



Authoritative facts about the skin from the [New Zealand Dermatological Society Incorporated](#).

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Hair removal techniques

There are many reasons why men and women choose to remove unwanted body hair. Excess body hair may be undesirable and in many instances cause embarrassment and low self esteem.

Some medical indications for hair removal include:

- [hirsutism](#)
- [hypertrichosis](#) (congenital or acquired)
- [pseudofolliculitis](#)
- hair growth from grafted donor site

There are basically 3 types of hair removal methods: temporary hair removal, temporary hair reduction and permanent hair removal. Within each method a number of different techniques are used to achieve hair removal or reduction.

Temporary Hair Removal Techniques	Temporary Hair Reduction Techniques	Permanent Hair Removal Techniques
Shaving Chemical depilation Epilation <ul style="list-style-type: none"> • Plucking • Waxing • Threading • Abrasives • Sugaring 	Eflornithine HCl cream Laser-assisted Intense pulsed light sources	Electrolysis <ul style="list-style-type: none"> • Galvanic • Thermolysis

[Related information](#)

References:

On DermNet NZ:

- [Procedures to treat the skin](#)

Other websites:

- [Removinghair.co.uk/](#)

Books about skin diseases:

See the [DermNet NZ bookstore](#)

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DermNet does not provide an on-line consultation service.

If you have any concerns with your skin or its treatment, see a [dermatologist](#) for advice.

