



Hair Removal / Depilation



What it is:

Depilatory means having the capability to remove hair.

Estheticians (the technical word for a skin care therapist, and often spelled aesthetician) can make it *appear* that hair growth has slowed, because once the follicles recover from removal, hairs have farther to travel in order to reach beyond the skin's surface.

Waxing, is enough of a slowdown to keep you (somewhat) hair-free longer than methods that remove hair at skin level, such as shaving and chemical depilatories. Waxing is our recommended technique, unless there are medical reasons not too. So our service information focuses especially on waxing, although we do have other options and also to enable an informed choice, describe the other hair removal options.

Waxing involves the use of wax to remove hairs from the body. Hair comprising the luscious mane that crowns your lovely head is not necessarily appreciated elsewhere! This has made hair-removal a routine ceremony to be performed, especially by women and nowadays, even by men. Waxing is a very convenient, cost-effective, longer-lasting and quick method of removing this unwanted and unsightly body hair. As it removes hair directly from the roots, one does not need to worry about hair growth till at least 3-6 weeks.

Waxing can be used for removing hair from virtually any part of the body, but most commonly for removing hair on the arms, legs, underarms and bikini line. Other parts of body where waxing is used include face, including upper lips, lower lips, eyebrows and chin, the chest and back. Waxing should be done by professionals. General body hair requires one type and intimate another type of training. If having the female and male genital organs waxed, ensure your therapists (and we are) are trained specifically for this treatment as these areas are especially vulnerable.

Disaster stories abound of home-based attempts. Stretching technique is important. To get a good stretch requires three hands and joint movement. It is impossible for someone to apply then remove wax (requires one hand) and also stretch with two hands at the same time, unless they were born with an extra hand! Of course, a friend can do this, but do they know where to stretch, how to stretch, which direction to apply, which direction to remove? Poor stretching, poor wax application and removal will cause burns, bruises, pain and unfortunately can give a bad impression of waxing.

If you want to enjoy the sensation, attention and admiration that a silky smooth, hygienic, hairless and glowing skin inevitably attracts, waxing would be just the way to achieve it- easily, instantly and for longer.

For the intimate parts, the sensations are heightened and the freshness well worth the treatment. So, Ladies and Gentlemen, Happy Waxing.



The Benefits of Waxing:

Benefits of Wax therapy include:

- **Smooth, Silky Skin that Lasts**

Waxing removes hair from the root, so hair re-growth takes longer time; anywhere from 3-8 weeks, depending on the individual speed of hair growth. This means your hair free, smooth skin lasts much longer. You can go for that beach holiday and bask in the glory of your enviably smooth and glowing skin without having to worry about body hair showing up in the meantime.

- **No Skin Damage**

In contrast to other methods of hair removal like hair-removing creams and shaving, waxing does not cause cuts, pigmentation, or badly smelling skin. No harsh chemicals are present in wax, so, the skin is saved from their damaging effect.

- **Finer and Softer Body Hair**

Hair re-growth after waxing is finer, softer and not rough and hard as with shaving, and waxing does not leave ugly stubble as seen the following day after shaving.

- **Double Function of Hair Removal and Exfoliation**

Waxing leaves the skin soft, smooth and rejuvenated as it also removes a layer of dead cells from the surface of the skin, and thus, indirectly serves the function of exfoliating the skin as well.

- **Waxing Diminishes Hair Growth**

After repeated sessions of waxing, you will notice a much sparser hair growth, and hair growth may even stop eventually. In contrast, shaving stimulates hair growth, because it removes hair at the surface only, not at the root.



What to Expect from Waxing:

Following a brief consultation on your general health and any contra-indications to waxing we will discuss your treatment process.

Estheticians use a couple of different types of wax to remove hair from the body. Both are applied with disposable sticks of varying sizes, depending on the detail required in the area being waxed.

Hard / Hot wax is applied, allowed to cool and harden, then quickly yanked off the skin with fingers. The wax does not stick to skin, only to the hair, so is ideal for clients with sensitivity issues and also ideal for armpits and intimate parts. Soft / Warm wax, also called strip wax, is a product with the consistency of honey when heated. It is spread very thinly across the skin, then covered with a paper or cloth strip which is quickly removed taking the hair with it. Ingrown hairs can be a problem with soft wax, but it's the most practical type of treatment for large areas, such as legs, arms and backs, as hot waxing would take longer.

Waxing start with the therapist applying pre wax lotion, and end with post wax lotion. The therapist should wear gloves. The wax is heated until it is of a thick consistency and test the wax on themselves first. Then do a test on the client whose skin maybe more sensitive than their own. A spatula is dipped into the wax, and then via the spatula, the wax is applied thinly on the skin in the direction of hair growth. Before removal by strip or non strip method, you will be asked to move your limb to obtain a stretch and told where to place each hand to increase stretch. Then the therapist will use one hand to obtain an additional stretch, opening the pores and making hair extraction easier and less uncomfortable. Now, with the skin taut, the therapist pulls the strip against the direction of hair growth by a swift movement of the hand. Any discomfort lasts only an instant and is soon forgotten when you feel the pleasant sensation of your silky, smooth skin.

For the intimate parts the importance of stretching in the right directions will be more critical! Female contours and male contours are different to other body areas and specialist training is essential for this technique. It is possible to wear modesty pants, but in order to do the treatment ultimately the entire area needs to be viewed to ensure all hair is removed, so most people do not wear these. Whilst it is an intimate process, the reality is that it is just another cosmetic treatment regardless of body part. The client usually applies pre and post wax lotion. The therapist does not usually touch the intimate parts only indirectly via the application of the wax on to the skin with a spatula and the flick up of the wax or strip before removal. The client will stretch the intimate areas as requested by the therapist (it might be necessary to demonstrate, but generally the client quickly learns what to do). Waxing of the anus typically requires a kneeling permission, which might feel uncomfortable, but is easier, although a side position can be adopted. When waxing the genitalia or anus the therapist should avoid double dipping of the spatula into wax. No client wants the wax contaminated by a previous treatment! A mirror is usually provided to view the results.

Sample videos; Ladies Brazilian, see web link https://www.youtube.com/watch?v=wyOr_qx5f9U <http://vimeo.com/69130217>

Gentlemen back, sack and crack, see web link <https://www.youtube.com/watch?v=K9eFacRt92sF>

Leg wax <https://www.youtube.com/watch?v=E86AbIOcVSo>

Underarm wax <https://www.youtube.com/watch?v=xz3jaW9ArFs>

Back wax <https://www.youtube.com/watch?v=KvHwz33zfnY>

Chest wax <https://www.youtube.com/watch?v=as0UI-ANOXM>

Complications – please see <http://bare-wax.com/common-side-effects-of-waxing/>

Following the waxing there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.



Contraindications of Waxing (discuss with therapist)

- Pregnancy – skin can be more sensitive
- Hormones e.g. Menstruation – not why you think, skin can also be more sensitive; hormones that stimulate hair growth are more active at this time. Ovulation can also make skin more sensitive
- Recent illness or fever or infections - skin can be more sensitive
- Bacterial infections (impetigo, stye and boils etc.)
- Viral Infections (cold sore, conjunctivitis, genital warts, shingles)
- Fungal Infections (Ring worm, scabies and lice etc.)
- Skin disorders (acne, psoriasis, eczema, raised / hairy moles)
- use retinoids or alpha hydroxy acids (found in many skin products, especially those used for fine lines and wrinkles, exfoliation etc.)
- Open wounds or infection
- Broken skin, eczema or rash
- Fever
- Heat Rash
- Diabetes (skin is slow to heal)
- Varicose veins
- Self tan, spray tan or recent sun bed use or sun exposure, sun burn
- Inflammatory disease

These are warnings but any health condition should be notified as anything that affects the body's temperature, including a common cold weakens the immune system and increases the skin sensitivity.

After Care Advice for Waxing:

- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- shower
- Exfoliate twice daily
- Use after wax lotion
- Extra hygiene after toileting
- Avoid sex for 24 hours
- Fresh underwear and, linen and towels



Other Hair Removal techniques

What are they:

Shaving / Clipping (we offer this for body or face wet shave)

We're all familiar with shaving, either with an electric device or a razor blade (which reminds me — guys who shave every day get a perk from the process, exfoliated skin from the razor's glide). Hair is sliced away close to the skin's surface, and can either be felt or seen pretty quickly, depending on the location and speed of hair growth for each person.

Chemical Depilatories

Nair, Veet, GiGi, Surgi Cream and similar lotions are chemical depilatories. They basically melt the hair away (my term, not theirs). Chemical depilatories are available wherever you shop for groceries or drug items. They can be irritating, because the same chemicals that remove the hair also start working on the skin. New hair will be visible fairly quickly, although sometimes not so quickly as after shaving. Personally, I hate the slick, almost 'glossy' feel that my skin has after using these products. *If you choose to give chemical products a try, be sure to test first and follow all instructions.*

Tweezing

You've no doubt used a pair of tweezers to remove one hair at a time. Tweezing is great for cleaning up random hairs, but tedious-to-unrealistic when there are lots of hairs to remove. A well-lit magnifying mirror will help you find those random facial hairs (and may be a little scary, since you'll get an enlarged look at blackheads, whiteheads and other skin residents that you can't see without magnification).

Epilating Devices

Epilators look like electric razors, but they do not cut hair — they pull it out. Designs have changed over the years, and many people who use current epilating devices say they are not as painful to use as the first versions. I purchased one of the first, back in the 1980s, but didn't continue to use it because it was a painful process that left me with little welts for days. Users of today's epilators say that pain diminishes with regular use — likely because fewer hairs will be attacked — not because it slows hair growth, but simply because you'll be dealing with hairs in different stages of growth.

Sugaring

Sugaring is sometimes regarded as a natural hair removal method and can be used in a couple of different ways. Sugar wax formulas are concocted with water, lemon and sugar. For one method, the solution is fairly thin (like strip wax) and is applied and removed in the same way. Thicker sugar paste is used for the alternate method and applied with gloved fingers, pressed into the skin to grab hairs, then pulled away quickly similar to the hard wax method, but remains pliable enough to be repositioned and used again (on the same person, of course). Its benefits include:

Sugar is used at a lower temperature, so less risk of burning or irritating the skin

It will grab hairs that are somewhat shorter than (typical) waxes

Sugar is easier to clean off the skin (clothes, etc.) than waxes

Sugar does not stick as readily to the skin as (some) waxes do, creating less trauma.