

The Complete Hair Removal Guide

301 Proven Tips & Strategies

Use the information in this guide to get
the best hair removal results you have ever had!



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Table of Contents

Introduction:

A Realistic View of Hair Removal and How To Prioritize

The Nine Main Methods:

- 1. Depilatories**
 - Fact Sheet**
 - How to Get The Best Results**
- 2. Electrolysis**
 - Fact Sheet**
- 3. Hair Inhibitors**
 - Fact Sheet**
 - Product Information**
- 4. Laser Hair Removal**
 - Fact Sheet**
 - Pricing and How To Get The Best Deal**
- 5. Shaving**
 - Fact Sheet**
 - How To Get The Best Results**
- 6. Sugaring**
 - Fact Sheet**
 - How To Get The Best Results**
 - Recipes**
- 9. Threading**
 - Fact Sheet**
 - A Journalist's Report**
- 8. Tweezers/Epilators**
 - Fact Sheet**
- 7. Waxing**
 - Fact Sheet**
 - How To Get The Best Results**
 - Brazilian & Hollywood Waxing**

NAVIGATION TIP

Be sure to click on the Bookmarks tab on the left in your Adobe Acrobat Reader. A pane will open on the left showing all the chapter headings allowing the reader to go directly to any chapter.

Table of Contents Continued

Special Interest Pages:

Body Areas: Recommended Methods

Eyebrows: How To Get The Best Results

Genital Shaving: How To Get The Best Results

Genital Waxing: How To Get The Best Results

Head Shaving: How To Get The Best Results

Ingrown Hair: Facts and Solutions

Ingrown Hair: Pilonidal Sinus - Definition & Treatment

Skin Exfoliation Advice

Summary Chart for Quick Comparison

Background Information:

Attitudes to Body Hair and Background to Hair Removal

Bodybuilders: Why Hair Removal Is Important

Hair Growth: Fact Sheet

Hair System: Fact Sheet

Permanent Hair Removal: A Definition

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Ever Thought Of Using A Hair Growth Inhibitor?

Review the product information sheet here. It could be the answer your looking for!
[Make Sure You're Online And Click Here For 1BodyCare.com](http://1BodyCare.com)

A Realistic View of Hair Removal and How To Prioritize

It is important to have a **realistic view** when considering the subject of hair removal.

Numerous methods are available and a bewildering array of products claim to be **THE answer**.

To avoid disappointment, it is important to realize that results from hair removal methods can **vary considerably** from person to person.

Every individual is different when it comes to rate of hair growth, texture of hair, skin condition and pain toleration level. What works well on some does not work well on others.

One visitor to a hair removal message board gave a summary of her efforts:-

"I have had electrolysis, laser (when it first came out), epil pro (another form of hair removal) . . . and have had problems with all.

With electrolysis - I had it done for about 3 years from the age of 18 but was left with scars.

Laser - when it first came out I was very eager so I had a patch test done on my arm which cost \$600 and it left me with 2nd degree burns on my arm. I am scarred for life not being able to wear sleeveless T-shirts any more.

I have had Epil-Pro done for over a year about 2 hours a month @ \$2.5 per minute but my hair is growing much stronger than before.

As a last resort I am now waxing and using a hair inhibitor."

This experience emphasizes the importance of going to **professionals** for electrolysis and laser treatment.

While this will not be everyone's experience it does highlight that finding an acceptable hair removal method which works for you may involve:

- **Experimentation**
- **Time**
- **Discomfort**
- **Expense**

Objective Of "The Complete Hair Removal Guide"

It is intended that the information in this guide will help you:

1. Minimize the risk of a bad experience
2. Make an informed decision regarding the best method for you
3. Get the best possible results from the method you choose

A Realistic View of Hair Removal and How To Prioritize Continued...

Prioritize!

Unwanted body hair for some is a major cause of embarrassment.

Others have to maintain a hairless appearance due to the nature of their work or leisure activities.

Thus arises the problem - a permanent hair removal method which is:

- **Economical**
- **As Painless As Possible**
- **Natural, Safe, Kind To The Skin**
- **Convenient**
- **Long Lasting**

Take a moment now to **sort these five points** into your own personal order of importance. If convenience is of greatest importance to you then put that in the No. 1 spot followed by what you consider next to be most important.

By doing this simple exercise now you will be able to identify **which hair removal method is best** for you after checking the information in this guide.

Why Not Use A Hair Growth Inhibitor As An Alternative To Depilatories?

Review the product information sheet here. It could be the answer your looking for!

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Depilatories: Fact Sheet

What are depilatories?

A depilatory is a preparation in the form of a liquid or cream that is used to remove unwanted hair from the body. The word depilatory, pronounced "di-pila-toree", literally means "**to deprive of hair**" (Latin pilus, hair).

What is the difference between a depilatory and an epilatory?

A **depilatory** removes hair on the skin's surface.

An **epilatory** such as waxing or tweezing (plucking) removes the hair from below the skin's surface taking out the hair follicle.

How does a depilatory work?

Depilatories contain **chemicals** with a high degree of acidity (low pH) such as sodium thioglycolate, or calcium thioglycolate.

They react with the protein structure of hair breaking it down.

Depending on the coarseness of hair, within 5 to 15 minutes, the **hair is dissolved** into a gloopy mass which can then be washed away.

Hair that is dark and coarse appears to be more resistant to chemical depilatories than hair that is light and fine.

Why does skin feel so smooth after applying a depilatory?

A depilatory acts as an **exfolient** which means it removes dead skin cells on the surface of the skin.

These dead skin cells accumulate every day and they often feel rough. After removal the skin feels softer and smoother.

Many depilatories contain moisturizers such as **Baby Oil, Almond Oil, Green Tea Extract** and **Aloe** which contribute to softer smoother skin.

Which is best - a depilatory cream or liquid?

A depilatory **lotion or liquid** is designed for larger areas of the body such as the legs, underarms and bikini area.

A depilatory **cream** has a thicker consistency so it can be applied to specific areas without the risk of it running onto skin you don't want treated. A cream is therefore ideal for the face.

What are the pros and cons of depilatories?

PROS: Easy to apply, widely available over the counter, quick.

CONS: Possible allergic skin reaction to the strong chemicals, messy application, unpleasant odor, results vary widely.

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Depilatories: How to Get The Best Results

- A depilatory is best used after a warm bath or shower when the hair is softer and the **pores** of the skin are **open**.
- **Never** use a depilatory where there are **wounds** on the skin such as cuts or abrasions or on skin sensitive from sunburn.
- Apply the depilatory in a generous, smooth, thick layer. **Do not rub it in**.
- Always **test** a small area of skin first. A small patch on the inner arm below the elbow is a good place.
- Keep the application on the skin for the **time recommended** in the instructions and remove. Wait 24 hours. If there are no signs of irritation or allergic reaction such as redness or broken skin then proceed over a larger area.
- Follow the timing instructions very closely by setting a timer and removing the chemical immediately the timer signal goes off. **Do not exceed** the time recommended to avoid burning or damaging the skin.
- If the skin becomes itchy or irritated discontinue use of the depilatory and apply a soothing gel such as Aloe Vera or an anti-inflammatory skin cream.
- To minimize irritation, try not to **exfoliate** (through scrubbing, or using a mask or cleansing agent) beforehand and be sure to follow up with a thorough rinsing and moisture-rich cream.
- After using a depilatory, apply sunscreen to areas that will be exposed to the sun.
- To avoid damaging underlying layers of skin, some recommend **not** using a depilatory **more than every 28 days**. Generally, a new outer layer of skin is formed every 28 days.

Hair Inhibitors Ensure Stray Hairs Don't Grow Back!

Use a hair inhibitor in conjunction with electrolysis for best results.

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Electrolysis: Fact Sheet

What is electrolysis?

Electrolysis refers to the destruction of hair roots with an electric current. Three types of electrolysis are:

Galvanic Method: A DC current passing through the needle causes a chemical reaction in the hair follicle which produces sodium hydroxide, also know as lye, which destroys the hair follicle.

Thermolysis Method: An AC current passing through the needle causes vibration in the water molecules surrounding the hair follicle which produces heat. (Similar to the principle behind a microwave oven.) The heat damages the hair follicle.

This method is much faster but less reliable than galvanic electrolysis. Thermolysis is also known as 'short-wave radio frequency diathermy'.

Blend Method: This method tries to combine the benefits of the galvanic and thermolysis methods by passing an AC and a DC current through the needle at the same time. It is much quicker than the galvanic method.

How does it work?

Very fine metal probes are inserted into the hair follicle. A small electric current is then applied which destroys the hair root.

Each hair has to be treated individually.

How much does it cost?

Usually there is a rate per hour. **Get an estimate** of how many hours are required for your particular problem and then multiply it by the rate per hour.

A cheap hourly rate does not necessarily mean lower cost if the procedure takes longer than it should!

Quotations can vary from \$25 to \$100 per hour.

Is it painful?

This depends on the individual's level of sensitivity.

Some describe the discomfort as being similar to using tweezers.

Others complain of excessive pain during the treatment.

A qualified electrologist will be able to suggest methods for minimizing the discomfort.

Electrolysis: Fact Sheet Continued...

How long does the treatment take?

This varies greatly from person to person. The following factors all have an effect:

- Size of the area to be treated
- Curvature of the hair follicle level of skin
- Sensitivity
- Hormonal balance
- Heredity

Electrologist **Fino Gior**, author of *Modern Electrology* (See Resources below), gives these estimates:

- Upper Lip: 4-10 hours
- Chin: 2-12 hours
- Sideburns: 4-8 hours
- Eyebrows: 3-8 hours
- Underarms: 4-12 hours
- Arms 5-10 hours
- Bikini Line: 8-16 hours

These estimates are based on averages taken in the U.S.A. and Canada. They will vary from person to person and should only be taken as a rough guide.

What is the effect on the skin?

If the procedure is performed by a **fully qualified electrologist**, the tissue surrounding the hair follicle should not be damaged.

It should therefore be safe when performed at a **reputable clinic** by trained personnel.

Obvious precautions such as the electrologist wearing gloves and the use of disposable, pre-sterilized needles also minimize the risk of infection.

Temporary side effects may include some redness and swelling, dryness and scabs.

If the procedure is not carried out by professionals, there is the risk of permanent skin damage resulting in a scarring or pitting of the skin.

How long does it last?

Electrolysis is often viewed as a permanent hair removal method. Once the hair root is destroyed, the hair will not grow back.

There are exceptions however. In some cases hair does regrow in places and clients need to return once or twice a year for a **cleanup**.

Hair can continue to grow in the underarms, pubic area and around the nipples during a woman's reproductive years.

Where can you get it done?

Ask your local physician for a recommendation, or follow the recommendations of family and friends who have received the treatment.

(For U.S.A. residents, check the Directory of Electrologists listed below.)

As level of expertise and qualifications vary greatly in different countries and in some states in the U.S.A., it is extremely important to check the credentials of the electrologist beforehand.

Electrolysis: Fact Sheet Continued...

Are do-it-yourself home kits effective?

Proceed with extreme caution. Some of these kits are fraudulent, they simply do not work. Others do not work very well.

As they are in the hands of home users who obviously have not had professional training, there is a real danger of scarring from overtreatment.

Undertreatment is another problem resulting in high regrowth of hair.

Research:

[Directory of Electrologists \(U.S.A.\)](#)

A state-by-state directory of Electrologists, with personalized descriptions of their practice.

[Modern Electrology](#)

Written by Fino Gior, a practicing electrologist for over 42 years, this book is one of the most informative available on the subject while at the same time being easy to understand.

Kalo: The Effective Hair Inhibitor

Kalo made its debut in 1997 and has brought relief to thousands. Review the product information sheet here. It could be the answer your looking for!
[Make Sure You're Online And Click Here For 1BodyCare.com](http://www.1BodyCare.com)

Hair Inhibitors: Fact Sheet

What are hair inhibitors?

Hair growth inhibitors are clear odorless topical solutions made from a mixture of plant enzymes. They are completely natural and gentle on the skin.

How do they work?

By changing the structure of the hair follicle the hair gradually becomes finer and softer until it finally disappears.

The enzymes and other ingredients in hair inhibitors actually interrupt the body's normal process of producing new hair cells.

How do you use them?

The solution is best applied to the skin after using a hair removal method such as shaving or waxing.

When used after waxing or any method that removes the hair by the root, the results seem better than with other methods.

The solution is rubbed or sprayed onto the skin so it penetrates the pores and reaches the hair follicle.

Where can they be used?

They can be used all over the body including:

Back, shoulder, face, arms, chest, forearms, legs, upper lip, abdomen, bikini line, underarms.

How soon can you expect results?

A slowing down of hair growth is usually noticed after about one month. Significant changes are often seen after four to six months.

What about Vaniqa?

Vaniqa is a prescription drug approved by the U.S. Food and Drug Administration (FDA). It is a topical prescription treatment for women with unwanted facial hair.

It takes about two months to work and is used in conjunction with other hair removal methods.

Because Vaniqa is a prescription cream, a doctor or dermatologist's approval is required before it can be obtained. A consultation form can be submitted online when ordering through the internet.

Do they really work?

They do not work 100% for everyone. That's why there is a money back guarantee. Although a few find they result in permanent hair removal, the majority of users experience a significant reduction in the rate of hair growth.

They can also reduce the frequency of shaving and can be used after electrolysis and laser treatment to ensure stray hair does not grow back.

Hair Inhibitors Ensure Stray Hairs Don't Grow Back!

Use a hair inhibitor in conjunction with laser treatment for best results.
Review the product information sheet here. It could be the answer your looking for!
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Laser Hair Removal: Fact Sheet

How does laser hair removal work?

Laser systems emit a gentle beam of light that passes through the skin to the hair follicle.

The hair absorbs it, the energy from the laser is transformed into heat and the hair follicle is disabled.

How does it compare with electrolysis?

Electrolysis can be a tedious, painful process destroying each hair follicle one at a time.

This can sometimes require treatment over years at regular intervals.

Lasers on the other hand can treat hundreds of hair follicles simultaneously so the process is much quicker.

Is laser hair removal for anyone?

The answer depends on the kind of laser device used.

Coolglide Technology

With CoolGlide's unique design, there is now the flexibility to treat all skin types. Before CoolGlide, tanned patients and persons with darker skin could not expect good results from laser treatment.

A CoolGlide device has a longer wavelength which allows it to treat all skin tones.

While patients with **fair skin** still respond the best, medical studies indicated that patients with tanned or dark skin can now achieve hair reduction equal to fair skinned patients without undesirable side effects.

Other Laser Hair Removal Devices

With some laser equipment, an absolute requirement is that the hair must be darker than the surrounding skin.

White skin with dark hair responds best.

Persons with dark, coarse hair are the easiest to treat as dark hair contains melanin, a dark pigment which attracts the laser light so more laser energy is absorbed. Fewer sessions are needed.

Light colored hair is more difficult to treat and blonde and red hair are very difficult to treat requiring multiple sessions with varied results.

Anyone on a **diet high in beta-carotene** will need to change eating habits if they want best results. Beta-carotene, found in vitamin A, carrots, squash and other vegetables produces a yellow or orange color in the skin which absorbs the laser energy and interferes with it reaching the hair follicle.

As beta-carotene can remain in the body for months, an adjustment in diet may be needed well in advance for optimum results.

Laser Hair Removal: Fact Sheet Continued...

Persons with light skin are the easiest to treat, requiring less sessions as the results are faster.

Persons with dark skin or sun tanned skin take longer to get results because melanin, the dark pigment in hair, is also present in skin. Melanin absorbs some of the laser light.

There is the danger of dark skin being burned in these instances so a laser beam with a lower energy level is used. For this reason also a higher level of expertise is required on the part of the clinic.

How long does the treatment take?

This of course varies from person to person with skin, hair coloring and coarseness of hair all affecting the time.

Here are some estimates which can give an approximate guide.

- Back: 1½ -3 hours
- Shoulders: 10-20 minutes
- Underarms: 1-2 minutes
- Bikini Line: 8-10 minutes
- Upper Lip: less than 1 minute
- Chin: 2-3 minutes
- Legs: 1½ -3 hours

At least 2 or 3 treatments are necessary, and hair that has been waxed or removed with tweezers could need from 5 to 8 treatments.

Why are repeated sessions necessary?

Hair goes through cycles. Anagen refers to the growth stage of hair.

Laser treatment works best on hair that is in the **anagen stage**.

While one laser treatment may have long lasting effects, repeated treatments are necessary for best results to catch all the hairs as they enter the anagen stage.

Is it safe?

Yes. The laser uses a wavelength of light which passes through the skin. Unlike x-rays, there is **no residual** left in the body.

Skin may appear pink or red after treatment. This disappears - in some cases after some minutes, in other cases after a few hours, or in still other cases, a few days.

Use of **cold packs** will speed up the recovery time.

Is it painful?

This varies from person to person depending on their sensitivity. Some have described the sensation to a slight sting on the skin.

Others say it feels like a **pinch** on the skin.

When can I expect to see results?

After the first treatment hair will gradually fall out over the next two months.

Repeated treatments are necessary to catch all the hairs in their various stages of growth.

Laser Hair Removal: Fact Sheet Continued...

How much does it cost?

This depends on the size of the area needing treatment. A consumer guide on laser treatment gives \$500 per treatment session as a reasonable average with 3 to 4 sessions often necessary.

The whole area on the back or the legs can cost considerably more while smaller areas such as the upper lip can cost less. Individual consultations are necessary to establish accurate pricing.

Is Photo-Epilation the same as laser treatment?

Photo-Epilation or pulsed light devices use the same principle as lasers but they are not lasers.

An intense pulsed light is used to disable hair follicles with minimal side effects.

It can be effective in hair removal but requires a **higher level of skill** in operating as it is more difficult to adjust than lasers.

Due to its larger spot size, large areas of the body such as the back or legs can be treated rapidly. One study showed a 50 to 60 percent clearance of hair in 12 weeks.

For further information check this link: www.epilight.net

Can results be guaranteed with laser hair removal?

No. Due to the variables involved it is impossible to predict exactly what the results will be for any individual.

Many reputable clinics **avoid giving guarantees** for this reason.

Hair Inhibitors Ensure Stray Hairs Don't Grow Back!

Use a hair inhibitor in conjunction with laser treatment for best results.
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Laser Hair Removal: Pricing and How To Get The Best Deal

Laser hair removal prices can vary greatly depending on the **geographic area**.

A candidate's **physical features** can affect laser hair removal prices.

The **size of the area** being treated affects the price greatly. The whole area on the back or the legs can cost considerably more while smaller areas such as the upper lip obviously will cost less.

Individual consultations are necessary to establish accurate laser hair removal prices.

Note: Due to the variables involved it is impossible to predict exactly what the results will be for any individual. Many reputable clinics avoid giving guarantees for this reason.

A consumer guide on laser hair removal gives \$500 per treatment session as a reasonable average with 3 to 4 sessions often necessary.

Another survey on laser hair removal prices in the U.S.A. gives these averages according to area:

Average cost for 1 treatment:

- Midwest: \$497
- East: \$458
- South: \$307
- West: \$469

When checking laser hair removal prices in your area, ask for **special offers**.

Also you could offer to **pay** for all treatments **upfront** in exchange for a discount.

Additionally, you could try and get a discount by giving a **referral** if you have a friend who also wishes to receive laser hair removal treatment.

Some practitioners offer a **6 treatment package** which includes 1 free if you pay for 5. Others may even offer a 50% discount on the regular laser hair removal prices if you need more than 6 treatments.

In other cases, laser hair removal prices can be reduced by seeking **discounts on additional areas** to be treated. Some for example, offer a 10% reduction in cost for each additional area.

A final tip - to clarify the laser hair removal prices you are given, be sure to find out whether the quote is for both arms, underarms, or legs or just one.

Conclusion: Laser hair removal prices can vary greatly. Do your research, use the guidelines above in trying to get discount prices and go with the clinic that offers you a professional service for a reasonable price.

Research:

www.laserhairremoval.com

This site contains before and after photos, video footage of the laser hair removal procedure, and a free consultation form to check your suitability. All manner of questions regarding laser treatment are given comprehensive coverage.

Greatly Reduce The Frequency Of Shaving By Using A Hair Inhibitor

Rub into the skin after each shave and you won't need to shave nearly as often!
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Shaving: Fact Sheet

What does shaving do to hair?

Hair normally has a tapered tip. Shaving removes this tip from the hair shaft so growing hairs feel bristly.

As the sharp hair tip now begins to regrow, there is a risk of ingrown hair if it penetrates the skin surrounding the follicle. Inflammation and irritation can result.

See Ingrown Hair page for ways to minimize the risk.

Wet Shave

What are the pros and cons of wet shaving?

PROS: Quick, inexpensive, an especially close shave, refreshing and reinvigorates the skin with use of shaving lotions.

CONS: Stubble reappears quickly, risk of cuts and nicks to the skin, risk of ingrown hair if blade is not sharp.

What should I look for in choosing a razor?

Some razors such as Schick and Wilkinson-Sword, have comfort or **lubricating strips** near the cap above the blades.

Some contain aloe and are made from water soluble polymer or PVP which allows for a smooth glide over the skin reducing friction.

Twin blades allow for a very close shave and many come with flexible heads allowing the razor to follow the contours of the body.

Look for razors with **safety guard wires** over the blades to minimize the risk of cuts and nicks and skin irritation.

Blades with a **platinum chrome** finish maintain their sharpness.

Which is the best direction - with the hair growth or against it?

Shaving in the same direction as the hair growth is the most comfortable. Shaving against the hair growth certainly gives a much **closer shave**.

Many use a combination of **both**.

Many dermatologists warn however that shaving against the hair growth can cause ingrown hair and irritation and it can make the skin sore and sensitive.

What are razor bumps?

Sometimes hair curls round and enters the skin at another place. This causes irritation, inflammation, skin eruption and pain.

As the hair continues to grow, thick scar tissue can develop around the area. This effect has been called "razor bump."

See Ingrown Hair page for ways to minimize the risk.

Shaving: Fact Sheet Continued...

How many times can I use one blade?

This depends greatly on the individual and the thickness or coarseness of the hair. Some prefer to change a blade after using it once or twice, others after 3 or 4 times while many expect between 5 to 7 uses.

The key is to **change it regularly** and always use a sharp blade. If you feel it dragging on your skin it's time to change it!

Electric Shave

What are the pros and cons of electric shaving?

PROS:

Quick

Inexpensive

Rechargeable shavers can be taken anywhere making them very convenient

Not so harsh on the skin as a blade as a layer of skin is not removed each time

CONS:

Stubble reappears quickly

Some say an electric shaver does not give as close a shave as a blade while others say they can depending on the type of shaver

Risk of skin irritation if shaver is used repeatedly over the same area or if the shaver is not kept clean

What should I look for when choosing an electric shaver?

The more blades passing over the skin per stroke means a **faster and smoother shave** and less irritation or razor burn for sensitive skin.

So depending on the density of hair growth, select either a **single, double** or **triple** head shaver.

Some electric shavers are dry shavers so no gels or lotions are needed in preparation. A pre-shave lotion is recommended though by many.

Others are wet shavers requiring gels or lotions to be applied first and some other shavers can be used either wet or dry.

Why is an adjustment period needed when changing shavers?

Two or three weeks may be needed before good results are seen as the skin needs to adjust to a new shaver. At least three weeks are needed if changing from a blade.

Every time a blade is used, a tiny layer of skin is removed. The body produces replacement scar tissue. An electric shaver does not cause the body to do this. So two or three weeks are needed for the skin to adjust.

Therefore when changing from blade to electric, or even from one electric shaver to another, persevere at least for a couple of weeks before making a final decision as to whether you want to continue.

How often should I change the heads?

Most manufacturers recommend new heads after one year. Some can go for 18 months or even two years. As soon as you feel **drag** on the skin, **change** them!

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Shaving: How To Get The Best Results

Wet and Electric

Avoid shaving when first getting up after sleep as body fluids make the skin puffy making it more difficult to shave the hair.

After 20 or 30 minutes the skin becomes more taut so the hair shaft is more exposed making it easier to shave.

Don't stay in the **bath too long** before shaving. The skin will shrivel after eight minutes or so making it difficult to get a smooth, close shave.

Use **preshave products** such as soaps, lathers, creams and gels. They lock moisture into the hair, they help keep the hair erect and they reduce friction allowing the blade to glide easily over the skin. Hair conditioner can also be used to soften hair.

The more repeat strokes over an area of skin the greater the risk of irritation. To remove stray hairs which are not removed after one or two passes with the razor, use a pop-up trimmer.

Never share your razor or shaver with anyone else to avoid skin infections.

Running the **finger tips** over the shaved area is a very effective method of ensuring a close thorough shave. The sense of touch will alert you to stubble and missed patches it may be difficult to see in the mirror.

For Wet Shave

Always wet the hair first for at least 3 minutes. Hair absorbs water which makes it stand up making it easier to shave. Wet hair also reduces wear on the blade.

Shaving after taking a **shower** is an ideal time.

For a close shave with minimal irritation, try and use an angle of approximately **30 degrees** between the blade and the skin.

To lessen the risk of razor burn and extend the life of the blade, allow shaving cream to sit on the skin for 4 minutes before shaving. **Thick shaving cream** or foam offers the best protection against irritation and cuts.

Use a **sharp new blade**. If you need to use pressure on the blade it is time to change it. Using a blunt blade can increase the danger of ingrown hair.

Splash the skin with cold water after shaving to help stop any bleeding from small nicks and also remove any traces of soap or lather.

When shaving the leg area use **long strokes** going against the grain avoiding repeat strokes. Great care needs to be exercised especially around bony areas such as the ankle or knee.

Hair under the arm grows in **all directions** so a side to side stroke as well as up and down strokes may be necessary to catch all the hairs. Do not apply deodorants or anti-perspirants right after shaving as this can cause acute irritation and soreness.

For the bikini line, shave in the direction of the hair and **avoid repeating** the strokes to minimize irritation in this very sensitive area.

Shaving: How To Get The Best Results Continued...

For Electric Shave

Pull the skin gently with one hand, while dragging the shaver against the direction of growth with your other hand. This will give you the **closest shave**.

Some dermatologists do not recommend shaving against the hair growth for risk of ingrown hair. The seriousness of the risk varies with the individual.

Do not press hard or go over the same spot repeatedly.

Clean the heads regularly. Whisker residue building up on the cutters will greatly reduce their effectiveness.

Some recommend cleaning even after every two or three uses depending on thickness of growth.

Sugaring With Hair Inhibitors Is A Perfect Combination!

As sugaring removes hair by the root, the hair inhibitor has maximum effect. Review the product information sheet here. It could be the answer your looking for!
[Make Sure You're Online And Click Here For 1BodyCare.com](http://www.1BodyCare.com)

Sugaring: Fact Sheet

What is sugaring?

Using a technique which originated in Egypt, a paste made primarily of sugar is applied to the surface of the skin. The paste is then removed taking the hair along with it.

How does sugaring work?

The **paste is warmed** and then applied thinly to the skin in the direction of the hair growth.

Reusable cotton strips are then pressed firmly onto the paste and then sharply pulled back thus removing the hair with the paste.

On what areas of the body can it be used?

Practically all areas including eyebrows, upper lip, underarms, legs, arms, stomach, and the bikini line.

Men have one exception - they cannot use sugaring on the beard due to a different hair root system.

How long before hair regrows?

Generally sugaring hair removal lasts between 4 and 6 weeks depending on the level of hair growth. The hair is removed from the root.

Repeated treatments can tend to weaken the hair so it becomes easier over time.

Is it painful?

Some report a slight sting comparable to ripping a sticky tape from the skin.

The skin may be red for a while afterwards but this usually disappears within 24 hours.

Is it safe?

Yes, the ingredients are **all natural**. Sugar even has healing properties. Paste solutions which are purchased can also contain other ingredients such as citric acid and gum Arabic.

The citric acid is an astringent which can tighten the skin making hair removal easier and the gum Arabic gives a proper consistency to the paste making it easier to remove.

What are the differences between sugaring and waxing?

Wax adheres to the hair and the skin.

Sugar paste adheres only to the hair so there is less discomfort.

Wax is applied either hot or cold (in precoated strips) to the skin.

Sugar paste is used at room temperature or slightly warmed.

Wax often contains chemicals which can be a little hard on the skin if used repeatedly.

Sugar paste is completely natural and gentle on the skin.

Wax can be messy to clean up due to the petroleum base.

Sugar paste is easily cleaned up with water.

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Sugaring: How To Get The Best Results

- To remove the hair by the root it must be at least **1/4 inch or 6 mm long**. Longer hair should be trimmed to this length.
- Hair must be **clean and dry** before starting. Remove all creams and oils, towel dry and then apply talcum powder to ensure the skin is completely dry.
- Apply the sugaring paste in the direction of the hair growth.
- When pressing the cotton strip on top of the paste, leave a small section at the end free so it will be easy to hold when pulling back.
- If using a spatula to apply the paste **use the edge** not the flat side. This will help ensure a very thin layer is applied.
- Pull the strip back **sharply** against the direction of the hair growth. Do not lift the strip up or out away from the skin.
- Hold the skin firmly with one hand while you pull the strip back sharply with the other hand.
- Treat **small areas** at a time when removing hair from sensitive parts of the body.
- When heating the paste, either by microwave or oven, be absolutely sure the paste is just warm to the touch not hot. Otherwise burns to the skin may result.
- If using hot water to warm the paste container, be sure not to allow water into the paste. Sugar paste is water soluble and will be **spoiled** if the container is not sealed properly and water gets in.

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Sugaring: Recipes to Try Yourself

While many natural waxing and sugaring solutions are inexpensive to buy, some persons get satisfaction from making their own sugaring pastes at home.

Note however that while the recipe is quite simple, getting the **correct proportions** of the ingredients, the precise temperature and the cooking time exactly right can take much practice.

It is an art to produce a sugaring paste with the right consistency which provides best results.

Recipe #1

Ingredients:

- 2 cups of sugar
- 1/4 cup of lemon juice
- 1/4 cup of water

Directions:

Put the sugar in a large saucepan, add the lemon juice and water.

Stir constantly over a low flame until the sugar is a dark brown.

Pour into thick plastic storage containers and allow to cool. (These can be put in a microwave later for reheating if necessary.)

Allow the sugar paste to cool until it is warm and spreadable.

Be sure to test the warmth on a small portion of skin first. It is easy to burn oneself if the paste is too hot!

If it cools too much and loses the correct consistency, put in a microwave oven for 10 to 20 seconds. Again, test the temperature before applying over a large area.

Recipe #2 - Sugar Syrup

Ingredients:

- 8 parts sugar syrup
- 1 part lemon juice
- 1 part musced oil
- 2 parts water.

Directions:

Put it on a medium heat for 45 minutes.

When the mixture turns brown remove it from the heat.

Add a little glycerin and let the mixture get cold.

Sugaring: Recipes to Try Yourself Continued...

Recipe #3 – Honey

Ingredients:

5 spoonfuls of honey

1 spoonful of lemon juice

Directions:

Put it on a medium heat for 30 minutes.

Remove it from the heat and add a little glycerin.

Threading With Hair Inhibitors Is A Perfect Combination!

Apply with a cotton swab after threading to greatly reduce eyebrow hair growth.
Review the product information sheet here. It could be the answer your looking for!

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Threading: Fact Sheet

What is threading?

Threading is an ancient method of hair removal still used in many countries in the Middle East as well as India and Pakistan.

It is used to give **clean lines and good shape** to the eyebrows and also remove hair from the upper lip and other facial areas.

How does it work?

100% cotton thread is twisted and rolled along the surface of the skin entwining the hair in the thread which is then lifted out from the follicle.

How long before hair returns?

About the same as with tweezing, anywhere between **3 and 8 weeks**.

How does it affect the skin?

The effects are less than with other hair removal methods such as tweezing, waxing or sugaring.

The skin may get a little red and sore but only a slight pinch is felt as a relatively large area is covered each time.

Unlike waxing or the use of depilatories, irritation and skin rashes are avoided as the top layer of dead skin is not stripped off in the process.

Where can I find cosmeticians skilled in threading?

Check your local **Yellow Pages** and look for beauty parlors in areas settled by people from the Indian subcontinent or Middle East as this method is still commonly used in these countries.

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Threading: A Journalist's Report

Ancient technique raising-- and shaping--area eyebrows

By Quynh-Giang Tran

Tribune staff reporter

Published September 9, 2001

"Nestled on Devon Avenue among sari shops, Russian bookstores and dollar discounters is a popular salon where crowds line up to have stray hairs yanked from their eyebrows with twists of cotton thread.

The procedure-- quick and neat, if not painless--is threading, a millenniums-old tradition in Asia.

At \$5 per treatment, it is catching on in Chicago with everyone from college students to grandmothers.

"It hurts every time and I was scared [at first] but it's addicting," said Mark Janz, a 19 - year-old student at Elmhurst College who drives from Des Plaines with his girlfriend.

"Now my guy friends tell me I have nice eyebrows."

Natasha Style and Cut is run by Bharati Nakum, 40, and her husband, Sudhir, 53. They opened the salon six years ago, naming it after their daughter, and offer eyebrow threading almost exclusively.

Bharati Nakum, a licensed cosmetologist, works seven days a week with two or three assistants, focusing on the individual, determining the best eyebrow shape for each face.

Sudhir Nakum, who handles the finances, estimates the salon averages more than 100 customers a day, many of whom come for threading every two to four weeks.

During the lunch hour and on Saturdays, it's standing-room only.

"Women do not look good with a unibrow," said Nickie Anatolitis, 26, a portfolio management assistant who has been coming in twice a month from Mt. Prospect for the past five years.

"It changes my whole appearance," said Gina Heidkamp, 40, a corporate administrative assistant at Kraft Foods. "If my eyebrows aren't done, I don't feel right."

With Indian pop music pulsing in the background, the wait typically is no more than 10 minutes.

The practitioner holds one end of the cotton thread in his or her teeth and the other in the left hand.

The middle is looped through the index and middle fingers of the right hand.

The practitioner then uses the loop to trap a series of unwanted hairs and pull them from the skin.

In just a few minutes, it's over.

The advantage over plucking with tweezers, according to Sudhir Nakum, is that plucking pulls out one hair at a time, creating bumps in the skin, while threading pulls out rows of hair, which he says keeps the skin smooth.

The technique is precise but can be painful and itchy afterward, especially for first-timers.

Threading: A Journalist's Report Continued...

"Side effects can include folliculitis, a bacterial infection in the hair follicles, skin reddening or puffiness, and changes in skin pigment, said Dr. Richard F. Wagner, a Texas dermatologist who has written about the procedure in the International Journal of Dermatology. "But I've not seen any severe reactions," he said.

Tony Sanders of the Illinois Department of Professional Regulation said a cosmetologist or aesthetician's license is required to do hair removal, except for laser treatments, which are performed by doctors or electrologists."

Chicago Tribune Internet Edition

Threading Hair Removal Article

9/10/2001

<http://www.Chicagotribune.com>

Tweezing With Hair Inhibitors Is A Perfect Combination!

Tweezing removes hair by the root allowing a hair inhibitor to have maximum effect. Review the product information sheet here. It could be the answer your looking for!

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Tweezers/Epilators: Fact Sheet

What kind of tweezers are best?

Buy a good quality pair. Don't skimp on price. [Tweezerman](#) offers lifetime sharpening.

Make sure the two tips of the tweezers meet and form a good grip on the hair.

What is the best way to pluck hair?

- Stretch the skin slightly, grip the hair close to the root, and pull gently, firmly and evenly. Yanking the hair may cause it to break off thus increasing the risk of ingrown hair.
- Use good tweezers.
- Make sure you are in good even light.
- Pull the hairs in the direction of growth.
- Tweezing after a bath or shower is easier when the skin is warm.
- Rub an ice cube over the area after tweezing to reduce redness.
- Avoid plucking just before a period as more pain or discomfort may be felt at this time.

Which body areas are particularly suitable for plucking?

Stray eyebrow hairs, scattered hairs in the abdominal region, stray hairs on the nipples and chin hairs in women past the menopause.

Eyebrow hair differs in that the majority of them at any given time are in the resting or telogen phase.

This means their regrowth rate is slower than other hair.

It is wise therefore to avoid overplucking eyebrow hair.

Where are electrical epilators most and least effective?

Most effective:

Large, flat areas like the arms and legs.

Least effective:

Curved areas like the underarms, and may cause significant trauma to the face and other thin skinned areas.

How do electrical epilators work?

Many of these devices have tweezer discs in the head which rotate picking up the hair in the process and plucking them from the root.

Many are contoured in such a way as to glide easily over all parts of the body.

How long before the hair reappears?

Many weeks, between 3 and 8.

Tweezers/Epilators: Fact Sheet Continued...

How painful is it?

A **slight stinging** or pricking sensation is often felt. Red bumps may appear due to swollen hair follicles but they usually disappear after some hours.

The risk of infection with epilating can be reduced by using an antibacterial agent before and after the procedure.

What are the main advantages and disadvantages?

This is generally a very economical method depending on how much one wishes to spend on good quality tweezers.

Electrical devices range anywhere from \$30 to \$60.

The main disadvantage of hand tweezing is the time required. It is a painstaking process and requires much patience.

On the other hand some have expressed that they enjoy it and find it therapeutic with the procedure becoming almost compulsive.

Are electronic (Radio Frequency) tweezers effective?

Controversy surrounds the use of electronic tweezers.

The method:

The hair is grasped with the electronic tweezers and held for 15 to 20 seconds while a current travels through the tweezers and down the hair shaft. The hair can then be slid out.

The effectiveness of this treatment has been questioned by some as hair is not a conductor but rather an insulator. Some conclude the effectiveness is no better than with ordinary tweezers.

Additionally there are some precautions:

As small amounts of **radiation** are emitted, electronic tweezers should not be used by pregnant women as harm may result to the fetus.

Electronic tweezers should not be used by anyone wearing a pacemaker as the high frequency emitted can interfere with the frequency of the pacemaker.

Additional warnings concern possible damage to the eyes from the small amounts of radiation.

Waxing With Hair Inhibitors Is A Perfect Combination!

Waxing removes hair by the root allowing a hair inhibitor to have maximum effect. Review the product information sheet here. It could be the answer your looking for!
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Waxing: Fact Sheet

How does waxing work?

A wax combination is spread thinly over the skin. A cloth strip is pressed on the top and then ripped off with a quick movement removing the wax along with the hair and dead skin cells leaving the skin smooth.

What is the difference between hot wax and cold wax?

Good hot wax preparations melt just above body temperature so they can be easily spread thinly over the skin. As they harden they trap the hair in the wax so it is removed by the roots when the wax is ripped off.

Cold wax preparations are available in precoated strips which can be pressed directly onto the skin. The hair sticks to the wax and is then removed with the quick pull back action. (Cold waxing is also known as Persian waxing)

What is the effect on the skin?

As dead skin cells are removed in this process the skin can feel quite smooth afterwards. The waxing action does cause the skin to sting and many find a **soothing skin healing cream** to be helpful afterwards.

Some persons find the skin reacts with redness and bumps which disappear after a few hours.

Are there any health precautions to keep in mind?

Some physicians do not recommend waxing for persons suffering from diabetes or who have varicose veins or poor circulation as they are more susceptible to infection.

Users of Retin-A, Renova, Differin or Accutane are advised not to use waxing on the face as these medications tend to weaken the skin and tearing of the skin may occur when the wax is removed.

Waxing should not be done on areas of skin affected by warts, pimples, moles or rashes or on skin that is irritated, chapped or suffering from sunburn. **Never** apply wax to peeling, broken skin or varicose veins.

Never apply wax to the nipples when removing hair from the breast area.

On what body areas can waxing be used?

It is wise to **test a small area first** but generally waxing can be used on most parts of the body. The exceptions are the male genitals, nipples, inside the ears and nose, eyelashes.

Some find it works well on legs and arms but a little too painful for the bikini line.

How long before hair reappears?

Generally between **3 and 8 weeks**. Less hair regrows and it is generally finer.

Eventually some hair never regrows.

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Waxing: How To Get The Best Results

- To avoid the skin appearing darker after waxing, be careful not to expose the treated area to the sun for 48 hours after treatment. Alternatively use a good **sun blocker** cream on newly treated areas.
- Be sure to **test a small area of skin first** to make sure there is no acute sensitivity or allergic reaction to the process.
- Hair should be at least **1/8 inch long**. If it isn't wait until it reaches this length.
- Be sure to wash the skin thoroughly and **dry it well** beforehand to remove any lotions or oils which may prevent the wax from adhering closely to the skin.
- Heat the wax carefully so as not to overheat and thus burn the skin when applying. Test on a small area first. The consistency should be **soft** rather than runny.
- If pain and discomfort is a main concern use a **pain reducing gel** or anesthetic numbing spray available from pharmacists. These solutions should be applied 30 to 60 minutes before waxing so the skin is numbed beforehand.
- Apply a thin layer of wax in the direction of the hair growth, preferably holding the spatula or tongue depressor at a **45 degree angle** as you spread the wax.
- When applying the cotton strip over the wax, rub in the same direction as the hair growth leaving about 1/3 of the strip free to allow for a firm grip for a fast back pulling action.
- Pull the skin taut before pulling the cotton strip away.
- Pull back with a **rapid movement** close to the skin. Do not pull up or out, rather pull back.
- One fast, smooth, pull back is much more effective than a series of light pulls which only increase the pain and leave patchy areas.
- **Clean the skin** with a warm moist towel afterwards to remove excess wax.
- **Avoid showering** and making the hair wet prior to waxing. Hair absorbs the water making it soft and less likely to adhere well to the wax. Tough hair is easier to pull off.
- **Avoid wearing tight clothing** over freshly waxed areas to minimize the risk of irritation and ingrown hairs.
- After 24-48 hours exfoliate the skin (with a Loofa sponge for example) to prevent the dead skin from accumulating in areas that can become ingrown such as the bikini line, upper thighs, underarms and calves.
- If **acne** is a problem, wait until the skin has healed before waxing to avoid further irritating this sensitive condition.

Waxing: How To Get The Best Results Continued...

Facial Hair Removal

- For facial hair use wax at a lower temperature than the rest of the body.
- Use one hand to hold the skin taught.
- Spread the wax very thinly.
- Only treat small areas at a time.
- As the skin on the facial areas is more sensitive, practice and perfect the waxing technique first on other areas such as the legs
- Apply the first coating of wax against the hair growth
- Apply the second coating in the opposite direction
- Apply a third coating against the hair growth
- Press the wax firmly against the skin allowing it to set slightly but not harden
- Hold the surrounding skin firmly with one hand and with the other pull off the wax quickly with a snap action against the direction of growth
- Remove wax residue with baby oil
- Pluck any remaining stray hairs with tweezers

Eyebrows

- Make sure the wax does not drop in the eye
- Check the direction of hair growth first in order to pull the wax sharply against the direction of growth

Upper Lip

- Remove the hair in two stages - one for the right side and one for the left side
- In addition to pulling the skin taut with the other hand, suck in the lips also as if biting them

Chin

- Tilt the head back to make sure the skin it taut
- As the chin hair often lies downwards or sideways, pull the wax back toward the nose. Remove the hair in two stages - one for the right side and one for the left side

Waxing: How To Get The Best Results Continued...

Heating Instructions For Hard Wax

Over A Radiator

- Remove the lid
- Place the container safely on the radiator
- Wait until the wax has completely melted to a honey-like consistency

In A Saucepan With Hot Water

- Remove the lid
- Put water in the saucepan no higher than the wax level in the container
- Bring the water to the boil
- Place the wax container in the water ensuring water does not come in contact with the wax
- Wait until the wax has completely melted to a honey-like consistency
- Caution: Ensure the wax does not boil or that the saucepan does not boil dry

Over A Cooker

- Remove the lid
- Place the container safely over a heating ring on a low heat
- Ensure the wax does not boil
- Wait until the wax has completely melted to a honey-like consistency

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Waxing: Brazilian & Hollywood Waxing Guidelines

The terms 'Brazilian Waxing' and 'Hollywood Waxing' are often used interchangeably to refer to hair removal in the genital area. Specifically however, the term '**Brazilian Waxing**' is used with reference to **partial** genital hair removal, often leaving a strip of hair, whereas '**Hollywood Waxing**' is used specifically for **total** genital hair removal. The term 'Brazilian Waxing' is used on this page to refer to either total or partial genital hair removal.

Genital hair removal includes hair removal around the anus, perineum and vagina. Prices at beauty salons may range anywhere from \$25 to \$100 or more.

Many have all the hair removed. Some women prefer to leave a tiny strip of closely-shorn hair in the front. It is now common for men as well as women to ask for Brazilian Waxing.

Tips When Visiting A Salon For Brazilian Waxing

- After underwear is removed a beautician asks the client to lie down and raise the legs. Talc may be sprinkled all over the bottom, anus and vagina areas. Hot wax is then spread over all these areas and then ripped off with cotton strips.
- A good way of finding a good Brazilian waxer is to ask through friends or at your local beauty parlor. It is better not to just take 'pot luck' by checking out the yellow pages. Brazilian waxers see every part of you and many feel much less embarrassed with a professional.
- Professionals will minimize the number of repeat applications over the same spot. Those not so skilled will go over and over the same area thus prolonging the pain or discomfort.
- An experienced aesthetician will pull off the wax in a clean, fast movement. A less experienced one may hesitate causing more pain.
- As the client is asked to spread their legs in various embarrassing positions, acting in a matter of fact way, treating it as normal, will help a person feel a little less self-conscious. Remember, that's how the Brazilian waxer views it.
- Check out the salon beforehand to make sure it is hygienic and that the aesthetician is licensed. The license is normally displayed.
- Check that fresh bed covering is used for each client and that the waxing supplies are sanitized and disposed of in a hygienic way after use.
- Make sure your appointment is at least one week after a period so the skin is not so sensitive.
- Make sure the hair is trimmed to about 1/8th of an inch. It should be free from oils and lotion to make hair removal easier.
- Don't rush the appointment. Allow plenty of time, at least one hour.
- The pain can be reduced by using an antiseptic preparation in advance. Also, following up with a soothing lotion containing Aloe Vera or Calamine Lotion can reduce the itching and discomfort.

Why is it so popular? Many just enjoy the clean feeling that comes with being hairless. Some who did it just to wear a bikini now keep it up because "it just feels great"!

Follow Up Genital Shaving With A Hair Inhibitor

Significantly reduce the number of times you have to shave in this sensitive area!
Review the product information sheet here. It could be the answer your looking for!

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Genital Shaving: How To Get The Best Results

Genital Shaving

- **Never** use the old-fashioned switch-blade razor. It is quite unsuitable for pubic shaving and can be dangerous.
- Choose a female razor, obtainable from Wilkinson Sword or other well known razor manufacturers, rather than an ordinary safety razor. The design makes it much more difficult to cut yourself. Opt for a more expensive **good quality razor** rather than a cheap throw away which is more likely to cause nicks, soreness and razor burns in this sensitive area.
- If the pubic hair is thick and long use small scissors to **trim** down the hair to about a quarter of an inch. This will avoid blunting and clogging the razor too quickly.
- Wet a large, washcloth and lay it over the entire pubic area for two or three minutes. Alternatively, take a long hot bath or stay in the shower for a while making sure the pubic area receives a **lot of water**. pubic hair is coarser than head hair and needs more time to soften.
- Apply plenty of **shaving foam or gel** over the area and leave for a few minutes to soften further. Ordinary soap is not suitable as it does not lock in the moisture to the hair the way a shaving preparation cream or gel does. Experiment with different brands if you find some cause skin irritation. They contain various chemicals and you need to find one that suits you.
- Pull the skin straight with your free hand and shave without applying pressure.
- Shave upwards against the direction of the hair growth. Make sure there is shaving foam on the skin each time you make a stroke with the razor. Shaving bare skin can cause razor burn.
- **Rinse** the razor every couple of strokes as it will clog easily.
- Rinse off and see any areas that may have been missed and again apply gel to that area and shave.
- Massage unscented **Vitamin E oil** into the pubic area after shaving.
- To stop or reduce itching after shaving rub an **ice cube** over the area. Alternatively, rub a little baby oil into the pubic area.
- If you suffer from itchiness or blood spots, let the hair grow back for a week before shaving again.
- Keep the shaven area well moisturized between shaves by using a skin moisturizer or baby lotion. This will reduce the uncomfortable effect the stubble may cause between shaves.

Genital Shaving: How To Get The Best Results Continued...

Genital Shaving - Tips for Men

Shave the **scrotum** before starting on the penis. This way the most difficult part is done first.

Start from the bottom of the scrotum and work upwards. Be very careful around the center of the scrotum as this area is especially sensitive.

Start shaving from the top of the penis away from the head, rinsing the razor after each stroke. Shaving in this direction will tend to give a closer shave.

Shave the **testicles last** as a close shave is not so crucial here. As the skin on the scrotum is loose, special care must be taken to avoid nicks and cuts as this area will bleed profusely.

Purchase a special **safety razor** now available with protective wires around the blade. This will stop the skin on the scrotum from getting caught between the blades. Wilkinson and Schick produce these "Protector" safety razors.

For shaving the shaft of the penis some have used an electric razor or trimmer with good results. Alternatively a "**Protector**" razor with the blade wire protection could be used.

Initially you may need to shave every day as the hair regrowth may cause itching and irritation. The skin will adjust and a longer period between shaving will then be possible.

Genital Shaving - Tips for Women

Women need to **exercise caution** with vaginal hair removal in view of the delicate skin in the genital area. The skin of the outer vaginal lips (labia majora) is stronger but the tissue of the inner vaginal lips (labia minora) is very delicate and sensitive.

One product which many woman find useful for vaginal hair removal is a **shield** which covers the vagina when using razors, electric shavers, scissors, waxes, or depilatories.

Check out [Femguard from LadyBliss](#).

Follow Up Genital Waxing With A Hair Inhibitor

Significantly reduce hair growth in this sensitive area with this safe, natural product. Review the product information sheet here. It could be the answer your looking for!

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Genital Waxing: How To Get The Best Results

Genital Waxing

- **Avoid showering** and making the hair wet prior to waxing. Hair absorbs the water making it soft and less likely to adhere well to the wax. Tough hair is easier to pull off.
- Be sure to **test** a small area of skin first to make sure there is no acute sensitivity or allergic reaction to the process.
- Hair should be at least **1/8 inch long**. If it isn't wait until it reaches this length.
- Be sure to wash the skin thoroughly and dry it well beforehand to remove any lotions or oils which may prevent the wax from adhering closely to the skin.
- Heat the wax carefully so as not to overheat and thus burn the skin when applying. Test on a small area first. The consistency should be **soft** rather than **runny**.
- If pain and discomfort is a main concern use a pain reducing gel or cream available from pharmacists. These solutions should be applied 30 to 60 minutes before waxing so the skin is numbed beforehand.
- Apply a **thin layer** of wax in the direction of the hair growth and peel back with a rapid movement close to the skin. Do not pull up or out, rather pull back.
- Clean the skin with a **warm moist towel** afterwards to remove excess wax.
- Avoid wearing tight clothing over freshly waxed areas to minimize the risk of irritation and ingrown hairs.
- After 24-48 hours **exfoliate** the skin (with a Loofa sponge for example) to prevent the dead skin from accumulating and causing hair to become ingrown.

Best Positions

1. **Sitting:** Sit in a chair with your feet up above your waist and legs spread apart.
2. **Sitting:** Sit with one leg propped above your waist and the other leg resting on the floor.
3. **Lying:** Lie on your back with legs wide apart and raised in the air so that all the shaveable areas are spread taught.
4. **Lying:** Lie on your side with the bottom leg straight out and the top leg bent at the knee and tucked behind the straight leg.
5. **Squatting:** Bend the knees and keep the legs wide apart so the pubic areas are easy to work on. Put a mirror on the ground if necessary for better control.

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Body Areas: Recommended Methods

Safety Tip: Trying to shave yourself in hard to reach areas such as the back carries a high risk of nicking or cutting the skin as well as missing large areas. Ask a close friend for help!

Eyebrows

Tweezing or threading.

Waxing or sugaring.

Upper Lip, Chin, Mustache and Beard

Men: Shaving.

Women: Waxing or sugaring.

Back of Neck

Men: Shaving, clipping.

Women: Waxing or sugaring.

Shoulders, Back, Arms, Hands, Tummy

Never shave the shoulders, back or tummy. The risk of ingrown hair is great and much painful irritation can be caused.

Waxing or sugaring is the best method for all these areas.

Taking a shower directly after waxing the back helps eliminate the possibility of acne breakouts and skin redness.

Underarms

Shaving is safe in this area. Hair under the arm grows in all directions so a side to side stroke as well as up and down strokes may be necessary to catch all the hairs. Do not apply deodorants or antiperspirants right after shaving as this can cause acute irritation and soreness.

Waxing and sugaring are also safe.

Do not use depilatories to avoid the risk of chemical burns on the sensitive skin in this area.

After the skin in this area has become accustomed to shaving, applying a thin layer of Vaseline petroleum jelly instead of a shaving foam or gel will give a really close shave.

Body Areas: Recommended Methods Continued...

Pubic Area and Bikini Line

If the hair is long it can be cut down with scissors. Then use a waxing or sugaring solution.

Careful shaving is also possible. See Genital Areas page for details.

Genitals - Male

Hair growing on the shaft of the penis and on the testicles can be removed by shaving using a new wet razor. Great care is needed to avoid cuts.

Follow up with a hair inhibitor to slow down the hair growth until it stops growing back. See the Hair Inhibitors page.

Genitals - Female

Waxing or sugaring is generally best. Shaving will only cause stubble to appear after a few days and it may cause skin irritation and painful bumps.

See the section on Brazilian Waxing.

Anus and Perineum

The Perineum is the area of skin rich in nerve endings located below the anus. In men it extends to the base of the testicles. In women it extends to the vaginal opening.

The Anus is a mucous membrane.

Depilatories should not be used in these sensitive areas as they can result in serious damage.

Shaving produces stubble which may cause irritation as the sides chafe and rub together.

Waxing or sugaring is the best method. See Brazilian Waxing page.

Legs, Feet, Toes

Shaving the legs is popular but the hair grows back after a short time.

Waxing and sugaring are preferred although you have to wait until there is about a quarter of an inch of growth. Rub a hair inhibitor in regularly and the hair will eventually stop growing back.

Use A Hair Growth Inhibitor On Your Eyebrows And Reduce Hair Growth
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Eyebrows: How To Get The Best Results

Tweezing

To minimize the pain, **numb** the eyebrow area first either with a baby's teething pain preparation or numbing toothache preparation or even a little **ice**.

The hair can be softened first with a hair conditioner or shaving cream.

Steam your eyebrows with a hot washcloth for five minutes or tweeze right after a hot shower to open the pores so the hair comes out more easily.

Invest in a **professional pair of tweezers** so you have a clean, sharp pair each time. If you are serious about tweezing, buying a good quality pair is essential. [Tweezerman](http://www.tweezerman.com) offers lifetime sharpening.

Use **natural light** wherever possible.

First clean up the area between the eyebrows by plucking any stray hairs.

Pull the skin taught and remove hairs as close as possible to the root.

Pluck in the direction of the growth.

Shape your eyebrows by plucking from **underneath** rather than from above to create a natural arch.

To close the pores of the skin after plucking, use an astringent or soothe irritated skin by applying warm petroleum jelly.

Shaping The Eyebrows

1. First thin the eyebrow, then slowly define the arch. The arch should reach the highest point above the middle of the iris.
2. To determine where the eyebrows should begin and end, hold a pencil vertically against the nose. Where the pencil meets the eyebrow above the nose should be the starting point.
3. Next, with the pencil still held against the nose, tilt it diagonally so that it rests against the far corner of the eye. That is the outer point where the eyebrow should end.

Changing The Shape Of The Eyebrows

To avoid tweezing into a shape you later regret, first use a **white eyeliner** pencil to color in the areas under your eyebrows which you think should be plucked.

If you don't like the shape, remove the white eyeliner and redraw.

Once your are satisfied with the shape, tweeze the hairs in the white area.

Attention Head Shavers: Reduce The Frequency Of Shaving By Using A Hair Inhibitor

Rub into the skin after each shave and you won't need to shave nearly as often!

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Head Shaving: How To Get The Best Results

- When using an electrical hair trimmer, use **olive oil** rather than machine oil for lubrication. Then if the oil comes in contact with the skin, olive oil will be much better for the scalp, especially if there are nicks during shaving.
- Disposable razors are not very suitable for head shaving. They wear out too quickly.
- Invest in a **good hand razor** from a reputable company such as Wilkinson Sword or Gillette and make sure you always shave with a sharp blade.
- When starting with a full head of hair, **trim** it off first using an electric razor before using a hand razor. Start with the sides or the back and clip close to the scalp.
- To reduce the risk of cuts and razor burn it is essential for the hair and the scalp to be thoroughly moist so that the hair follicles and skin are soft before shaving.
- Shaving the head in the **shower** at the end of a showering session can make it easier. By then the hair and scalp have been wet for many minutes. Less shaving cream is also required. Apply the shaving cream to small areas at a time so that it doesn't melt away too quickly.
- For shaving outside the shower, splash the hair and scalp with water over a sink or wrap a hot wet towel around the head for a couple of minutes. Then apply a thick layer of shaving cream, about a half an inch thick, to the entire head. Leave for five minutes before starting to shave.
- When shaving, **avoid repeat strokes** over the same area to minimize the risk of nicks and razor burn.
- If the hair growth is at the stubble stage, **long strokes** covering several inches may be possible.
- If the hair is longer, or if it has just been trimmed with electric clippers, make very small strokes no more than about half an inch.
- Start shaving where the hair is thickest so the blade is at it's best for the tougher areas. Finish off at the lighter areas.
- When you start shaving, wet the razor with **hot water** and make a stroke about an inch long wherever you decide to start. Subsequent strokes can then be made from this starting point at the best angle for cutting close to the scalp and at the base of the hair.
- Some prefer to use a mirror initially until they gain experience. After some time however, many find it more awkward with one than without one. Shaving by **touch** comes with experience.
- Run the fingers over the scalp finally so that missed areas are easily identified. Then carefully go over the area again. Be careful not to do this more than once or twice to avoid nicks or razor burn.
- Rinse the head and dry off.
- To really speed up the healing process for nicks, apply **Vitamin E oil** to the scalp.

Head Shaving: How To Get The Best Results Continued...

- Pure **aloe vera gel** is very good for soothing distressed skin. It will also add a high shine to the scalp.
- Be sure to allow sufficient time for head shaving. Rushing may result in numerous nicks and cuts especially when shaving this part of the body.
- Be prepared initially for a new, strange sensation. The scalp will be very sensitive and even a soft breeze outside can make the whole body tingle.

Resources

HeadBlade is a razor specially designed for head shaving! [Click here for details](#)

If you ever decide to stop head shaving, you can grow your hair up to 45% faster with Fortified Amino Scalp Therapy. [Click here for information](#)

Eliminate Ingrown Hair Within Days

Ingrown Hair Treatment is fast and safe! Review the product information sheet here.

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Ingrown Hair: Facts and Solutions

Ingrown Hair - Causes

- Skin suffering from lack of moisture
- Stiff beard hair
- Embedded oil in the hair follicles
- Build up of dead skin cells in the pores and on the surface of the skin can cause ingrown hairs - some are more prone to this than others due to genetics
- Coarse curly hair growing in a curved hair follicle
- Improper shaving technique with a blade such as too close a shave
- Hair removal methods such as shaving, waxing, tweezing, electrolysis, often irritate the hair follicle. Dead cells can accumulate at the site of the irritation and form papule which can also contain pus while the skin heals. While this process continues any hair in the area can get trapped under the formation and is prevented from exiting the skin properly. Ingrown hairs are the result.

Ingrown Hair - Effects

- Constant tenderness
- Trapped, ingrown hairs cause inflammation which result in the body forming papule - a small, raised, abnormality on the skin commonly known as a bump giving rise to the term 'razor bumps'.
- The body can also respond by producing a pustule - a blister on the skin containing pus.
- An infected pustule can become ruptured resulting in bleeding.
- Itching
- Tingling
- Pain - mild or severe
- Hard, prominent, irregular scar tissue in the skin in chronic cases

Prevention - Shaving

- Shave after the hair has been **wet** for at least 5 minutes.
- Hair that is wet and full of moisture can be cut easily. Hair that is not well saturated can be very strong and tough. As the razor passes over, the hair is pulled up from the follicle. After it is cut it retracts below the skin surface with the resultant risk of it growing into surrounding tissue.
- Shave in the **direction** of the hair growth.
- Cutting with the grain not against it will prevent hair being cut too short.
- **Avoid repeating** strokes over the same area.
- Repeated strokes can also result in hair being cut too short.

Ingrown Hair: Facts and Solutions Continued...

- Shave with the skin in a **relaxed** condition
- Do not stretch the skin too taught. A little pressure may be necessary but excessive stretching can again result in hair being cut too short.
- Use **Tea Tree Oil** twice a day in conjunction with a loofah bath or shower. Tea Tree Oil has a bacterial ability to kill infection and prevent pustules forming. (Avoid the eye area)

Prevention - Waxing

To pull out the hair cleanly without breaking it follow these recommendations:

- Apply a **thin layer** of wax in the direction of the hair growth, preferably holding the spatula or tongue depressor at a 45 degree angle as you spread the wax.
- When applying the cotton strip over the wax, rub in the **same direction** as the hair growth leaving about 1/3 of the strip free to allow for a firm grip for a fast back pulling action.
- Pull the **skin taut** before pulling the cotton strip away.
- Pull back with a rapid movement **close** to the skin. Do not pull up or out, rather pull back.
- **One fast, smooth, pull back** is much more effective than a series of light pulls which only increase the pain and leave patchy areas.
- After 24-48 hours **exfoliate** the skin (with a Loofa sponge for example) to prevent the dead skin from accumulating in areas that can become ingrown such as the bikini line, upper thighs, underarms and calves.
- Avoid wearing tight clothing over freshly waxed areas to minimize the risk of irritation and ingrown hairs.

Eliminate Ingrown Hair Within Days

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Ingrown Hair: Pilonidal Sinus - Definition & Treatment

Pilonidal Sinus literally means 'nest of hairs.'

It is an **extremely painful condition** that can result from hairs being trapped in an indentation located above the cleft of the buttocks. The ingrown hairs can become inflamed resulting in a boil which starts secreting pus.

To relieve the discomfort, soak the area in warm water. Pain-killers can be used and anti-inflammatory medication.

Surgery is often necessary if an abscess forms. The 'pits' in which the hairs get stuck and cause infection are removed. The procedure takes about 30 minutes.

Controlled sedation through injection of a **local anaesthetic** allow the surgery to be performed painlessly and with fast recovery.

A person can often get up and walk around within one or two hours after the operation and return home the same day.

A person generally only becomes aware of a Pilonidal Sinus when it becomes infected and a resulting abscess causes hot, red, **tender swelling** between the buttocks.

Pilonidal Sinus seems to be more common in **younger adults** and more common among men than women, especially those who have a large amount of body hair.

It is not inherited but generally develops from the **late teens** onward.

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Skin Exfoliation Advice

- If you carry out skin exfoliation regularly with a **loofah or mesh sponge** after waxing or shaving, you'll take off the thin layer of skin that's trapping the ingrown hairs and set them free.
- A loofah is a natural bath sponge taken from the fibrous interior of the loofah plant. The loofah's natural fibers stimulate circulation and remove dead skin cells. They can be used with soaps, creams, or lotions when performing skin exfoliation.
- Wet the loofah and squeeze to soften if preferred, then gently massage the skin, especially dry, rough areas.
- Do not use the loofah on **broken skin**.
- Some beauty advisors believe using a loofah **once a week** for skin exfoliation is enough to keep the area exfoliated. Exfoliating too much will dry the skin and leave it sensitive and susceptible to ingrown hair.
- After using a loofah be sure to keep it in a **well ventilated** place where it can dry completely. A loofah left damp can become a breeding ground for bacteria and increase the risk of infection when it is used.
- Additionally use a **gentle scrub cleanser** once a week to prevent ingrown hair.
- Keep the area hydrated and moisturized using body milk or body oil, which will soothe the skin after exfoliation.

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Summary Chart for Quick Comparison

Note: Time before regrowth shown in 'Duration' column is only approximate depending on an individual's rate of hair regrowth and density of hair to begin with.

Method	Suitable Body Areas	Duration
Electrolysis	Facial areas, underarms, arms, legs, back, bikini line	Permanent
Laser	Facial areas, underarms, arms, legs, back, bikini line	Permanent to semi-permanent
Depilatories	Arms, legs, bikini line. For facial areas use specially formulated depilatories	Two weeks
Hair Inhibitors	Facial areas, underarms, arms, legs, back, bikini line	Many months, sometimes permanent.
Shaving	Underarms, legs, bikini line. Not suitable for women's facial areas	Three days
Sugaring	Facial areas, underarms, arms, legs, back, bikini line	Three to six weeks
Threading	Facial areas only: eyebrows, upper lip, chin	Three weeks
Tweezers	Eyebrows, chin. For those less sensitive: bikini line and upper lip	Three to eight weeks
Waxing	Facial areas, underarms, arms, legs, back, bikini line	Three to six weeks

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Attitudes to Body Hair and Background to Hair Removal

Some surveys indicate that as many as **80% of women** and **50% of men** have unwanted hair on various parts of their body - thus the great demand for ideal hair removal products.

Some hair removal salons report an increasing interest in hair removal from **men**. They often want hair removed from between the eyebrows, around the outside of the ears, and the shoulders.

Women often want hair removed from the lip, chin, eyebrows, and neck, bikini line, abdomen, breasts, forearms, and underarms.

Sports enthusiasts want smooth bodies to cut down on wind resistance. Male cyclists and swimmers want hair removed to give them speed and an edge on the competition.

Muscle building has become very popular for men and women. Muscle builders prefer the hairless look to portray the 'perfect' body image.

With the onset of **menopause** a woman's level of the female hormone estrogen may decline relative to the male hormones in her body so certain masculine characteristics become more prominent such as facial hair.

Sometimes abnormal hair growth is experienced due to using **medications** such as steroid hormones and birth control pills. The surgical removal of sex glands can also contribute to unwanted body hair.

Convenient, economical, long lasting hair removal products are therefore in great demand.

History

As **fashions changed** during the 20th century, hair removal for women became popular with underarm shaving becoming fashionable **even before World War I**.

In May, 1915, Harper's Bazaar magazine featured a model wearing a sleeveless evening gown which showed, for the first time in fashion, her bare shoulders and armpits.

A **marketing** executive with the Wilkinson Sword Company designed a campaign to convince women in North America that underarm hair was unhygienic and unfeminine.

Underarm shaving became popular and the safety razor was suddenly in great demand.

As the length of skirts and dresses reduced, many women began removing **leg hair**.

During World War II when there was a shortage of silk stockings, many women shaved their legs and used leg makeup to give the appearance of stockings.

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Bodybuilders: Why Hair Removal Is Important

As bodybuilding has developed over the years, a **set of standards** or rules has evolved.

Today, when the body is displayed publicly, it is expected the appearance will conform to certain conventions.

The bodybuilder in some ways is like any other **performer**. Just as a stage artist uses cosmetics to produce a certain look, bodybuilders employ various methods to enhance the muscular appearance of their bodies.

A hairless body emphasizes the **muscular physique**, one reason why bodybuilders are keenly interested in effective, convenient methods of hair removal.

Here though is a curious observation:

Body hair is associated with masculinity. In fact, one major difference between the male and female body is generally the amount of body hair.

Yet in bodybuilding **the reverse is true**. Bodybuilders remove hair from all parts of their body, including the underarms, an area not readily visible.

Why? For one thing, **hair tends to conceal** the fine shape of well developed muscles.

However, there are other underlying considerations.

In Western culture, ideal models are often supple, lithe, smooth-bodied youths.

A **hairy body** is often associated with **rough masculinity**. Some even perceive a hairy body to be an animal body, rightly or wrongly.

The hairless body of the bodybuilder **offsets** this **intimidating undertone**. While a strong muscular body in itself can be intimidating, the hairless appearance tends to neutralize any threatening connotation.

Additionally the tanned look has now become part of the bodybuilding image. This can be achieved through ultraviolet light, but often nowadays through **tanning lotions** or vegetable-based body stains.

Add to this a **light smearing of oil** over the skin and the image is complete.

A hairless, tanned, lightly oiled surface on the body all go to emphasize the contours, beauty, roundness of the muscular physique.

For bodybuilders and sports enthusiasts who require large areas of the body to be hairless, checking the **Body Areas** page will help to identify the best methods for certain areas.

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Hair Growth: Fact Sheet

Hair follicles are tube-like structures ending in a bulbous shape below the surface of the skin. Within these follicles hair shafts form and develop and then grow above the surface of the skin.

The main component of hair is a protein called **keratin**.

Hair goes through a life cycle which includes growth, transition, and a resting phase.

During the resting phase (called "telogen") the mature hair shafts either fall out or are forced out by the new growth below them.

Each of the individual hair follicles has an independent life cycle. This is significant when it comes to an efficient hair removal method.

Some hair removal methods such as waxing, sugaring and threading can only remove the hairs which are currently above the skin by 1/8 or 1/4 inch.

Hair grows continuously as new hair cells are formed at the base of the hair follicle.

Androgens, a male sex hormone present in both men and women, activates specific areas of the body to produce hair.

Hair follicles grow in repeated cycles.

One cycle can be broken down into three phases:

1. **Anagen** - Growth Phase
2. **Catagen** - Transitional Phase
3. **Telogen** - Resting Phase

Anagen Phase - Growth Phase

- Approximately 85% of all hairs are in the growing phase at any one time.
- The Anagen or growth phase can vary from several weeks (mustache) to several years (scalp).
- The area of the body, gender and hormonal factors all have an effect on the length of the growth phase.

Catagen Phase - Transitional Phase

- At the end of the Anagen phase the hairs enters into a Catagen phase which lasts about one or two weeks.
- During the Catagen phase the hair follicle shrinks to about 1/6 of the normal length.
- The lower part of the follicle is destroyed and the dermal papilla breaks away to rest below.
- The dried up hair root is referred to as being "keratinized" or hardened and it acts as an anchor in the follicle for the shedding hair.
- Often the keratinized hair will remain in the follicle until new growth forces it out and the hair is shed.

Telogen Phase - Resting Phase

- At the end of the the Catagen phase hair enters the Telogen phase which normally lasts about five to six weeks.
- The hair does not grow but stays attached to the follicle while the dermal papilla stays in a resting phase below.
- Approximately 10-15% of all hairs are in this phase at any one time.
- At the end of the Telogen phase the hair follicle reenters the Anagen phase and new hair begins to form starting the growth cycle all over again.

Hair is continually shed and renewed by the operation of alternating cycles of growth, rest, fallout, and renewed growth.

Each hair passes through the three phases independently so the total amount of hair normally remains constant.

On average 50 to 100 hairs are shed each day from a total of around 150,000 follicles.

Conclusion: This information is essential to an understanding of why hair removal methods take time. It is not possible to disable all hair follicles at the same time for the reasons stated above.

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Hair System: Fact Sheet

The hair system is known the pilosebaceous system.

It consists of four main parts

1. **Follicle** - the hair canal
2. **Papilla** - the organ that feeds hair growth
3. **Sebaceous Gland** - the associated oil gland
4. **Hair** - shaft or structure which has been hardened (keratinized)

Follicle

A hair follicle is an indentation in the skin.

The inside of each follicle therefore is much like the skin's surface being an inward fold into the skin with a mechanism for producing a hair.

The lower portion of the follicle has an expanded shape and is called the follicle bulb where there is an area of actively dividing cells called the hair matrix.

This is the source of hair production.

The follicle and the hair it produces continue through repeated cycles of growth and rest.

Papilla

At the base of the follicle lies a tiny structure made of skin-related cells called the dermal papilla which feeds the newly formed hair cells from its blood supply.

These newly formed hair cells grow continuously and die continuously, forming a hardened or keratinized structure - the hair shaft.

The hair shaft continues to grow outward from the follicle base.

Sebaceous Gland

The sebaceous glands or oil glands are located close beneath the surface of the skin over the entire body.

There are a large number concentrated in the facial area.

The oily material secreted is called sebum.

Sebum lubricates the hair shaft and the skin.

Hair

The papillary region is often referred to as the "hair root," the portion which grows below the surface of the skin which is contained within the follicle canal.

The hair shaft is the portion of the hair that grows above the skin surface.

Hair System: Fact Sheet Continued...

Generally speaking, two types of hair are produced by the follicle:

- vellus
- terminal

Vellus hair is like "peach fuzz" and it is normally found on a woman's cheek or a young child. It is soft, downy and colorless.

The follicles producing vellus hair are shallow, and the hair shaft produced is relatively short.

Vellus hair is normal in women and is not treated with permanent hair removal techniques such as electrolysis.

Terminal hair is deeply rooted, coarse, and colored.

Terminal hair begins as the peach fuzz type but later develops color and some degree of coarseness at which point it becomes the terminal type.

Terminal hair grows from the scalp, eyebrows, underarms, pubic area, and other parts of the body.

It is terminal hair which many people regard as unwanted and therefore try to remove from certain body areas.

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Permanent Hair Removal: A Definition

Permanent Hair Removal is defined by the International Guild of Professional Electrologists (IGPE) in their Official Standards dated December 8, 1978 as follows:

DEFINITION: Hair removal is accomplished by destroying the dermal papilla and the surrounding germinative cells in the lower portion of the hair follicle, without harming the upper layers of the skin. The hair follicle provides access to the dermal papilla. The skin is not punctured.

PURPOSE: This document sets forth acceptable equipment and techniques for permanent removal of hair. A process alleged to be effective must remove permanently at least 40-50% of the hairs on initial treatment, 50-60% should be an average, with possible highs of 60-70%. The increase of percentages would be proportionate to the proficiency of the practitioner.

PROCEDURES FOR EVALUATING ALLEGED PROCESSES FOR PERMANENT HAIR REMOVAL:

1. The Investigator must be a qualified graduate electrologist with no less than two years experience and a member in good standing of the American Electrol(o)ysis Association.
2. The electrified needle method must be a "Federal Communications Commission" approved device.
3. Subject: male or female, between the ages of 20 years and 30 years.
4. Test area: Anterior shin.
5. For control purposes 50 terminal hairs are to be removed within a very concentrated area, with an electrified needle and in close proximity, 50 terminal hairs are to be removed by the test method.
6. The control and test sites are to be carefully examined weekly for 9 weeks. Hairs appearing within 14 days are to be considered anagen hair, which will be charted and not considered regrowth. Regrowth hair is hair which emanates from treated follicles.
7. After 9 weeks results will be recorded and efficacy will be determined.

These standards are copyrighted - Fino Gior, President of the IGPE and Paul Kechijian, M.D., Dermatology Consultant, December 8, 1978."

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