- (a) **Abrasive paper** : In this method abrasive paper is rubbed against the skin for removing hair. This method was used in the early times. This method leaves cuts on the skin. This is not used now.
- (b) **Pumice stone** : It is a porous stone which removes hair from skin top only. It is a very slow process of removing hair. It is never used in beauty parlours for removing unwanted hair. By this method hair on legs and arms can be removed. Soap is applied on place where hair is to be removed by using pumice stone. That is why this method is used while taking bath. Pumice

stone is always used in a circular movement. Never use pumice stone at one place for long as it can cause rashes.

Pumice stone comes in many shapes – Square, triangular, oval, etc. It is never used to remove facial hair.

- (c) **Shaving** : It chops the hair at the surface of the skin, leaving a blunt edge, which quickly feels scratchy and prickly, and so it is not recommended for the face.

There is, however, no truth in the notion that shaving makes the hair grow back thicker or faster but to keep the skin smooth, it is generally necessary to shave at least once or twice a week. Provided the razor is sharp and carefully handled and the skin is well wetted and primed with soap. This method gives quick, smooth results with the minimum of expenditure and is particularly suitable for underarms and legs.

Special models of shavers designed specially for the female body hair are also available. Otherwise razors are of two types–

- (i) Manual razor
- (ii) Electric razor

Electric razors give good results. Apply a body lotion or cream after using a razor.

- (d) **Depilatory creams** : Depilatories are chemicals that dissolve the hair so that it can be wiped or washed away. Because they are applied to the skin, care must be taken so that they do not dissolve the skin as well. They can be used over large and small areas. Some products are made for use on the face and others for use on other part of the body. Be extremely careful when using a depilatory cream on the face. Never put a depilatory cream near the eyes. Be sure to read and follow the instructions very carefully.

Some people are allergic to many products. Always perform an allergy test of 24 hours prior to applying a depilatory cream. To take this test, apply a small amount of depilatory cream behind the ear. Leave it on for 15 minutes and then remove. If there is no positive reaction (redness or swelling) after 24 hours, proceed with the treatment.

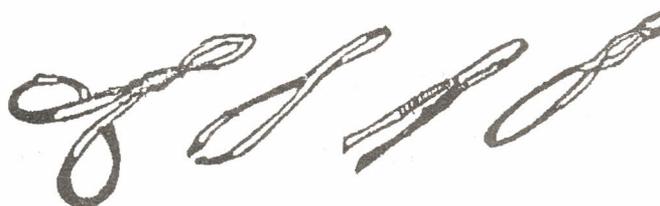
Intext Questions 8.1

1. State whether the following are True (T) or False (F)
 - (a) Now-a-days abrasive paper are very much in use for removing body hair.
 - (b) Depilatory creams can be used on any part of the body.
 - (c) Endocrine disorder can cause excessive hair growth.
 - (d) Pumic stone is only used to remove dead skin.
2. Which one is a depilatory method of hair removal :
 - (a) Shaving
 - (b) Threading
 - (c) Bleaching
 - (d) Waxing

8.5 Epilation

It means that the hair is removed below the skin. Hair is removed from the roots. The various methods of epilation are :

- i) Tweezing
 - ii) Waxing
 - iii) Threading
- i) **Tweezing** : This is an excellent way of removing small amounts of individual hair. Tweezers are most often used to shape the eyebrows, but they can be used elsewhere to remove scattered hairs. Tweezers come in a variety of designs.



Types of tweezers

- ii) **Threading** : This method is also used to remove small amounts of hair. This is usually used to shape the eyebrows, removing hair from upper lip, chin, forehead and removing scattered hair from elsewhere. A thick thread usually 40 number is used to remove hair.
- iii) **Waxing** : This is an effective method for removing unwanted hair in large and small areas. There are two types of waxes:
- (a) **Hot Wax** : This is basically a paraffin wax, which is heated and applied when melted. This is directly heated on a heater and applied with a wooden spatula in the direction of hair growth.
- (b) **Cold Wax** : This comes in a semisolid form in jars. It is made up of sugar, citric acid/lemon juice. This is heated in a thermostatically controlled warmer or indirectly on heat. It is applied with spatula in the direction of hair growth.

The two type of waxes are applied and used in basically the same way. The main difference is that cold wax is applied thinly and removed with strips of cotton or muslin fabric which is rubbed over the wax. This wax is usually used to remove hair from large area e.g. legs, arms and underarm. Hot wax does not use these spilating strips. This wax must be applied in thick layers so that there is enough to grasp when it is pulled off. This wax is usually used to remove hair from small area e.g. upper lips, eyebrows, chin, etc.

When using wax, be sure to follow the manufacturer's directions carefully. If not done properly, waxing can be quite painful. It requires a lot of practice to perfect your technique.

Eyebrow Plucking

The operator places hot compresses on the eyebrows to warm the skin and relax the pores in order to make plucking less painful and the hairs easier to pull. She holds the skin taut between two fingers of the left hand to stretch the skin and works between fingers sliding tweezers under hairs and pulling quickly. She brushes from time to time with an eyebrow brush to observe line and remove loose hairs.

Removing Superfuous Hair by Waxing

The wax is heated in a double saucepan (or thermostatically controlled wax heater). It is spread over the area and allowed to cool; it is then pulled off quickly and the hairs will have been pulled out from the root. The advantage of using this method is obvious; because the hairs have been removed from the roots so they take longer to show, simply, because they have to grow up through. But when the cream is used and as the cream does not penetrate as deeply so only the hair are removed at the surface of the skin. When using depilatory wax make quite certain it is not too hot, by testing it on the inside of the arm or wrist; with practice the temperature can be judged from the consistency of the wax. To make sure that the skin is perfectly clean and the hair free of grease, it is dusted with a little talcum powder. The wax is applied with a spatula for small areas like the lip, chin or eyebrows and a wooden spoon for large areas. The wax is painted in the direction of hair growth. When it has lost its tackiness the beautician presses into the skin with finger or hand, lifts an edge and holding the skin taut with the free hand rips the wax off against the growth of hair and then presses the area with the hand for a few seconds to numb the slight pain and finishes by applying a cotton wool compress sprinkled with witch hazel.

Some beauticians prefer to paint the wax on against the growth of the hair, but as it is pulled in that direction, the result may well be unsatisfactory; and in the case of eyebrows and lip when the client is lying flat, the wax runs quite naturally down from the centre of the lip to the corner of the mouth helped slightly by the spatula. Hairs are removed from one side of the lip at a time, and from the centre of the lip and under the nose, last. It is difficult to tell how soon the hair will show up as it varies with person to person. Some clients have a quick growth, others a very slow one, besides hair grow quicker in hot weather than in cold.

The third and permanent method of removing hair is by "electrolysis" or diathermy and laser and the most modern machine for this operation uses a short wave system of epilation.

Intext Questions 8.2

1. Cold wax is used to remove hair from
 - (a) Eyebrows
 - (b) Underarms
 - (c) Chin
 - (d) Upperlips
2. State whether the following are True (T) or False (F) :
 - (a) Hot wax comes in a glass jar.
 - (b) A 40 number thread is used for threading.
 - (c) Tweezing is the best method for shaping eyebrows.
 - (d) Tweezing and threading is one and the same thing.

8.6 Bleaching and eyebrow shaping

Hair protect us and make us look beautiful but sometimes they can become hinderance in our beauty. It is then that we use different methods to get rid off them.

Bleaching : This process makes the hair colourless. It is most effective for a light growth of dark hair and can be used on the face or the body. But it works best on soft hair that grows on the face and arms.

Types of Bleach

1. **Powder or Paste Bleach** : It is a very cheap method. This paste can be prepared by mixing bleaching powder, ammonium hydroxide (20 volume), hydrogen peroxide (H_2O_2). **It can be used on the face, body, arms and legs.**
2. **Cream Bleach** : It come in a cream form. This cream contains H_2O_2 while ammonium hydroxide is packed in a salt form. The mixture can be prepared by mixing both according to the manufacture's direction. This can be used to bleach facial and body hair.
3. **Liquid Bleach** : This bleach is usually used to bleach scalp hair.

Notes

It is a mixture of hydrogen peroxide (H_2O_2) and ammonium hydroxide.

Allergic test/Patch test : People who have a severe physical reaction to a particular substance that has no effect whatsoever on most other people are said to have an allergy. Cosmetic dermatitis is the term used by dermatologists to describe allergic reaction caused by the application of cosmetics. Some chemicals will harm the skin of some people whereas it will not harm the other's skin. Cosmetologist has to be very careful before using chemicals on clients. She should always perform an allergy test before using the chemicals. In bleaching we use chemicals so in this case allergy test, a predisposition or a patch test should be performed.

Patch test/Allergy test should be performed behind the ears or the inside of the elbow. Prepare a bleach pack in a small quantity and perform a allergy test 24 hours before giving a service because sometimes it can take 24 hours to react. After performing an allergy test if you find any redness, swelling or itching then don't do bleaching on the client.

Intext Questions 8.3

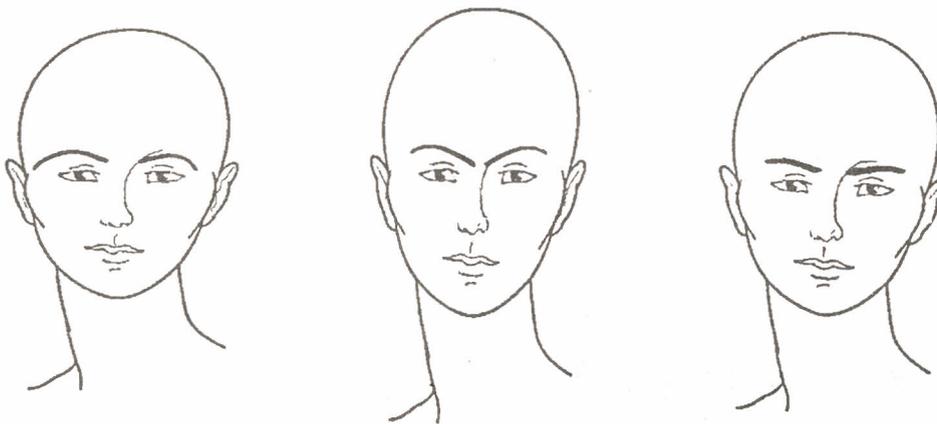
1. Which bleach is the best for the hair?
 - (a) Cream bleach
 - (b) Powder bleach
 - (c) Oil bleach
 - (d) None of the above
2. Bleaching can be performed on
 - (a) Legs and arms
 - (b) Face
 - (c) Body
 - (d) All of the above
3. Indicate whether the following statements are false (F) or true (T) :
 - (a) Bleaching makes the hair brown.

- (b) Allergic test should be performed inside of the elbow or behind the ear.
- (c) Bleach mixture takes 24 hours to react.
- (d) Predisposition test and patch test are two different things

8.7 Eyebrows shaping

Eyes are the most expressive part of the face. Eyes are bounded on the top by eyebrows. So they should be well arched to compliment the eyes.

Removing extra hair from the natural arch of the brow is shaping them. Eyebrows can alter the entire face if their shape is improved, but the whole face must be taken into consideration before deciding on the shape.



Eyebrows Grow Too Low at outer edges giving an ageing look

Eyebrows growing over nose give an untidy and slightly forbidding look

Not Enough Space Between eyes and Eyebrow

Methods of arching eyebrows

Eyebrows can be arched by two methods :

- (a) Threading
- (b) Tweezing

Notes

Threading : In this method thread is used to remove extra hair from the eye brows. Take a thick thread, usually 40 Nos, for this purpose. Make a loop by holding one end with the mouth and the other end of the thread with you left hand and placing your right hand in the centre, facing towards your body. Give 5 to 6 turns with the right hand and the loop is ready. This loop will help in removing the hair.

Tweezing : Tweezing is used to remove scattered hair after arching the eyebrows with the thread or to shape the eye brows. They come in different sizes and shapes. This method is very slow for arching eye brows because one hair is removed at a time. Where as with thread we can atleast remove 5 to 6 hair in one go.

Measuring the brows for the correct length :

1. Place an eyebrow pencil diagonally from the flare of the most past the outer corner of the eye, and make a little dot on the skin at the brow. This will establish the outside of the eyebrow about 1/2" past the corner of the eyes.
2. Hold the pencil at the inner corner of the eye and mark the skin above this point. This determines the inside of the brow.
3. The highest part of the brow should be above the outside edge of the iris of the eye when the patron is looking straight ahead.

8.8 What have you learnt

Methods of hair removal

- Depilation
 - Epilation
 - Tweezing
 - Waxing
 - Threading
- abrasive paper
pumice stone
shaving
depilatory creams

Bleaching

- Powder bleach
- Cream bleach
- Liquid bleach

Eye brow shaping

- Threading
- Tweezing

8.9 Terminal Questions

1. What are the causes of superfluous hair?
2. List the methods of hair removal. Explain any two in detail.
3. What is bleaching and explain different methods of bleaching?
4. Explain the two methods used for arching the eyebrows.

8.10 Answers to Intext Questions**8.1**

1. a) F b) F
c) T (d) F
2. (a)

8.2

1. (b)
2. (a) F (b) T
(c) T (d) F

Notes

8.3

1. (d)
2. (d)
3. (a) T
(b) T
(c) T
(d) F