



16-Week Body Hair Growth Cycle

Information only

The hair growth cycle consists of three main phases: anagen, catagen, and telogen. Hair can only be treated when it is visible (3-5 days of growth) and, ideally, in its anagen phase of growth. On average, body hair will complete this cycle every 16 weeks – though this can vary with some individuals, and in specific areas.

1. **Anagen Phase (Growth Phase):** This is the active phase of hair growth. During this phase, cells in the hair follicle divide rapidly (mitosis) and the hair strand grows longer. The hair is still connected to the dermal papilla, which is the source of nourishment for its growth, making it the desired target for the electrical current.
2. **Catagen Phase (Transitional Phase):** This is a short transitional phase. The hair follicle shrinks, causing the hair to detach from the dermal papilla and to stop growing. This phase serves as a transition between the active growth phase (anagen) and the resting phase (telogen).
3. **Telogen Phase (Resting Phase):** This is the resting phase. During this time, the hair strand is fully formed but not actively growing. Eventually, the hair follicle will naturally shed the hair strand, and the cycle starts again with a new anagen phase at the dermal papilla. Destruction of the papilla is crucial to permanently removing all hair.

It is important to know that electrolysis is not a one-time procedure; it requires a series of sessions. Permanency is generally achieved in 12-18 months. The number of sessions needed depends on factors such as the area being treated, hair density, individual response to the treatment, and the consistency of treatments. Be prepared for a series of appointments overtime, gradually becoming shorter and more sporadic.