

# Good Housekeeping

## Goodlooks

Make sure you follow through with proper care after hair removal

# Banish facial HAIR!

Removing hair from one's face can be traumatic... It's vital that you get it right. Here's some know-how  
by Jhelum Biswas

The face is a very sensitive area so you can't be too careful. Basically, the treatments may be divided into temporary and permanent procedures.

### Temporary hair removal

It includes plucking, waxing, shaving and depilatory creams. However, experts strongly advise against shaving of facial hair and use of depilatory creams on the face as in both these methods the hair is removed only from the skin surface (depilated) and it grows back within a few days. Also shaving cuts hair bluntly and the prickly stubble makes the skin feel coarse;

and depilatory creams tend to react with the skin often leaving ugly marks. Plucking and waxing, on the other hand, remove the hair from the root (epilation), and the skin feels smoother and softer. The hair takes comparatively longer to grow back.

**1 Plucking** with tweezers or a thread is the best method to remove hair from the face; the skin is not pulled much but it takes longer and may be more painful than waxing. The upper lip and chin may be waxed but thread or pluck the eyebrows to give better shape.

**2 Waxing** of the face should always be done at a recognised beauty clinic. Test the temperature of the wax before allowing it to be applied on your face. Insist that small sections



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are waxed at a time. Don't allow the same strip to be used for more than one application. After the session, apply an ice pack and an antiseptic cream.

● **TIP:** Your pain threshold is at its lowest and the hormones which stimulate hair regrowth are most active immediately before and during your periods. Best to avoid threading and waxing during this time.

### Permanent hair removal

involves the destruction of the hair follicle. For facial hair removal there are two basic methods – electrolysis and laser therapy. These are suitable for women with abnormal and coarse hair growth and if done properly, there's just about 10-30 percent of regrowth.

#### 1 Electrolysis

is a laborious method as each hair is treated individually. A needle is inserted under the skin and a high frequency electric current is passed through the hair follicle to



destroy it. Only a qualified professional should do it. It can be painful and there's a risk of scarring and infection. It's time consuming and multiple treatments are required. Opt for it only if you have very coarse hair. Don't get more than 20 hair follicles removed in a sitting. Maintain a gap of at least seven days between consecutive treatments.

#### 2 Laser therapy

A small area of the skin is selected at a time, shaved and cooled to 4°C. A laser beam is then quickly and evenly applied over the area. The sensation experienced is that of a pinprick. The beam destroys hair follicles and impairs regrowth. This method is less painful and is faster than electrolysis but there can be redness or pigmentation. It works best on people

with light skin and dark hair. There's about 10 percent regrowth and it's sparse. It's been approved by the US Food and Drug Authority; only a licensed professional is authorised to do it.



### THINGS TO REMEMBER

- 1 Abnormal hair growth may be due to malfunctioning of the endocrine system, hypertension, severe illness and uterine cyst. Consult a doctor.
- 2 Pregnant women and those suffering from skin ailments should not opt for electrolysis or laser therapy.
- 3 Always consult a dermatologist before opting for electrolysis or laser therapy.
- 4 Avoid direct exposure to sunlight when undergoing electrolysis or laser therapy. Apply a sunblock lotion even if indoors.
- 5 After hair removal apply astringent to close the pores but if it stings use a soothing face pack or gel and follow it up with a moisturiser – your regular-use product will suffice.
- 6 Make sure a fresh sterile needle is used if you're opting for an electrolysis.
- 7 Hair can never be removed permanently; the growth can only be reduced.



### BLEACHING: TIPS FOR YOU

- 1 Bleaching is only a skin lightening or tan-removal process. It can't remove hair. It can only camouflage fine hair.
- 2 Be extremely cautious when bleaching the face. Get it done from a recognised professional and insist on a patch test. If you break out in an allergy, apply an ice pack, have an anti-allergic tablet and drink plenty of water.

- 3 The bleaching time is dependent on your skin tone. For dark skin it's 7-8 minutes and fair skin 10-15 minutes.
- 4 Bleaching dries the skin. It should be done only once in two months. For face-bleach always opt for recognised brands such as Jolen or Fem.



### [ PRICE RANGE ]

- BLEACHING  
Rs 250 onwards
- THREADING  
Rs 15-100
- WAXING  
Rs 40-175
- ELECTROLYSIS  
Rs 1500-2500 per sitting
- LASER THERAPY  
Rs 2000 per sitting

(price for permanent treatments depend on the hair growth and the area treated)

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