
II

Removal of Superfluous Hair

Objectives

To remove superfluous hair by bleaching, chemical depilatories, and waxing.

a) By using Chemical Depilatories

Materials

| | |
|------------|----------------|
| Cotton | Soap and water |
| Spatula | Skin lotion |
| Towel | Talcum Powder |
| Depilatory | |

Procedure:

1. Wash the area to be treated with mild soap and water. Pat dry, do not rub.
2. Apply the depilatory with a spatula on the area where hair is to be removed.
3. Leave the depilatory on the skin for 5 to 15 minutes. Check every few minutes by removing a bit of cream with the spatula. If the hair does not come off, reapply.
4. Remove the cream and hair with water-soaked cotton. Do not rub the area.

Notes

5. Blot dry.
6. Use a mild skin lotion or talc over the area to soothe the skin.

Precautions

1. Do not use a depilatory if there are any abrasions, lesions, or pustules on the skin.
2. Do not use a depilatory if the patron has a positive reaction to the skin test.
3. Take care not to let a depilatory get into the eyes or the mouth of the patron.
4. Always read and follow the manufacturer's directions.

b) By using Cold Wax

Materials

| | |
|---------------|---------------|
| Hot plate | Spatula |
| Cotton | 2 towels |
| Cotton strips | Talcum powder |
| | Antiseptic |

Procedure

1. Prepare and drape the patron.
2. Remove jewellery from the area which is to be waxed.
3. Heat the wax to a comfortable temperature.
4. Dry the area to be waxed with talcum powder.
5. Take out wax with a spatula and apply it over the area from where hair is to be removed.
6. Apply wax in the direction of hair growth.
7. Put a cotton strip over the wax and press it firmly with your right hand giving a friction movement.
8. Stretch the underneath skin with your left hand and pull the cotton strips in the opposite direction of the hair growth with

- your right hand in a quick single pull movement.
9. Repeat this procedure until the entire area is completed.
 10. Soak the towel in lukewarm water and clean the waxed area with it.
 11. Apply cream and massage it.
 12. If a rash appears, apply an antiseptic lotion.

Precaution

1. Always dry the area with talcum powder before applying wax on it.
2. Always test the temperature of the heated wax before applying it to the patron.
3. Check the direction of the hair growth.
4. Pull the cotton strip with a jerk.
5. Always pull the strip in the opposite direction of the hairgrowth. One can apply this procedure on legs, arms, underarms, etc.
6. Do not waxing on problem skin.

c) By using of Hot Wax

Materials

| | |
|----------------|---------------|
| Hot plate | Cotton |
| Towels | Skin lotion |
| Soap and water | Spatula |
| Hot wax | Talcum powder |

Procedure

1. Use soap and water or a special formulation to cleanse the skin, Blot dry.
2. Divide the lip area into two equal sections from the centre of the lip (the cupid's bow) to the corner. Determine the direction in which the hair is growing.

Notes

3. Before applying the wax to the patron's skin, test a drop on your arm or hand to make sure it is warm enough but not too hot to burn the client.
4. Dry the skin with talc before applying the wax.
5. Hold the spatula at a 45° angle and apply the wax in the direction of the hair growth. Take care not allow the wax to touch lips.
6. Press the wax with the fingers until it is cool. The hair will become lodged in the wax.
7. With a spatula, lift up an edge of the wax, hold it firmly between the thumb and index finger, and remove it quickly (as if to were a Band – Aid) in the direction opposite of the hair growth. Hold the skin taut with one hand as you remove the wax with the other hand.
8. Because this is very sensitive area, apply firm pressure to the lip with the cushion of your fingers.
9. Apply an antiseptic cream or a skin lotion to smooth the skin.

d) By Bleaching

Materials

Head band
Cotton
Cleansing milk
Glass bowl
Bleaching brush
Bleaching powder
Ammonium hydroxide (NH₄OH)
Hydrogen peroxide 20 vol., (H₂O₂)
Rose water

Preparation

1. Make the patron sit comfortably.
2. Remove jewellery
3. Arrange the required material.

4. Drape the patron properly and apply head band.
5. Clean the face with cleansing milk.
6. Preparation of Bleach Pack : Take two to three teaspoon of bleaching powder. Add 5 to 6 drops of (NH₄OH) and enough H₂O₂ to make a paste.
7. Before applying the bleach pack on the face, take an allergy test.
The Allergy test can be taken behind the ear or inside of the elbow.
 - a) Clean the area with cleansing milk.
 - b) Apply a small amount of bleach pack with a bleaching brush.
 - c) Let it remain there for 5 to 10 minutes, then remove it with wet cotton.
 - d) If there is no sign of redness or itching, you can go ahead with the procedure.
8. Apply bleach pack on the face. Start from the neck leaving the lips, eyes and eyebrows.
9. Put eye pads, dipped in rose water on the eyes.
10. Let the bleach pack remain on the face for 10-15 minutes.
11. Remove the bleach pack from the face with a moist cotton swab.
12. Apply moisturizer and light make-up.

Precautions

1. Always take an allergy test before applying the bleach.
2. Never apply bleach pack on pimples or acned skin.
3. Always prepare a bleaching mixture in a glass or plastic bowl.
4. Never apply bleach pack around the eyes or lips because these are very sensitive areas.
5. Chemicals should be kept in a cool place.
6. Always read the expiry date on the chemicals.
7. Never apply bleach pack on cuts, abrasions, boils or acne.