

## **Losing it**

*Your guide to traditional hair removal techniques*

By Elisabeth Garton

*Hair removal is big business in the beauty industry, and provides many salons and spas with their chief source of income. In recent times, the beauty industry has seen the arrival of lasers and IPL systems for hair removal and hair reduction.*

*However, these methods are not always suitable for all clients, for reasons such as medical problems, contra-indications, lack of pigment in the hair that is being treated and the financial costs involved.*

*As a result, there is definitely a place and, indeed, a need for traditional hair removal techniques such as sugaring, threading, hot and warm waxing and various types of electrolysis.*

Ever since bearded ladies in Victorian travelling fairs were displayed for entertainment and ridicule, Western society has been decidedly squeamish about excess hair. Women in particular can go to tremendous lengths to remove any trace of hair from any and every part of their body, whilst men are swiftly following in their footsteps as they become increasingly concerned with their appearance.

Superfluous hair growth can be caused by many factors, such as hormone imbalances, genetics or topical stimulation such as waxing or tweezing. In extreme cases, unwanted hair can cause much distress, and can bring a sense of isolation, low self worth and poor-self esteem.

Throughout history, people have gone to great lengths to remove such unwanted hair. According to **House of Famuir**, the earliest references to hair removal came from the ancient civilizations of Mesopotamia (now Iraq), Egypt and Greece. Early writings out of Mesopotamia tell of kings asking that maidens were brought to them 'clean and smooth'.

Ancient Arabians used string to remove hair, a practice we now call threading. Threading removes hair from the follicle in groups, which then take from several days to up to several weeks to re-grow. Once the necessary skills are mastered, threading leaves a clean and quick effect, although it can be a difficult skill to learn.

Sugaring is one of the earliest forms of waxing, and has been practised for thousands of years by generation upon generation of Middle Eastern women. Sugaring is a form of mass plucking, using a pliable paste made from pure natural ingredients, which can be removed using strips or by the hand removal method.

A more modern approach is the use of hot wax, which removes lots of hair from their follicles in one go, using products. The hairs take from several days up to several weeks to re-grow. It works by using the heat from the wax to open the follicles, making it easier to remove the hairs, compared with other waxing methods. This system is also cosmetically advantageous as the re-growth is slow compared to cutting and shaving, whilst it is also quick and easy to achieve results.

Warm wax and strip sugaring also uses products to remove lots of hair from their follicles in one go. Warm wax can be applied by various methods, such as with a spatula, roller or flat head applicator, and it is an easy technique to master. Another option, Hand Sugaring, can be a difficult skill to acquire, but once you have become an expert this method is very quick and efficient, even with short hairs.

For more in depth information, check out the Encyclopaedia of Hair Removal by Janice Brown of **HoF** and Gill Morris of the **GMT Group**, which is published by Thompson Learning.

### **An electric mix**

Although there are many temporary hair removal measures, including waxing, depilatory creams, bleaching, shaving, sugaring, plucking and even battery-powered tweezers, electrolysis is the only method allowed by the Beauty Industry's Governing Bodies to claim that it is permanent. First invented in 1875 and initially used for ingrowing eyelashes by ophthalmologist Charles E Michel, it has progressed a long way in 131 years and with ongoing improvements and modern technology it is a safe, comfortable, effective treatment still very much in demand with the clients of today.

Electrolysis is an effective, progressive, permanent method of removing superfluous hair growth. By causing controlled tissue destruction at the base of the follicle, electrolysis weakens the hair to inhibit growth. Each hair requires repeated treatments due to the fact that each individual hair has its own growing cycle, whilst the current chosen is kept low to ensure the minimum of skin trauma.

There are three methods of electrolysis available, Galvanic, Thermolysis, or Short Wave Diathermy, and the Blend method. According to electrolysis specialists **Sterex**, Blend is the most recent and is offered as a safe, effective, comfortable treatment for every client with varying hair growths.

Nearly all areas of the body and all types of hair can be very successfully treated with a few minor exceptions, such as the nasal passages and the ears. A very fine probe, about the size of an eyelash, is inserted into the individual hair follicle to the correct depth and the current of choice is discharged. This eventually destroys the blood supply which 'feeds' the hair', starving it of nourishment and nutrients, and resulting in finer, often lighter hair growth, and the eventual demise of the hair. The ability of the hair follicle to produce a hair is destroyed, rather than the hair itself.

With every treatment a therapist performs there are contra indications to that treatment and guidelines are issued either preventing or restricting treatments or requiring medical referral. A highly skilled therapist recognises that each patient is an individual and will tailor the treatment accordingly.

All **Sterex** epilators meet the European Electromagnetic Compatibility (EMC) regulations, and carry the CE mark. In addition, all epilators are covered by a two-year guarantee, with a free epilator loan service offered in the UK.

The SX-B is a top of the range system with short wave diathermy, galvanic and blend modalities. Smooth and sleek, this modern machine is stylish with digital read out, and features keypad operation, incorporating micro technology. The complete package includes the SX-B unit plus full accessories, including an unswitched needleholder, footswitch, 50 Sterex needles, sharps box, Apres cosmetic cream, Sterex badge, client aftercare leaflets, client promotional leaflets and instruction manual, as well as a training CD-Rom plus one training place at the Sterex training facilities for UK customers.

In addition, the SX-T diathermy epilator complete package includes 50 Sterex needles, Sterex switched needleholder, Apres cosmetic cream, sharps box and instruction manual, whilst the SX-A automatic timed diathermy epilator also comes with 50 Sterex needles, Sterex unswitched needleholder, footswitch, Apres cosmetic

cream, sharps box and instruction manual. The SX-G galvanic only model includes 50 Sterex needles, Sterex switched needleholder and electrode, Apres Cosmetic Cream, Sharps Box and Instruction Manual.

For electrolysis, **Sorisa** offers two specialist units depending on the type of electrolysis preferred or required. The DE-4000 uses short wave diathermy to remove hair, as the heat caused by the current results in the hair being starved of nourishment, causing it to die and not re-grow.

The DE-6000 is the most advanced epilation system offered by Sorisa, and encompasses everything you need to treat virtually all clients. This complete system is extremely popular with electrolysis specialists as it enables such vast and varied currents and treatments to be used to treat all levels of skin sensitivity and hair types.

The DE-6000 system offers short wave diathermy electrolysis where a thermal reaction destroys the dermal papilla. Galvanic electrolysis can also be used alone or as part of the blend method.

### **Waxing lyrical**

Waxing remains a huge hair removal favourite with both clients and therapists alike. This versatile treatment allows you to cater for the vast majority of your clients needs, and is a clean and safe method the popularity of which is set to endure.

The **Australian Bodycare** Hy-Wax system is designed for fast, effective and streamlined waxing treatments. Hygienic and cost effective, the system is comfortable to apply, is non-irritating, and is clean and easy to use.

Much care and attention has gone into the design and development of this hygienic waxing system, now known as Australian Bodycare Hy-Wax. Used with the Australian Bodycare Tea Tree Crème Wax tubes, application is smooth and easy, with each client having a pre wrapped and sterilised dispenser head for his or her own treatment. No spatulas are involved, which minimises the risk of cross infection, and ensures the client is waxed in the most hygienic environment possible. The hairs are removed cleanly and effortlessly in a gentle manner, which leaves the skin silky smooth and soft.

To complete the package, Australian Bodycare's Tea Tree Antiseptic wipes prepare and rid the skin of bacteria, and the cooling, healing and soothing properties of their Hand and Body lotion satisfactorily completes the treatment. Always give full homecare advice and suggest the use of the hand and body lotion and skin wash for home use.

Salon Beauty's easy to use and stylish roller wax system is available from **Harbourne Products**, and is called Depiflax. The advantages of the Depiflax system are that each compact unit holds a single roll-on cartridge in their own individual heat container, with variable heat control. Each unit can be linked to another depending on the amount of waxing that is carried out.

The roll-on cartridge is used directly in the container, avoiding the handling of hot cartridges by the therapist. Each cartridge refill comes complete with its own roller head, which means no messy changing, and contains a generous 100g of wax. For maximum hygiene, each cartridge refill that is not fully used should be labelled with the client's name and kept for the next treatment.

Salon Beauty offers the therapist a choice of wax cartridges to be used with the Depilflax system, including azulene wax, which is blue, natural wax, which is clear, and Milk Protein wax, which is white. Chocolate, Red Wine, Mint Chlorophyll and Tea Tree aromatherapy waxes are also available.

The Depilflax system also offers the Salon a complete range of related products, including Low Melting Point baby pink wax, Gel Prepil pre-wax cleanser with Witch Hazel, Chamomile, Tea Tree, Rosemary and Menthol, and Depilflax Mousse to soothe and calm the skin following hair removal.

The PhD waxing system, which is available from **Ellisons**, offers a whole host of benefits for therapists and their clients.

For hygiene purposes, PhD applicator heads are supplied in pre-sealed bags. A new applicator is used for each client, and is thrown away after use. The applicator also has a special patented mechanism to stop wax flowing back into the tube, so there's no chance of cross contamination. In addition, therapists wear gloves to further improve the hygiene of the treatment.

The treatment is also less painful, as the layer of wax applied to the client's skin is so thin, whilst there is only a minimal skin reaction. To make sure that no time is wasted, PhD heaters reach working temperature in only 15-20 minutes, making the new system ideal not only for salons and spas, but also for mobile therapists.

In addition, PhD has specific applicators for particular areas, and a gate to stop contaminated wax flowing back into the tube. PhD original applicators are perfect for legs and large areas, whilst PhD mini applicators are ideal for underarms, bikini and intimate areas. PhD precision applicators have a revolutionary design, which ensures greater vision to give the best results, and are ideal for fine facial and eye work.

Clean + easy from **Grafton International** is a roller waxing range which uses a patented roller head system, which applies the perfect amount of wax. It also provides the waxing professional with everything required to offer a full premium professional waxing service and makes waxing quick, hygienic and profitable.

Clean + easy uses patented roll-on wax applicators, which are pre-filled and create precise, drip free controlled waxing on every area of the body, making them extremely easy to use. Roller waxing also means no drips, no mistakes and no burns, and the wax applies at just the right temperature and thickness.

Another option from Grafton International is the GiGi Waxing System, a unique warm waxing range made from pure clove honey, which is luxurious and rich, has a pleasant odour and is soft and gentle on the skin. Its high quality formulas and wide range of waxes, wax products, and waxing accessories have given it an excellent reputation in the industry.

The well-established range offers high quality, effective wax, based on natural ingredients such as honey, which is packed full of vitamins, minerals and proteins. GiGi is easy to use, safe and there is no waste because it is completely stable and will not crystallize. It is a complete, foolproof system.

Featuring the latest technology, Satin Smooth from **BaByliss PRO** offers a comprehensive hardware range, including booties, mitts and innovative wax heaters.

Carefully researched and produced with only the best quality ingredients to create waxes that successfully removes the hair with ease, and leaves no residue on the skin. Complimentary lotions combine scientific technology and natural ingredients to cool, soothe and hydrate the skin, leaving a moisturised and smooth result clients will love.

To get you started, BaByliss PRO offers a special Satin Smooth starter kit. It contains the Professional Wax Heater, which heats wax fast and has an energy-efficient thermostatically controlled heating mechanism to maintain proper waxing temperatures throughout the day.

Also included is Pearl Soft Wax with lavender and calendula, which is a high performance wax with proven anti bacterial, anti inflammatory and calming extracts that is suitable for all skin types.

The kit also contains Honey Wax with arnica and Vitamin E, Calm and Prepare Pre Wax Spray, Soothe and Hydrate after-wax care gel type lotion, and Spring Clean Residual Wax Remover. A pack of 100 Woven Fabric Strips and another 100 Wax Applicators complete the kit, and are the ideal accessories to ensure the perfect smooth finish.

Depileve supply seven different types of waxes, which are available from **Smart Buy**. Normally supplied in 400g or 800g pots, the wax can be applied to large or small areas, and is suitable for all skin types.

Now, with new technology being introduced, there are quicker, easier and less painful ways of waxing. A quicker way of waxing with the advantages of strip is using the Roll On systems. It is more hygienic as one roller head is used per client, thus reducing the risk of contamination. A thin and even strip is applied each time using less wax making it more economical. Depileve supply six types of roll on cartridges.

A new alternative to strip waxing is Film Waxing. This wax has the advantages of both strip and traditional waxing, it has a low heating temperature and no strip is used for its removal. It is applied thinly and remains elastic for longer, giving a more gentle pull and adhering to the hair making it delicate on the skin, ideal for sensitive areas and clients. Depileve supply three types of film waxes including the new Intimate wax, which is especially formulated for the intimate areas and researched for sensitivity.

**Sorisa** has been supplying a wide range of waxing and electrolysis equipment to the UK for over 10 years. Their range includes classic warm wax pot-type containers, such as the CRF-05, as well as more modern solutions such as ROLON-02, a roll-on method, which is often favoured for hygiene reasons. In addition there are hot wax systems that are very effective in treating more stubborn areas such as the bikini area, under arm and some facial areas.

The digital wax heater manufactured in the UK by **Deo Beauty Products** is a unique digitally controlled heater, and is suitable for use with all types of depilatory wax including Brazilian wax and Paraffin wax.

The digital readout shows the exact working temperature of the wax in degrees and the temperature can increased or decreased a degree at a time, depending on the type of wax being used or skin sensitivity of the area being treated.

The heater operates three programmes, including fast heat, which heats the wax to its optimum working temperature, normal operation, and stand by mode, which is an ideal setting for when there are long periods of inactivity.

The heater is available in both 500cc and 1000cc models and can be purchased separately or as part of a wax kit. In addition, as part of its commitment to training Deo Beauty Products now offers training in all types of Advanced Waxing Techniques.

**Salonserve's** Sina wax heater holds 425gm pots and can also be used for paraffin wax. An excellent starter unit, the heater has a built in thermostat control and a separate inner container, which comes free.

Salonserve also have natural waxes for use with wax pots. The Tea Tree cream wax is a wonderfully soothing antiseptic and great for sensitive skins. Alternatively, you can choose plain Cream Wax, Pink Cream Wax or Salonserve Warm/Soft Wax

### **Sweets for my sweet**

Sugaring is an excellent hair removal method, which is very effective and perfect for those amongst your clients who prefer the natural approach.

Zahra, which is part of **Salonserve**, is one of the most established sugaring companies in Britain and offers a fully comprehensive training program for all its users. The company started training in the 80's, and to this day holds on to its thorough training regime with over 50 hours of training and some 100 hours of practice and study.

"We firmly believe good affordable hair removal is the foundation of any good beauty business," says Zahra's Training Manager Claire Garcia.

"Get this right and you will get regular loyal customers, who will have confidence in your knowledge and techniques, and go on to try other treatments. With hair removal being the no.1 treatment in the salon today, you can't afford to get this wrong.

"We guarantee you will sugar the traditional way with confidence and be competent on qualifying," continues Claire.

The Zahra sugaring system also comes complete with a full range of natural pre and post sugaring products ranging from hand sanitising gel to sugar safe deodorant and antiperspirant, which can be applied immediately after sugaring.

Suitable for both men and women, **SUKAR** strip and hand sugar is 100% natural, and contains only sugar, lemon juice and water. It is as effective as waxing and is therefore an ideal alternative to offer to your clients.

The sugar is applied warm, not hot, and sticks to the hair, not to the skin. This enables the practitioner to safely treat any part of the body. Sugaring is also ideal for diabetics and those with fragile skin, psoriasis or eczema, all of which are contra-indicated for waxing.

In addition, the sugar paste is water-soluble, and chemicals are not needed to remove spills, just warm water.

### **Cool and soothe**

Although today's hair removal methods are designed to care for and protect the skin, problems can still arise, particularly for those with sensitive skin. To offset these issues, a range of after-care products is available to ensure that everything goes smoothly for each and every one of your clients.

[PFB Vanish from Salon Lines is a unique and extremely effective treatment for ingrown hair and razor rash. It can be used anywhere on the body where hair is removed, and is especially good for bikini lines. Used before and after any hair removal, this unique gel formula aids in the relief of ingrown hairs or razor burn/bumps. PFB Vanish has an antiseptic and anti-inflammatory action, and exfoliates dead skin cells to lift ingrown hairs above the surface of the skin, whilst reducing the swelling and redness associated with waxing. It is also very effective on spots, pimples and mild acne.](#)

#### **And finally...**

Specially for your male clients is [comfort zone] man space wax performer epilatory cream from **Grafton International**, which is conceived especially for male skin, and is suitable for all skin types. Its unique epilation treatment minimizes the pain of hair removal and limits any possible reactions. Wax performer comprises of titanium dioxide that helps to limit the appearance of redness and cutaneous stress, ensuring perfect removal and slower hair growth.

#### **Contact:**

<b>Australian Bodycare</b>	<b>01892 750 850</b>
<b>Deo Beauty Products</b>	<b>020 8803 8888</b>
<b>Ellisons</b>	<b>0845 130 6126</b>
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<b>Harbourne Products</b>	<b>01372 729629</b>
<b>House of Famuir</b>	<b>01480 404 200</b>
<b>Salon Lines</b>	<b>0870 0273353</b>
<b>Salonserve</b>	<b>0800 0 181 171</b>
<b>Smart Buy</b>	<b>01603 482 194</b>
<b>Sorisa</b>	<b>0161 976 4614</b>
<b>Sterex</b>	<b>0121 708 2404</b>
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