

HAIR FREE RESOLUTION!

By France Di Paola

Make a new year's resolution; to be hair free for 2012! Women will reveal their most intimate secrets before they openly discuss their facial hair issues. They won't tell you whether they're tweezing, waxing, sugaring or shaving. It is their best kept secret! Hair growth for many women is a very private matter. Most women feel embarrassed to admit that they are battling with facial hair. They will go to many lengths to conceal the ugly bristles. The New Year brings new faces to my clinic, in search of a solution for their unwanted excess facial and/or body hair. Women all over the world dealing with daily hair removal are fed up with the temporary hair removal methods and choose a permanent method such as Electrolysis or Laser. The most common question, "Why does this hair keep coming back?"

As an Electrologist, I feel passionate to reply to this question. Here is the technical explanation...it may seem involved but I feel very strongly that each person I see needs to know this in order to fully appreciate the process of Electrolysis and laser. This isn't just a service I am providing, it is a collaboration to help. I really want my clients to fully understand what is happening and the results they will achieve by choosing a permanent hair removal method.

IT BEGINS WITH... THE HAIR'S CYCLE OF LIFE.

Women experience hair growth when there are equal amounts of blood flow and hormonal activity. Each hair is embedded in a protective follicle located in the deeper layer of the skin. At the bottom of the follicle there are tiny capillaries that pump blood to the root of the hair called the papilla or bulb. Other nutrients such as dermis cells and hormones present in the deeper layers of the skin travel through the bloodstream then through these tiny capillaries to strengthen the hair in certain sensitive follicles. Each hair has its own cycle of life. The cycle of life will occur between ranges of 4 to 12 weeks. During this period a hair will form at the base of the hair follicle. An active hair will reach the surface of the skin, continue its activity and force through the skin and continue growing until the end of its cycle. The end of the life cycle is reached when the hair sheds from its follicle and a new hair forms in its place. Some hairs will go dormant for longer periods making it difficult to destroy during regular scheduled electrolysis or laser treatments. Thus explaining why some clients need to come back for touch up treatments. And at times, hair simply has a mind of its own!

BIOLOGICAL CAUSES OF HAIR PROBLEMS

"Congenital growth" a pattern of hair growth destined at birth. This pattern is inherited from your parents. It stems from the light baby fine hairs (Vellus hair) and can later grow into problematic hair. Ethnicity plays a role in this part as well depending on which region you are from. Some women may already have a pre-determined pattern of hair growth at birth.

"Topical growth" caused by an irritation or stimulation on the surface of the skin which increases the blood supply to further feed the root of the finest of peach fuzz (Vellus hair). Irritations such as excessive exposure to the sun causing sunburns or excessive scratching can lead to further growth. Another stimulus would be repeated plucking or waxing of this soft facial hair. By doing so, over time this hair will be propelled to grow into cat whiskers. It may seem like this hair grew larger and darker overnight! (PLEASE NOTE: Plucking or waxing does not have this affect on the eyebrow or body hair.)

"Systemic growth" This growth is triggered by hormones which are difficult to control. It begins with hormones that are excreted by the endocrine glands. Endocrine glands spill their chemical contents directly into the bloodstream. Blood feeds and nourishes the cells that produce the hair. The proper balance of the endocrine gland is extremely delicate. It is the adrenal glands that produce androgens. The primary and most well-known androgen is testosterone. Testosterone is responsible for all hair growth. If you notice sporadic growth or dense patches of large coarse facial hair, either dark pigmented or white, on the upper lip, chin, neck, anterior neck and sides of face or chest, you may want to ask your doctor to check your hormone levels. Though levels may test normal, sometimes the right amount of testosterone combined with blood and a slight shift in hormones and bam, you've got excess hair! Certain birth control pills, thyroid or blood pressure medication, stress or trauma can all contribute to excess hair by elevating your testosterone levels acting as a hair fertilizer.

Normal hormonal changes in a woman's body occur during three major phases in a woman's life; puberty, pregnancy and menopause. The shift in hormone levels will cause hair to produce or fine hair to grow into problematic hair. Again it is the testosterone levels that are elevated just enough to "jump start" surplus hairs on the face or body.

GETTING RID OF HAIR

Now that you are familiar with how and why hair grows – let's talk about a permanent method to "get rid of it"! You may choose to continue using temporary hair removal methods such as waxing, sugaring or plucking, however, this will only encourage the hair

to return with a vengeance when addressing facial hair. The most effective method would be Electrolysis. Though it is a slower process and many sessions are required, it is 100% permanent hair removal. Another method which is most efficient is laser. Laser will destroy a larger volume of hair in one session. It is 90% to 95% effective hair removal. Laser technology has come a long way since the 1990's. The remaining hairs can only be completed with succeeding electrolysis. All methods require perseverance if you wish to see results. I usually advise a 3 month period of treatments. Most clients tell me they stop checking the mirror - because the hair is almost nonexistent. If you are ready to commit the time and money, both are excellent choices for long term results.

Keep in mind that some methods come and go and others have been around for 130 years and are still going strong to this day, i.e. electrolysis. And as for laser technology, clinics around the world invest \$100,000 plus in technology and can provide clinical studies and governmental approvals. Soprano Pain Free Hair Removal won a Gold Medal - The 2011 gold medal award for Best Aesthetic Treatment in the UK was presented to Alma Lasers Soprano system on December 11, 2011 for pain-free hair removal. Compare those standings to the \$100 homecare kits that claim to be effective. Consumer "beware", millions of dollars are spent each year on new homecare gimmicks to rid hair, but do they really work? Professional clinics globally have spent the time and money researching prior to purchasing their equipment and rely on industry standards to prove that the apparatus actually do what they claim.

The biggest misconceptions about electrolysis and laser are: it hurts and it's expensive. Thanks to improved technology, which offers quick and effective permanent results with ease, electrolysis today is very comfortable. Even the most sensitive person should be able to tolerate the treatments. "It doesn't have to feel like a bee sting". New laser technology is virtually painless and quick. The expense of treatments might sound like a lot when talking about the total costs however compared to other beauty services that amount over the years such as bleaching, waxing or sugaring, electrolysis and laser thermolysis treatments are permanent. The investment stays with you while other services require indefinite repetition. Mostly you will find relief and do-away-with the embarrassing hairs, the daily chore of shaving or weekly or monthly waxing.

For the many women who pose the questions concerning hair, it is a relief to be able to offer them hair removal services that truly work and have for many years helped women manage unwanted hair. You do not have to feel embarrassed about this delicate subject nor alienated or alone. I am very proud to be an Electrologist and Laser Technician; I am able to provide one-on-one care for women who have excess hair by combining both technologies and my clients achieve amazing results. Visit an Electrologist to help gain back your self confidence and unveil your natural beauty this year! The process does work!

When all other methods fail the New Year bring new solutions – removing unwanted hair and never having to shave ever again.

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