

# Electrolysis Hair Removal

and the benefits for those with PCOS

{a conversation with Danielle Penn, LE, CPE}



*Electrolysis*  
BEAUTY LOUNGE  
we want your unwanted hair



# DANIELLE D PENN

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# Most Frequently Asked Questions



What is  
Electrolysis & how  
does it work?

How many  
sessions till  
all my hair is  
gone?

Does it hurt?

What's the  
difference between  
Electrolysis & Laser  
Hair Removal

One year from now you will be glad you started today!



# What is electrolysis?

The permanent removal of hair from the face or body using heat and/or chemical energy.

It's the **ONLY** FDA approved method for permanent hair removal. Existing hair will be destroyed forever once treatment plan is complete.

*All other methods are only temporary.*

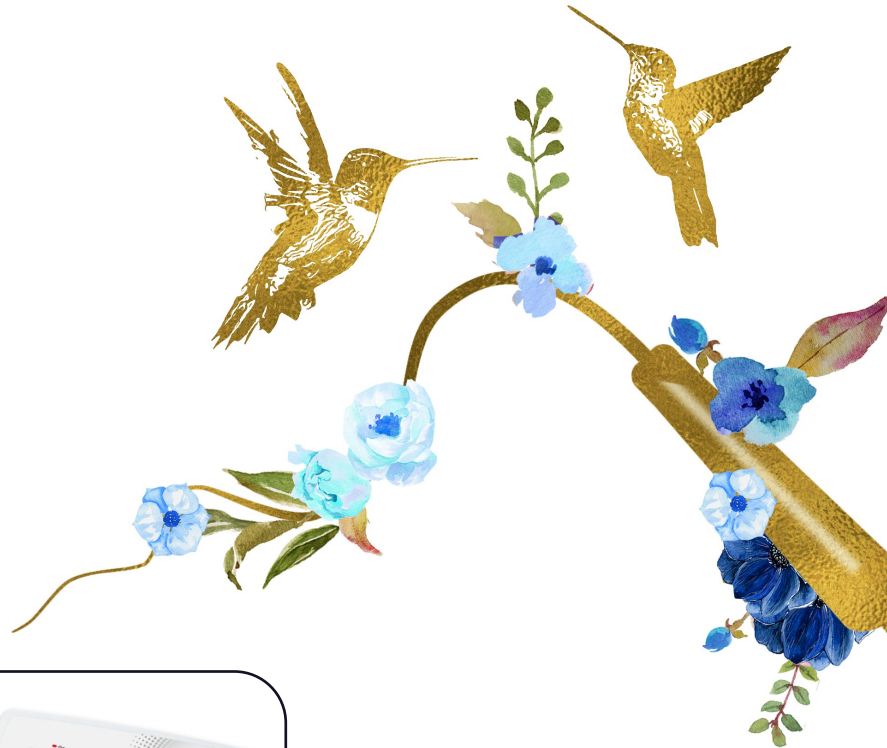


# Primary Electrolysis Equipment

## Epilating Machine

There are many brands & they all get the job done.

EXCEPT  
at-home devices



## Probe

Never larger than  
the size of the hair  
being removed



Tweezer

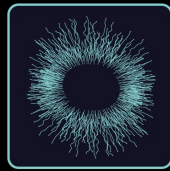
# How Does Electrolysis Work?

The three modalities of electrolysis  
You've Got Options



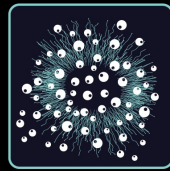
GALVANIC

+



THERMOLYSIS

=



THE BLEND

ask your electrologist which  
one is right for you



## GALVANIC

- ❖ Chemical Energy created using Salt & Water in skin
- ❖ Produces liquid Sodium Hydroxide aka Lye
- ❖ Slowest Method – Takes a long time for chemical to break down hair
- ❖ Best for C & S Patterned hair types, those prone to hyperpigmentation and or those with a low pain tolerance to Thermolysis

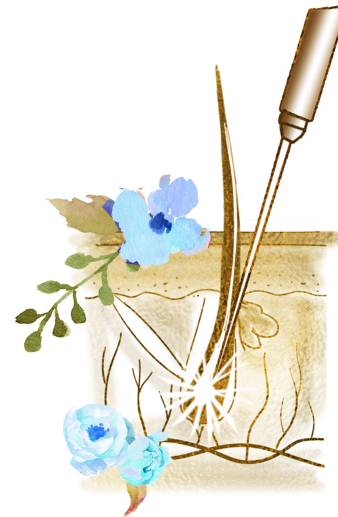
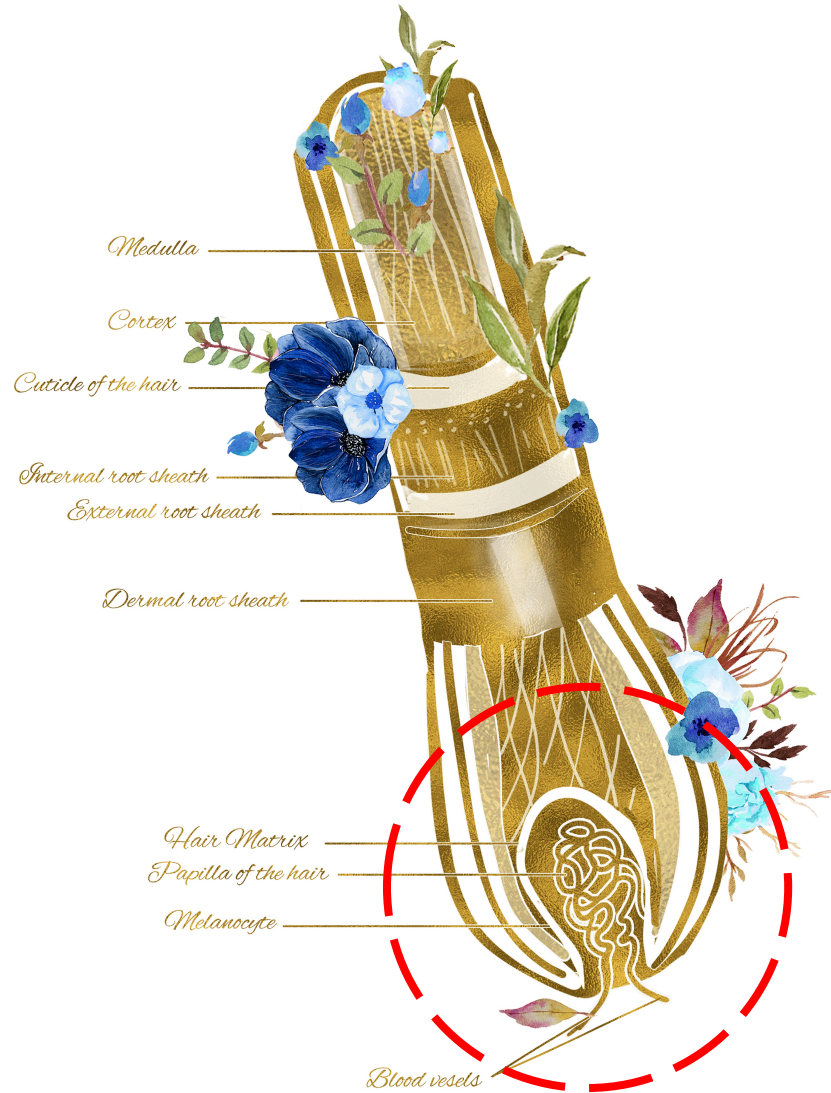
## THERMOLYSIS

- ❖ Heat Energy
- ❖ Short pulse of heat – fraction of a second /pulse
- ❖ Fastest Method – Immediate follicle destruction
- ❖ Most Common Method

## THE BLEND

- ❖ Chemical Energy + Heat Energy = The Blend
- ❖ Medium Paced Method
- ❖ Offers best of both worlds
- ❖ Lye is produced and then heat energy is used to warm the liquid increasing its efficacy, thus speeding up the galvanic process

# Why Is It Permanent?



*Thermolysis*



*Galvanic*



*Blend*

## Safe & Effective

- ✓ all body parts (except inside nose and deep inner ear)
- ✓ all hair colors & thicknesses
- ✓ all skin complexions including vitiligo skin
- ✓ all tattoos
- ✓ even moles with doctor's approval

Electrolysis hurts  
{but}  
It works!



# Does electrolysis hurt?

Yup!

You will never beg your electrologist for more, but you will always be happy you got it done.


There are ways you and your electrologist can manage the discomfort

# Minimizing Discomfort

## ELECTROLOGIST'S CONTROL


### Settings Adjustments

The three modalities of electrolysis  
You've Got Options



**GALVANIC** + **THERMOLYSIS** = **THE BLEND**


ask your electrologist which one is right for you




we want your unwanted hair

## CLIENT'S CONTROL

### Hydrate Hydrate Hydrate



If you don't stay hydrated your electrolysis treatment will be more uncomfortable & less effective.



we want your unwanted hair

### Take the Edge Off

LIDOCAINE CREAMS



**ELECTROLYSIS PAIN RELIEF**



PAIN TABLETS



we want your unwanted hair

### Follow the Rules

Know What To Do & Expect  
BEFORE + DURING + AFTER  
ELECTROLYSIS TREATMENTS

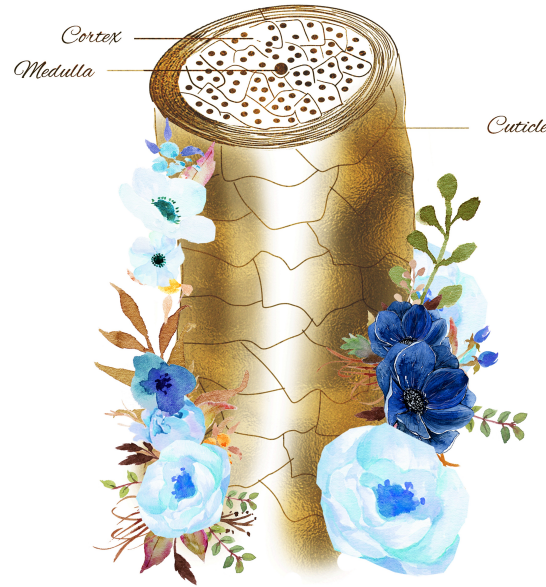


YOU CAN  
**Totally DO THIS.**



BEAUTY LOUNGE






# How many sessions will you need?


Everyone is different


There's a general rule of thumb.  
Then there are variables that impact the rule.

First you need to understand hair growth.

# Hair Growth – The General Rule of Thumb

- 

1 All hair grows in waves
- 

2 Each hair within a wave goes through 3 main cycles  
| GROW. REST. SHED.  
Multiple waves of hair are visible above the skin's surface at once, all in different cycles
- 

3 As hair sheds, it moves to the back of a long line of waves

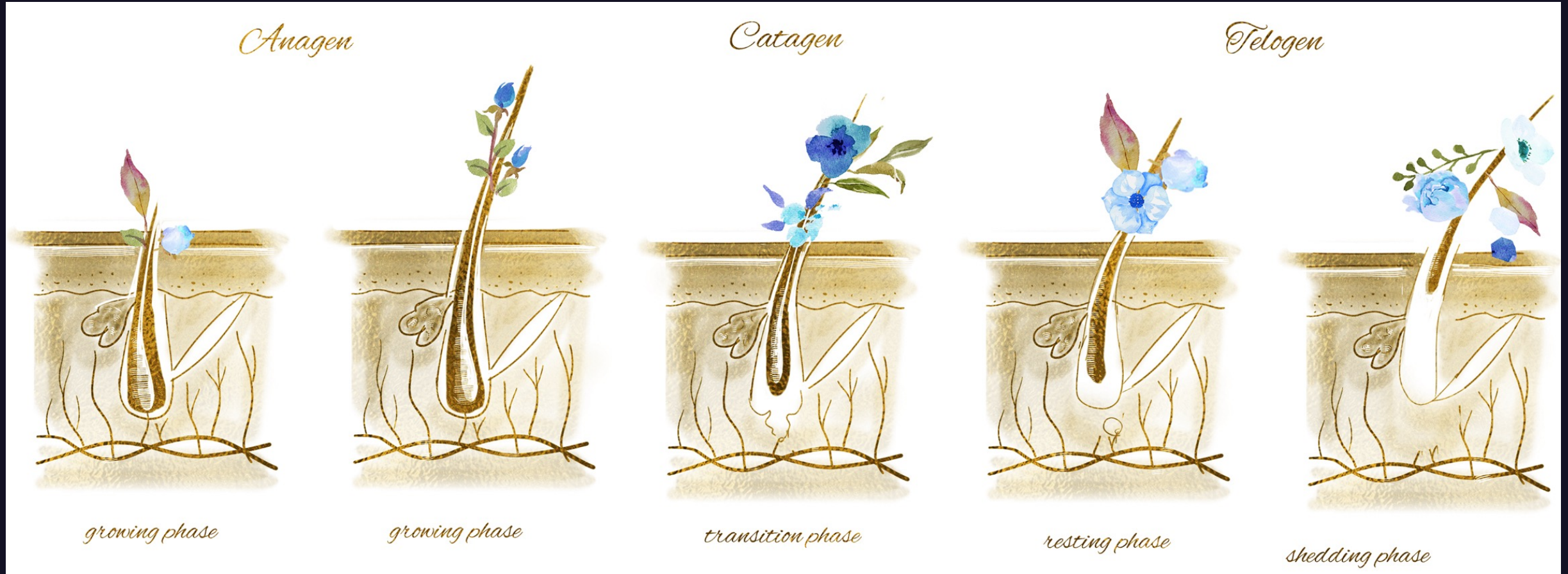
Face & body hair take approx.  
12-24 months to complete  
a full cycle.

More dense areas take longer to clear.  
A Full Beard & Bikini can take as long as three years.

This is roughly how long your  
electrolysis treatment will last  
if you commit to your  
treatment plan.

**Over time, appts get further apart,  
& sessions become shorter in duration**

The **Growth Phase** is the most ideal phase for electrologists to target hair destruction



# What Causes a Shift from the General Rule?

## THINGS YOU CAN CONTROL

**A** Follow your treatment plan

**B** Avoid unfriendly hair removal methods  
SHAVE. CLIP. CREAMS.  
ONLY

**C** Hydrate. Hydrate. Hydrate.  
**WE CAN'T STRESS THIS ENOUGH**

## THINGS YOU CAN'T!

**D** Unique hair growth patterns & densities

**E** Hormone imbalances  
HYPERANDROGENISM.



**HIRSUTISM**



# Hirsutism & Polycystic Ovarian Syndrome {PCOS}



Electrolysis and be done with it <sup>sm</sup>



# Hirsutism & PCOS

HIRSUTISM: Terminal hair with male-patterned distribution in women

PCOS is the most common cause of hirsutism

Hirsutism affects 70% to 80% of those with PCOS

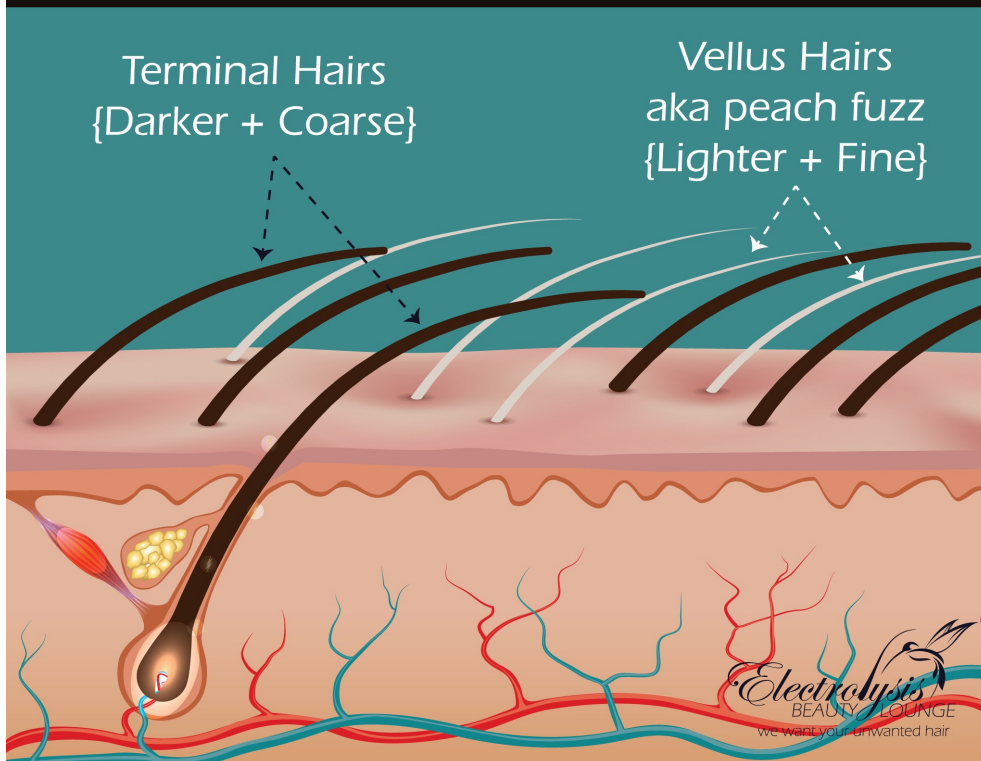
Insulin sensitivity/resistance cause the ovaries to overproduce the androgen hormone = hyperandrogenism

The androgen hormone is what triggers hair to grow on the body

Hyperandrogenism causes HIRSUTISM

# Hirsutism & PCOS

## THE ANDROGEN HORMONE TURNS VELLUS HAIR INTO TERMINAL HAIR



Androgens travel to hair follicle through the blood.

Vellus hairs become terminal as an increased supply of androgens are pushed through the body.

Biological women's bodies do this "normally" during 3 major phases in their life: Puberty, Pregnancy & Menopause.

"Abnormal" increases of androgens cause a greater number of vellus hairs to transition thus why those with PCOS are more prone to hirsutism.

Electrolysis can combat the effects of hirsutism by destroying the excess hairs permanently.

Without the help of medicine to regulate androgen production, new terminal hairs will keep forming making them difficult to manage with electrolysis alone. Once hair becomes terminal, the only way to get rid of it permanently is electrolysis, even after hormone levels return to "normal".

Taking a pause for questions about:

The Electrolysis Process

Hair Growth Cycles

Vellus vs Terminal Hair

PCOS & Hirsutism



## LASER VS ELECTROLYSIS HAIR REMOVAL

Why is there so much confusion?



LEARN MORE ABOUT THE:  
Technology | Professionals | Similarities  
Risks | Debunked Myths

[BewareofLaser.com](http://BewareofLaser.com)



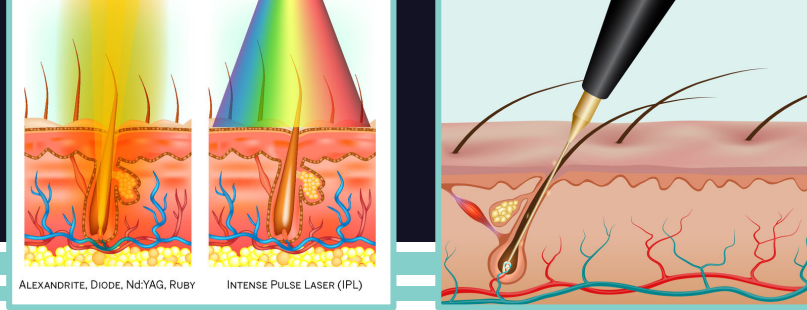
# Electrolysis vs Laser Hair Removal

## DO YOUR RESEARCH!

Laser hair removal can cause increased hair growth and those with PCOS or taking hormone supplements are at an even greater risk!

[www.BewareofLaser.com](http://www.BewareofLaser.com)

# A Side-by-Side Comparison



Most Precise

E → Electrolysis removes one hair at a time targeting the hair beneath the skin. Laser scans a larger area attempting to impact several hairs at once.

Fastest Treatment Time

L → More hairs addressed at once so treatment time is significantly shorter.

Most Expensive

L → Laser treatments are a lifelong commitment. Payment for electrolysis will eventually come to an end.

Permanent Results

E → Electrolysis is the only permanent hair removal method. Laser can only deliver permanent reduction.

Greatest Risks & Limitations

L → Laser has the greatest risks like efficacy failures, skin burns & increased hair growth.

Works on all Skin Types

E → Laser doesn't work on all skin and hair types because it relies on a high background to foreground contrast. Laser cannot be performed on vitiligo impacted skin and does not work on blonde, red, grey nor white hair.

Works on all Hair Colors

E → Even with the perfect foreground to background ratio, clients are still at risk of skin burns & increased hair growth.

Works on Tattoos

E → Laser cannot be performed over tattoos because there is not enough contrast, thus a risk of severe skin burns.

Can Increase Hair Growth

L → It's called Paradoxical Hypertrichosis. Laser light can trigger vellus hairs to transition into terminal hairs. This risk is even greater among those with androgen-related hormone imbalances.

[BewareofLaser.com](http://BewareofLaser.com) | [Change.org/BewareofLaser](http://Change.org/BewareofLaser) | [#bewareoflaser](https://twitter.com/bewareoflaser) on IG



# DISCLAIMER ...

“Do your research before deciding to get laser hair removal (LHR), even when it’s recommended by the people you trust like doctors and nurses, and especially when the treatment areas in question are your face and neck (women) and upper torso (men). Before beginning, you should always start with a test patch.

We believe Laser has a place in the hair removal industry. However, it’s not the right option for everyone nor for every part of the body. For some, it does exactly what it is meant to do; reduce hair growth. Our concern is the omission of its risks and it’s time the laser industry and government regulators be held responsible for disclosing all information and enforcing the rule that governs the service.

The following information should NOT be used as your only source of information. It is intended to raise awareness around the risks and limitations of LHR, and to serve as a guide when doing your own research.”

Sincerely, Danielle Penn  
Owner & Operator of Electrolysis Beauty Lounge

Learn More at [www.BewareofLaser.com](http://www.BewareofLaser.com)



Are You a Laser Candidate  
or Should You Beware?

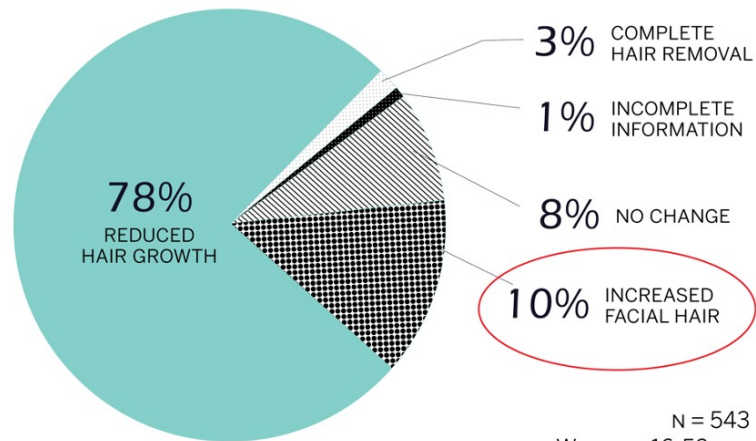
Learn more at [BewareofLaser.com](http://BewareofLaser.com)



# Paradoxical Hypertrichosis

Increase in hair density, color, or coarseness, or a combination of these at, or near treated sites.

## PARADOXICAL HYPERTRICHOSIS {increased hair growth} after Laser Facial Hair Removal



source: Elsevier Global Medical News

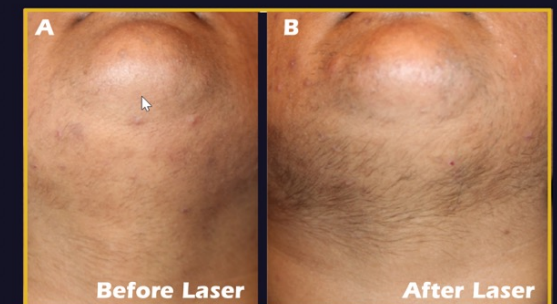
View Full Article  
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N = 543  
WOMEN - 16-52 YRS  
SKIN TYPE III - 68%  
SKIN TYPE II OR VI - 38%  
ALEXANDRITE LASER - 80%  
ND:YAG LASER - 20%  
TOTAL TREATMENTS - 3-23

**BEWARE!** LASER HAIR REMOVAL  
IS YOUR SKIN TYPE III, IV, V OR VI?  
YOU ARE AT RISK OF PARADOXICAL HYPERTRICHOSIS

RISK CANDIDATES. RISK AREAS.	Type III	Type IV	Type V	Type VI
	<b>WOMEN'S FACE &amp; NECK</b>		<b>MEN'S UPPER TORSO</b>	
	<ul style="list-style-type: none"> <li>SIDEBURNS</li> <li>CHEEKS</li> <li>UPPER LIP</li> <li>CHIN</li> <li>NECK</li> </ul>		<ul style="list-style-type: none"> <li>BACK</li> <li>SHOULDERS</li> <li>CHEST</li> </ul>	
	<b>HORMONAL CONDITIONS</b>			
	PCOS NCAH CUSHING'S SYNDROME ANDROGEN - SECRETING TUMOR			
	<b>MEDICATIONS</b>			
	HORMONE SUPPLEMENTS CORTICOSTEROIDS			
	Learn more at <a href="http://BewareofLaser.com">BewareofLaser.com</a>			

## PARADOXICAL HYPERTRICHOSIS AFTER LASER HAIR REMOVAL {increased hair growth}



A 22-year-old woman with skin type IV  
(A) before & (B) after two treatments with a long-pulse  
755-nm alexandrite laser of the chin and beard area.

Vellus Hair, or peach fuzz, became  
thicker, longer, and darker.

Access the Full Study at [BewareofLaser.com](http://BewareofLaser.com)

299 have signed. Let's get to 500!



As of Sept 18, 2021

We will use all submissions to support our claims when we lobby the FDA & FTC to:

1. Better police the LHR industry so they no longer make false claims about LHR as a permanent method of hair removal when consulting in-person, on the phone, or live chat, across their digital platforms, or in their marketing materials
2. Enforce strict penalties upon those who violate this rule
3. Force LHR industry experts and scientists to do more focused research on paradoxical hypertrichosis, more specifically:
  - the impacts on those with darker skin types {Types III, IV, V & VI}
  - the impacts on those with underlying hormonal disorders
  - identify if there is a direct correlation between hair induction and laser types, settings, and number of treatments, as well as patient gender, ethnicity, and age

*Sign here*

[Change.org/BewareofLaser](https://Change.org/BewareofLaser)



HAVE YOU SIGNED THE PETITION?

**LASER IS NOT PERMANENT AND IT HAS MORE SIDE EFFECTS THAN YOU ARE BEING WARNED ABOUT.**

Make the laser hair removal industry **disclose the risk of increased hair growth** and **stop promising permanent results.**

Taking a pause for questions about:

Laser Hair Removal

Paradoxical Hypertrichosis





# How to Go Hairless Forever

**1**



**BOOK AN APPOINTMENT**

Book online or call to make an appointment. Get started with a consultation or jump right in and schedule a full 30 or 60 minute appointment.


**2**



**BEFORE + DURING + AFTER TREATMENT**

Visit our website to research what to do before & after your appointment, and what to expect during your session.

**3**



**BE ON TIME**

Be courteous to your electrologist & other clients. Also, depending on other scheduled appointments, your electrologist may not be able to honor the length of your full session.

**4**



**BE HONEST**

When completing your health form, be honest so your electrologist can offer the best & safest treatment for your needs.

**5**



**TRUST YOUR ELECTROLOGIST**

Remember your electrologist is well-trained, has your best interest at heart, and shares your same goal.

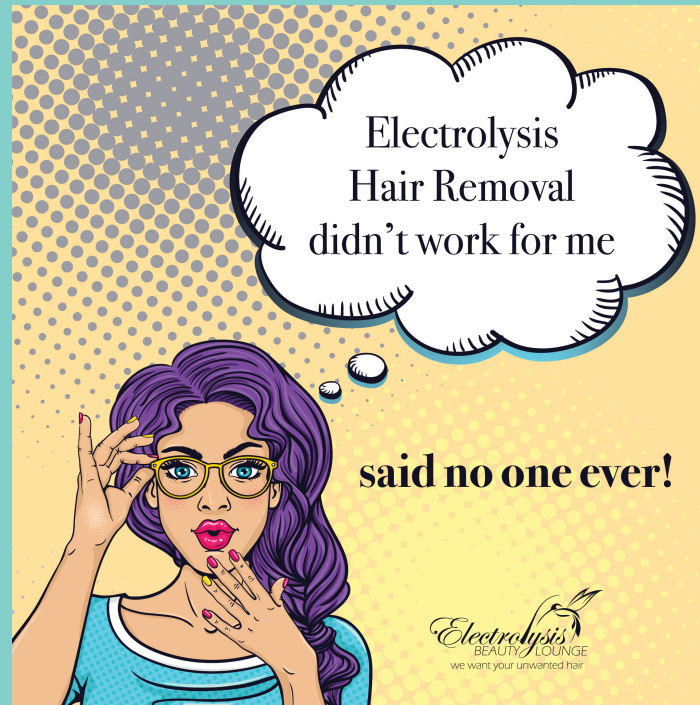
**6**



**FOLLOW YOUR TREATMENT PLAN**

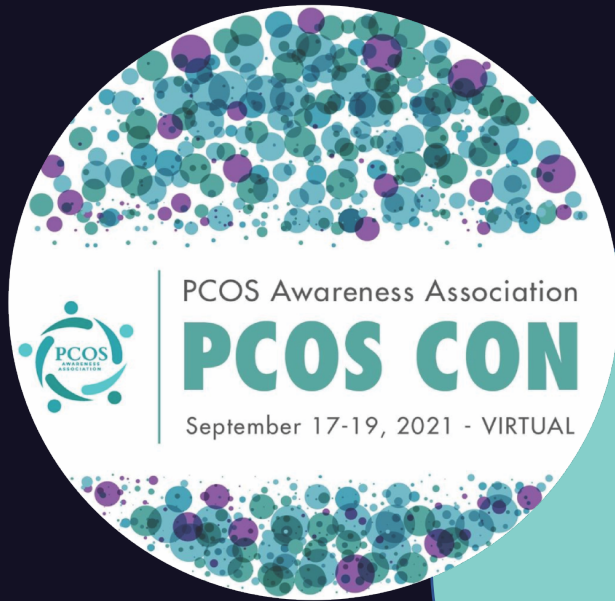
Electrolysis will get rid of your hair forever. All you have to do is commit, and follow the plan designed by your electrologist.





The most beautiful thing about Electrolysis is that it's perfect all by itself.

It just needs a voice ... Spread the word!



**NEXT PCOS CON SESSION begins at 3:00 pm**

Breakout Session 2.0: Self Acceptance/ Lifestyle  
Breakout Session 2.1: PCOS and Teens

Thank You for Your Time.

Schedule your FREE phone consultation.



[ElectrolysisBeautyLounge.com](http://ElectrolysisBeautyLounge.com) | [ElectrolysisBeautyLounge@gmail.com](mailto:ElectrolysisBeautyLounge@gmail.com) | 973.747.2111

Electrolysis and be done with it <sup>sm</sup>