

**Table-1: Hair removal methods**

Hair removal methods	Description	Advantages	Disadvantages	
<p><b>Cosmetic or self-removal methods</b></p> <p>(There is no scientific basis that any of these methods causes thicker hair growth. When trying a new product, it is always prudent to test it on a small area of skin first before use.)</p>	<p><b>Shaving</b></p>	<p>A blade is used to shave the hair.</p>	<p>Quick results, inexpensive.</p> <p>Requires regular maintenance. May cause skin irritation or razor bumps.</p>	
	<p><b>Plucking</b></p>	<p>Few isolated hairs can be removed by plucking with tweezers or using thin threads (threading).</p>	<p>Results last longer than shaving.</p>	<p>Tedious for large areas. Requires regular maintenance.</p>
	<p><b>Waxing</b></p>	<p>Warm or cold wax is spread on the skin, usually with cloth strips. Once the wax hardens, the wax strip is pulled from the skin to remove hair.</p>	<p>Quick, large areas can be treated.</p>	<p>Temporarily painful. May cause skin irritation and redness.</p>
	<p><b>Depilation</b></p>	<p>Chemical depilatory formulations such as gels, creams or lotions are applied to the affected skin and wiped off after some time to remove hair.</p>	<p>Requires regular maintenance.</p>	<p>May cause irritant or allergic contact dermatitis.</p>
	<p><b>Bleaching</b></p>	<p>Hair-bleaching products, usually containing hydrogen peroxide, lighten the hair color, making it less noticeable.</p>	<p>Painless, less likely to result in ingrown hairs.</p>	<p>May cause irritant or allergic contact dermatitis.</p>
<p><b>Other procedures</b></p> <p>(These procedures may deliver longer lasting results compared to self-care methods. These can also be combined with medical therapy for improved outcomes)</p>	<p><b>Laser therapy (photoepilation)</b></p>	<p>Hair follicles are destroyed with highly concentrated light (laser) beam and prevent hair from growing.</p>	<p>Good option for people with naturally black, brown or auburn unwanted hair.</p> <p>Multiple treatment sessions may be needed to achieve satisfactory hair reduction.</p> <p>Blistering, inflammation and darkening or lightening of usual skin tones may occur especially in subjects with dark and tanned skin.</p>	
	<p><b>Electrolysis</b></p>	<p>Each hair follicle is effectively destroyed with a pulse of electric current passed through tiny needles inserted within them.</p>	<p>Good option for people with naturally blond or white unwanted hair where photoepilation will not work.</p>	<p>Multiple treatment sessions may be needed. A surface anesthesia will be required to reduce pain and discomfort associated with the procedure.</p>