

Hair Removal

Homework — Student Worksheet

Name: _____ Date: _____ Score: _____ / 50

Section A: Hair Anatomy & Structure

Word-bank fill-in | Questions 1–8

Fill in each blank using a term from the word bank. Each term is used only once.

WORD BANK

trichology	keratin	papilla	arrector pili
hair bulb	hair shaft	follicle	cuticle

1. The study of hair, its diseases, and its care is called _____.
2. Hair and nails are both made of a fibrous protein called _____.
3. The cone-shaped elevation at the base of the hair follicle that contains capillaries and nerves to nourish the hair is the hair _____.
4. The small involuntary muscle that inserts into the base of the hair follicle and causes the hair to stand upright (“goosebumps”) is the _____ muscle.
5. The club-shaped structure at the lower part of the hair, surrounding the papilla, is the hair _____.
6. The portion of hair that projects above the skin is the hair _____.
7. The pocket-like depression in the skin or scalp that contains the hair root is the hair _____.
8. The outermost layer of the hair shaft, made of overlapping scale-like cells, is the _____.

Section B: Hair Growth Cycle

Matching + fill-in | Questions 9–14

9–13: Match each term with its correct definition. Write the letter in the blank.

#	Term	Letter
9	Anagen	_____
10	Catagen	_____
11	Telogen	_____
12	Lanugo	_____
13	Vellus	_____

Ltr	Definition
A	Brief transition stage between growth and rest; the hair stops growing.
B	Soft, downy hair found on a fetus.
C	Active growth stage when a new hair is produced — the most effective stage for hair removal.
D	Soft, fine “peach-fuzz” hair found on areas of the face and body not covered with terminal hair.
E	Final, resting stage; the hair eventually sheds.

14. Coarse, pigmented hair found on the scalp, brows, lashes, underarms, and pubic area is called _____ hair.

Section C: Excess Hair Growth — Disorders

Fill-in & true/false | Questions 15–20

15–17: Fill in the blank. 18–20: Mark True or False.

15. The condition of excess hair growth in women in a male pattern (face, chest, abdomen) caused by elevated androgens is called _____.

16. Excessive hair growth on areas of the body where hair is not normally found, attributed to genetics rather than male androgens, is called _____.

17. The disease, disorder, or syndrome most commonly responsible for causing hirsutism is _____.

18. Hormonal changes, as well as repeated tweezing, shaving, or waxing against the direction of growth, can cause vellus hairs to transition into terminal hairs.

19. Scalp hair grows longer than eyelashes because the scalp follicles have a SHORTER anagen phase than eyelash follicles.

20. An esthetician is qualified to diagnose hirsutism and recommend hormonal treatment.

T	F
T	F
T	F

Section D: Temporary Hair Removal Methods

Fill-in, multiple choice, true/false | Questions 21–30

Answer each question as directed.

21. Temporary hair removal is divided into two categories: _____ (e.g., shaving, depilatories), which removes hair at the skin's surface, and _____ (e.g., tweezing, waxing, sugaring, threading), which removes hair from below the surface.

22. The main active ingredients in chemical depilatories are:

- a) alpha hydroxy acids and retinol
- b) alkalines such as sodium hydroxide, potassium hydroxide, thioglycolic acid, or calcium thioglycolate
- c) essential oils such as lavender and tea tree
- d) saline and sodium bicarbonate

23. Another name for the hair-removal technique that uses a twisted cotton thread to remove hair is _____.

24. What is the biggest benefit of cleaning up after hand-applied sugaring (versus traditional wax)?

- a) Sugar paste contains antibacterial peptides
- b) Sugar paste is water-soluble, so it rinses off with plain water
- c) Sugar paste prevents ingrown hairs
- d) Sugar paste reduces hair regrowth permanently

25. Hair can be removed with sugaring at a much shorter length than wax — as short as _____ to _____ inch (about 1.5 to 3 mm).

26. What type of hair removal is tweezing classified as?

- a) Depilation (surface only)
- b) Epilation (removed from the follicle)
- c) Permanent reduction
- d) Photo-epilation

27. Tweezing is commonly used to _____ and _____ the eyebrows and to _____ stray hairs remaining after waxing. Tweeze in the _____ of hair growth, one hair at a time.

28. It typically takes 4 to 13 weeks for a hair to grow from the papilla to the surface of the skin.

T	F
T	F
T	F

29. Shaving is classified as a method of EPILATION because it removes hair from the follicle.

30. Hair that has been shaved grows back coarser, darker, and faster.

Section E: Waxing — Technique, Safety & Aftercare

Fill-in, MC, true/false | Questions 31–43

Answer each question as directed.

43. List THREE infection-control practices that must be followed for every wax service:

Section F: Permanent & Long-Term Hair Removal

MC, fill-in, true/false | Questions 44–50

Answer each question as directed.

44. Which of the following is currently the ONLY method recognized as truly PERMANENT hair removal regardless of hair color or skin tone?

- a) Laser hair removal
- b) IPL (Intense Pulsed Light)
- c) Electrolysis
- d) Sugaring

45. The three modalities of electrolysis are _____ (uses direct current to chemically destroy the papilla), _____ (uses alternating current to thermally destroy the papilla), and the _____ method (combines both).

46. Photo-epilation methods such as laser and IPL work by:

- a) Using ultrasound waves to vibrate the hair out of the follicle
- b) Using light energy that is absorbed by melanin in the hair and converted to heat, destroying the growth cells of the hair bulb
- c) Using cold temperatures to freeze and kill the follicle
- d) Using a mild electrical current passed through a saline gel

47. A primary safety concern for laser and IPL services is:

- a) Allergic reactions to the wax base
- b) Selecting appropriate candidates using the Fitzpatrick (and Lancer Ethnicity) scales, and using protective eyewear
- c) Sterilizing the muslin strips between clients
- d) Maintaining the correct wax temperature

48. Two benefits of speed waxing are that it is more comfortable for the client and the appointment time is shorter.

T	F
T	F
T	F

49. Downsides of electrolysis include discomfort, cost, length of treatment course, and the requirement to cease other hair-removal methods that disturb the follicle (such as waxing or tweezing).

50. Bacterial inflammation of the beard-area hair follicles, commonly known as “barber’s itch,” is called pseudofolliculitis barbae.