



# **Welcome to Cosmetology (CTS) Course**

**Topic: Superfluous Hair Removal Methods**

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# Superfluous Hair Removal Methods

## Meaning:-

The abnormal, unwanted hair growth on the skin part or at the arms, legs and the face in quantity or in coarseness is referred as superfluous or excessive hair. The scientific name of the condition is **Hypertrichosis**.



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## Purpose of removal :-

There are various purpose of removing unwanted hairs such as:

- For hygiene purpose.
- For beautifying purpose.

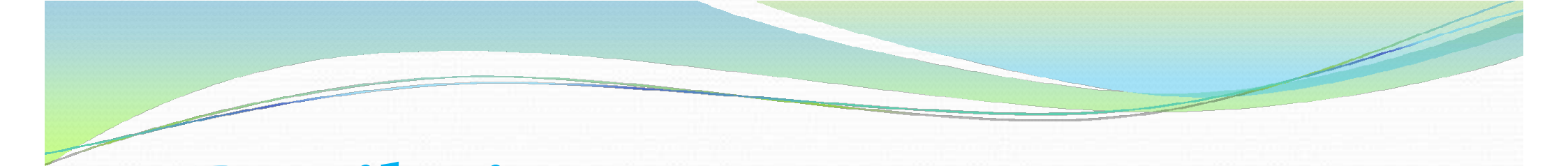


# Methods of Removing Unwanted Hairs

Temporary method of hair removal falls into two categories:

- 1) *Depilation*
- 2) *Epilation*





**1-Depilation:-** It is the method of removing unwanted hair from the surface of the skin. In other words it removes only the part of hairs which is visible outside of the skin which means removed at the skin line; hence the root is not affected.

- **Shaving**
- **Pumic stone**
- **Depilatory Creams**
- **Bleaching**

# Shaving

It can be performed by razor which are of two types- Electric razor and Manual razor.



# Depilatory Creams :

These are the creams which chemically dissolve the hairs.







# Pumic stone

It is also an old technique of removing unwanted hair temporarily when the other methods were not available. It is a type of stone with rough, coarse pores which removes the hairs by rubbing the stone constantly on the particular area.

- **Pumic stone**



# Bleaching

- Bleaching cream is used to lighten the facial hair. When your facial hairs are lightened they get matched with your skin and your skin looks fairer. Bleaching is not only done on your face but it can also be applied on your hands, legs, back, neck etc. There are lots of brands that makes facial bleaching creams in India like VLCC, Fem, OxyGlow, Olivia etc. There are bleaches like Gold bleach, Diamond bleach, pearl silver, fruit and regular ones. There are oxy bleach creams also available which gives the dull skin boost of oxygen.



# Benefits of Bleach

1. It makes your face look brighter, instantly
2. It saves you the pain of threading
3. It makes pigmentation marks appear lighter





# Contents in a bleaching cream kit

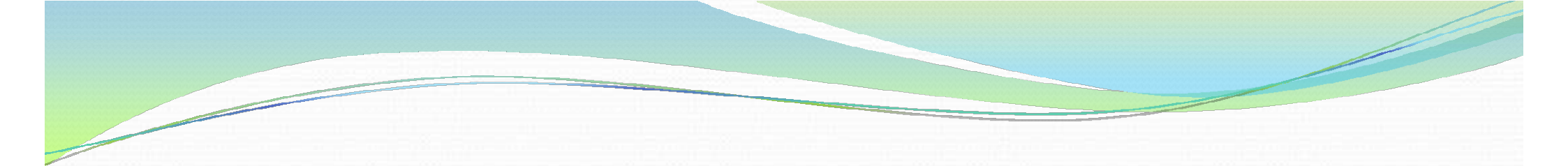
In most of the bleaching cream kits. You will receive the 2 basic skin bleaching products.

- **Cream**
- **Activator powder**
- **Pre Bleach Cream (optional product)**
- **Post Bleach cream (optional product)**



## Some care to be take while applying bleaching cream

- It is best to use the bleach cream in the evening. This is because, while you sleep and your skin is prevented from the direct sun contact for the next 7-8 hours.
- For dark skin color, never leave the bleach cream for more than 10 – 12 minutes. Else the facial hair will get too light making them even more visible against your dark skin color.
- After bleaching your face, you should not use any face cleanser for the next 6-7 hours. This will reduce the effect of bleaching.
- If you are using the bleaching cream for the first time or using a new brand, then apply the cream near the ear as well.
- You must do a **patch test** to verify if the bleach is safe for your skin type.



**2-Epilation:** It is the method of removing hair from the hair shaft and as well as from the hair root temporarily, without destroying the hair root permanently, which means the hair grows back.

**Threading**

**Tweezing**

**Waxing**

**Rotatory Epilators**





# **Threading :**

**In threading** a twisted thread catches hairs as it is rolled across the skin. It is a Chinese method of hair removal in which 40 no. of thread is generally used and can be performed mostly on all parts of the body.



## Threading :



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# Tweezing :

In tweezing a tool which is called plucker or tweezers is used to pull out the hair by its root towards the hair growth. It is also called plucking.







# Waxing

It is considered to be most popular method of removing unwanted hair because it contains natural ingredients and the large area is removed at a time by it. In this a hot or cold layer is applied and then removed with porous strips. Waxes are mainly of 2 types:-

- a) Cold wax:- Heat the wax up to tolerable temperature.
- b) Hot wax/ Warm Wax:- Wax is to be heat before treatment Generally used for removal of facial hairs. It is made up of paraffin wax. Melts at 48-68°C.

# Waxing



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# Rotatory Epilators

- These are the devices which rapidly grasp the hair and pull them out by the root. These are basically battery operated and as well as electrically operated.



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# **Contra-Indication :**

- 1) Infectious skin disorder/ disease**
- 2) Bruising**
- 3) Moles**
- 4) Excessive grown hairs**
- 5) Reactions from previous treatment**



## **Contra actions :**

- ✓ **Blood spotting**
- ✓ **Bruising**
- ✓ **Allergic reaction**
- ✓ **Broken hairs**

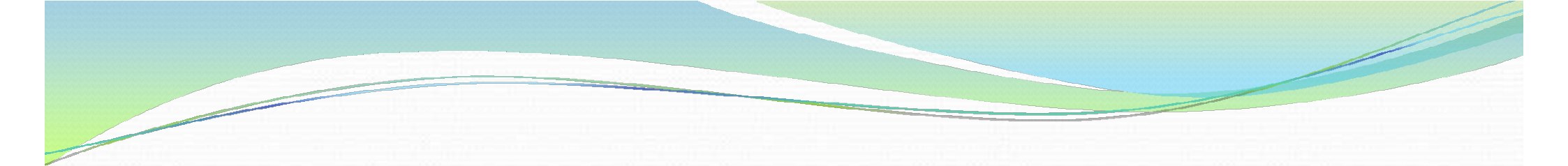


# Aftercare

## For a period of 24 hrs

- 1) No sunbathing .
- 2) Avoid bathing in sea or swimming pool.
- 3) Do not take a hot bath or shower.
- 4) Do not use deodorant or antiperspirant.
- 5) Avoid tight clothing.

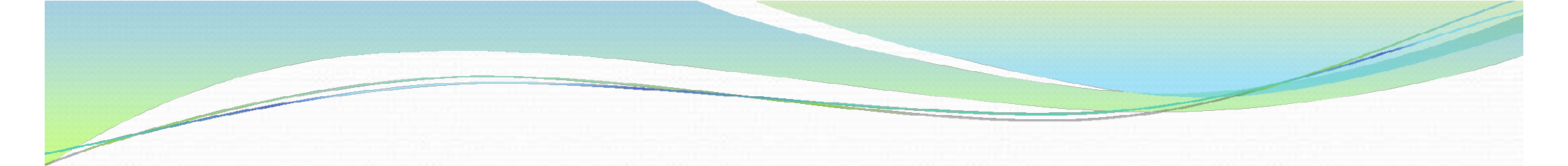


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- 6) Don't use performed products on the area.
  - 7) No make-up or self tanning preparations.
  - 8) Do not keep touching at the area.
  - 9) Use lots of moisturizer to avoid too dryness



# Do's & Don'ts

- 1) Wear disposable gloves and change between clients.
- 2) Always wear apron during the treatment.
- 3) Always keep client record card .
- 4) Ensure client signs in consultation form and consent form to say that they agree with information and will follow after care advice given.
- 5) Complete full consultation on every client.

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- 6) Perform patch test on new clients.
  - 7) Sterilize equipment using appropriate techniques.
  - 8) Always check the temperature of wax before applying to the client.
  - 9) Always dispose off single use items for example spatula, cotton wool after every client





# *Thanks*

Refs: standard text book of cosmetology  
:Google.com

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