

Table of Contents

Part I. PECULIARITIES OF HAIR STRUCTURE (Hernandez Jimenez E.I., Bragina I.Y., Sharova A.A., Rakhanskaya E.M.)

Chapter 1. Hair structure

- 1.1. Hair under the microscope
 - 1.1.1. Hair follicle
 - 1.1.2. Hair shaft
- 1.2. Hair life cycle
- 1.3. Hair color

Chapter 2. What to consider when choosing a method of hair removal

- 2.1. Hair types
- 2.2. Phase of hair growth
- 2.3. Melanin distribution in hair and skin

Part II. UNWANTED HAIR REMOVAL METHODS (Hernandez Jimenez E.I., Bragina I.Y., Sharova A.A., Rakhanskaya E.M.)

Chapter 1. Depilation

- 1.1. Shaving
- 1.2. Plucking or pulling (trimming)
- 1.3. Chemical depilation and hair growth inhibition
- 1.4. Waxing and sugaring

Chapter 2. Epilation

- 2.1. Enzymatic hair removal
- 2.2. Ultrasonic hair removal
- 2.3. Electroepilation
 - 2.3.1. Electrolysis (galvanic electrolysis)
 - 2.3.2. Thermolysis
 - 2.3.3. Blend electrolysis
 - 2.3.4. Sequential blend electrolysis
 - 2.3.5. Flash thermolysis
 - 2.3.6. Sequential flash thermolysis
 - 2.3.7. Forceps electroepilation
- 2.4. Light-based hair removal
 - 2.4.1. Mechanism of action
 - 2.4.2. Technical features of light epilation devices
 - 2.4.3. Hair and skin features affecting epilation results
 - 2.4.4. Radiation parameters
 - 2.4.5. Lasers and IPLs
 - Lasers Short-pulsed lasers
 - Broad-spectrum intense pulse light devices (IPL)
 - 2.4.6. Effectiveness of laser and IPL hair removal
 - 2.4.7. Contraindications for laser and IPL hair removal
 - 2.4.8. Performing light-based hair removal procedure
 - Before the procedure
 - During the procedure
 - After the procedure
 - 2.4.9. Complications of light-based hair removal (Pestova V.Y.)
 - Early complications

Delayed complications

2.4.10. Laser-based red hair removal (Kalashnikova N.G.)

Hair color Pain

Practical aspects

2.4.11. Hormonal status

Hirsutism

Hyperprolactinemia

2.4.12. Light-based home-use devices

2.5. ELOS hair removal

2.6. Skincare after hair removal

PART III. GENERAL COMPLICATIONS OF HAIR REMOVAL (Albanova V.I.)

1.1. Complications during or immediately after the procedure

1.1.1. Predictable complications

1.1.2. Unforeseen complications

1.2. Delayed complications

1.3. Complications due to pre-existing medical conditions

1.4. Complication treatment

Conclusion remarks

References