

# 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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### 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.

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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)

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## 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.

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

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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.

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

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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.

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