

# Index

## A

abdomen, 72, 153  
    female, 111–112  
    male, 139  
acne, 25, 87, 154  
    Accutane, 87, 154  
Adam's apple, 129, 133  
adjuvant treatment, 149  
African ancestry, 12–13, 20, 22, 157  
    *See also under* skin colour  
Aldactone (spironolactone), 25  
American Medical Association, 47  
anagen, 7, 62–63  
androgen, 14, 15, 17, 19, 25, 110  
ankles  
    female, 121  
    male, 142  
anticoagulants, 87  
anus, 21  
    male, 141–142  
areola, 110–111  
arms  
    female, 114–115, 117, 124–125  
        forearms, 70, 114–115  
    male, 136, 139–140  
Asian ancestry, 12, 20, 152  
    South Asian, 106, 152  
    *See also under* skin colour  
asthma, 25  
athletes, 18

## B

back  
    female, 112–113  
    male, 127, 136–138, 143  
baldness, 21  
    male, 132–133  
beard, 22, 89, 146  
    male, 129–131  
    *See also* facial hair  
belly button, 111, 139  
bikini line, 22, 95, 102  
    female, 116–117, 124  
    male, 138–141, 143  
birth control, 14–15, 24  
birthmarks, 23  
black skin. *See under* skin colour  
bleaching, 35, 114  
blend method. *See under* electrolysis  
Bordier, Henri, 50  
breasts, 110–111, 124–125  
buttocks, 22, 118

## C

cancer, 87, 149  
catagen, 8, 62–63  
cheeks, 27  
    female, 104–105  
    male, 130–131  
chemotherapy, 149  
chest  
    female upper chest, 110

- male chest, 138–139
- chin, 100, 101, 149, 155, 156
  - female, 105–106, 124–125, 158
- Cole, Hubert L., 41
- colour. *See* hair colour; skin colour
- combination treatments, 72–73
- consultation, 61
  - laser treatment, 78
  - skin colour, 153–154
  - testimonial, 27, 45, 56, 102, 158
  - training, 161, 162
- cooling system, 78–79, 81, 84, 143
  - Cryo 5, 89
  - Cryo 6, 89
  - Cryo cooling system, 86, 89–90, 114, 119
- cortisone, 24
- creams. *See* hair-removal creams; numbing creams
- cyclosporine, 25
- D**
- danazol, 24
- dark skin. *See* under skin colour
- deodorant, 95
- depilatories. *See* hair-removal creams
- DHEA steroid, 26
- diabetes, 87
- Dilantin, 24
- diuretics, 25
- E**
- ears, 21
  - male, 134–135
- electrolysis, 4, 47–50, 52, 53, 55, 77
  - blend method, 50, 58
  - combination treatments, 72–73
  - galvanic electrolysis, 49–50, 58
  - schedule, 63–64, 99–100
  - testimonial, 56, 101
  - three-way stretching method, 59–60
  - training, 160–163
  - treatment, 57–61
  - treatment measures, 65–68
- electrolysis certificate, 161
- electrolysis kit. *See* home electrolysis kit
- Elos, 53–56, 145
  - blond hair, 148
  - combination treatments, 72–73
  - training, 161, 162
  - treatment, 68–72
- endometriosis, 24–25
- environmental effect (hair growth), 11, 14, 23–26
- Epilady, 37
- Epilfree, 42
- estrogen, 25
  - medication, 128
- ethnicity, 152
  - bikini line, 116
  - cheeks, 130
  - chest (male), 138
  - genetics, 20
  - hairline (female), 108
  - hairline (male), 132
  - hormones, 12–13
  - legs (male), 142
  - upper and lower lip, 106
  - See also* skin colour
- European ancestry, 12, 20
  - Southern European, 106
- exfoliation, 67

- exfoliating mitts, 67
- eyebrows, 21, 30–31, 74
  - female, 109
  - male, 131, 132, 135–136
  - threading, 34
  - unibrow, 21, 54, 109
- F**
- facial hair, 12, 16, 36
  - beard, 22, 129–130
  - combination treatment, 73
  - female, 103–108, 124
  - female mustache, 107
  - genetics, 21
  - hormones/medications, 24, 26
  - male, 129–131
  - male mustache, 134
  - scheduling, 73
  - shaving, 29–30
  - testimonial, 45–46, 56, 75, 101, 158
  - tweezing, 30
  - Vaniqa cream, 44
- FDA (Food and Drug Administration), 47, 92
  - product approvals 38, 39, 44, 47
- feet
  - female, 118, 121
  - male, 142–143
- female hair growth, 14–17, 31
- female treatment, 103–125
  - treatment guidance, 123–124
- fingers
  - female, 115
  - male, 140
- Fitzpatrick skin classification, 69, 97–98, 141, 146, 152–153
- Flash&Go. *See under Silk'n*
- follicle (curved/distorted), 66
- forehead
  - male, 132
- freckles, 94
- G**
- gadgets, 38–44
- genetics, 11, 19–23, 117
- goggles, 83–85, 90
- H**
- hair colour, 12–13, 69, 145–149
  - black and white hair (combo), 148–149
  - black hair, 146, 155
  - blond hair, 148
  - brown hair, 147
  - grey hair, 148
  - red hair, 147–148
  - white hair, 148–149
- hair-growth cycle, 3, 7–9, 24, 62–63, 74, 83
  - testimonial, 143, 163
- hairline
  - female, 108
  - male, 21, 132–133
- hair plugs, 132–133
- hair-removal creams, 35, 37
  - Vaniqa, 44
- hair-removal industry, 51–52, 55–56, 57, 67–68, 159–160
  - need for reform, 1–5, 47
  - NoNo, 39
  - skin colour, 151
  - testimonial, 163–164
- hairspray, 95
- hair transplants, 132–133

hands

female, 115

male, 140

heredity. *See* genetics

Hinkel, Arthur, 50

hirsutism, 25

home electrolysis kit, 35–36

home pulsed light (HPL), 38

hormones 9, 11–19, 24–26, 117

*See also* steroids

hyperpigmentation. *See under* pigmentation

hypertension, 25

hypopigmentation. *See under* pigmentation

hysterectomy, 26

**I**

industry. *See* hair-removal industry

ingrown hair

anus, 141–142

black skin, 22

Epilady, 37

laser hair removal, 85, 156

shaving, 29–30

testimonial, 45

threading, 34

tweezing, 30

waxing, 33

Inhibitif, 41–42

intense pulsed light (IPL), 31, 51–52, 160, 161, 162

Irish ancestry, 152

**J**

jaw, 101

jawline, 75

female, 105–106, 125

**K**

keloids, 87, 154

knees, 118, 120

**L**

laser equipment, 87–90, 92, 151

Alexandrite 755 nanometer, 88

Diode 800/810 nanometer, 88, 162

Ruby 694 nanometer, 88

YAG 1064 nanometer, 88–89, 152, 156, 160,

162

laser hair removal, 4, 52–53, 77–78

assessment, 78, 96–98

comfort guidelines, 86

consultation, 78

contraindications, 87, 89–90

double treatment, 96

equipment. *See* laser equipment

Fitzpatrick skin classification, 97–98

hair colour, 145–149

pregnancy, 122

preparation, 78

procedure importance, 85

progress, 81–85

safety, 90–93

scheduling, 99–100

skin colour, 151–157

skin preparation, 79–81

skin type, 96–98

testimonial, 45, 56, 101

training, 161–163

treatment, 78–87

versus electrolysis, 47–48

legs

female, 119–120, 124

male, 142

linea alba, 111–112

lips, 100, 106–108

lye, 41, 49–50, 58

**M**

makeup, 79, 93–94, 157

male hair growth, 17–19

male treatment, 127–144

medical device license, 91

medications, 24–25, 78, 87, 96

- Accutane, 87, 154
- Aldactone, 25
- anticoagulants, 87
- blood pressure, 24
- cortisone, 24
- cyclosporine, 25
- Dilantin (seizures), 24
- estrogen, 128
- spironolactone, 25

*See also* birth control

Mediterranean descent, 116

menopause, 18, 26

men's hair growth. *See* male hair growth

Michel, Charles, 49

microwave, 37, 44

MiraDry, 44

MiraSmooth, 37, 44

moisture, 67, 71

moisturizer, 67, 96

moles, 23, 94

mustache

- female, 107
- male, 134

**N**

neck, 23, 27, 75, 101, 139

- female, 105–106, 124–125
- male, 129–130, 133, 143

nape, 16–17, 26, 100, 156

needleless electrolysis, 41

non-invasive electrolysis, 41

NoNo, 39–40

nose

- male, 131–132

numbing cream, 80–81, 86

**O**

obesity, 25

OMI certification, 162–163

OMI Formula, 4

**P**

penis, 22, 140–141

perfume, 95

perianal, 21

*See also* anus

Persian ancestry, 152

photosensitivity, 78, 87, 96

pigmentation, 29–30, 45, 156–157

- hyperpigmentation, 39, 153, 154
- hypopigmentation, 39, 153, 154

pimples, 94

plugs. *See* hair plugs

polycystic ovarian syndrome (PCOS), 17, 27,

- 105, 110

pregnancy, 14, 16, 87, 101, 121–122

Propil, 40, 42–43

pseudofolliculitis barbae, 155–156

puberty, 13, 17–18, 23, 127

- female, 103, 111, 112

testimonial, 74–75, 124  
pubic area. *See* bikini line  
pustules, 94, 112, 133

## R

razor burn, 95, 113

## S

safety, 153–154

*See also under* laser hair removal

scalp, 133

scars, 25

scheduling, 9, 63–65, 73–75, 99–100

scrotum, 140–141

seizure medications, 24

selective photothermolysis, 145

self assessment, 96–98

SensEpil. *See under* Silk'n

sensitive skin, 66–67

shaving, 29–30

beard, 22

legs (female), 120

neck (male), 133

pseudofolliculitis barbae, 155

testimonial, 157

unibrow, 21

shoulders

male, 127, 136, 139–140

sideburns

female, 103

Silk'n

Flash&Go, 38

SensEpil, 38

skin care, 71

skin classification, 146, 152–153

*See also* Fitzpatrick skin classification

skin colour, 12–13, 69, 146, 151–154, 158

Asian skin colour, 20, 152

black skin, 13, 20, 22, 89, 123, 151, 152, 155–157,  
160

dark skin, 71, 151–155, 156–158

light skin, 38, 39, 71, 152

tanned skin, 89, 94, 152

white skin, 20

skin conditions, 89–90

skin type, 96–98, 152

sodium hydroxide. *See* lye

South Asian. *See under* Asian ancestry; skin  
colour

spine

female, 112–113

male, 137–138

spironolactone (Aldactone), 25

spot test, 154

steroids, 19

DHEA, 26

stomach. *See* abdomen; linea alba

stress, 24

sugaring, 34, 36, 101

sunburn, 95, 131, 154

## T

tanned skin. *See under* skin colour

tanning beds, 95

tattoos, 93–94

telogen, 8, 63

terminal hair, 105

testicles. *See* scrotum

testosterone, 26, 127, 128

Thermicon

NoNo, 40

thermolysis, 50, 58  
     chemical thermolysis, 37–38  
 thighs, 32–33  
     female, 118–119  
     male, 142  
 threading, 24, 34, 36  
 three-way stretching method. *See under*  
     electrolysis

toes

    female, 118, 121  
     male, 142–143

training, 58, 60, 82–83, 92, 153, 159–164  
     electrolysis, 160–163  
     electrolysis certificate, 161  
     guidelines, 160–162  
     OMI certification, 162–163

transgender clients, 122–123

Tria

    4X, 39  
     Precision, 39

tweezing, 21, 24, 30–32, 36, 154  
     testimonial, 74, 101

## U

ultrasound gel, 80  
 underarms, 99, 101–102  
     female, 113–114, 117, 124  
     male, 139  
 unibrow. *See under* eyebrows

## V

Vaniqa, 44  
 vellus hair, 12, 71, 103, 105, 106

## W

waxing, 24, 32–34, 36, 43, 120  
     buttocks, 118  
     consultation, 154  
     testimonial, 45  
     underarms, 113  
 women's hair growth. *See* female hair growth