




## EGYPTIAN WAX DEPILATION: ORIGIN, TECHNIQUE AND EFFECTS ON SKIN HEALTH

### DEPILAÇÃO COM CERA EGÍPCIA: ORIGEM, TÉCNICA E EFEITOS NA SAÚDE DA PELE

### DEPILACIÓN CON CERA EGIPCIA: ORIGEN, TÉCNICA Y EFECTOS SOBRE LA SALUD DE LA PIEL

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#### ABSTRACT

The Egyptian wax hair removal method, with ancient origins, has gained prominence in contemporary aesthetics for combining tradition, effectiveness, and sustainability. This study aimed to investigate the origin, technique, and dermatological effects of Egyptian wax, emphasizing its therapeutic benefits and professional applicability. The research was based on a qualitative and descriptive literature review, gathering academic and technical publications addressing the natural composition of the wax, required care, and physiological reactions observed after the procedure. The analysis revealed that Egyptian wax, composed of honey, sugar, and lemon, provides efficient hair removal without harming the skin, offering moisturizing, antiseptic, and healing properties. The method favors epidermal regeneration, reduces folliculitis incidence, and improves skin texture and radiance. In addition to delivering aesthetic results, the technique contributes to well-being and environmental awareness, as it employs biodegradable ingredients and minimizes chemical impacts. Therefore, Egyptian wax is consolidated as a safe, therapeutic, and environmentally responsible practice, reaffirming the relevance of traditional knowledge integrated with modern cosmetology.

**Keywords:** Egyptian Wax. Natural Hair Removal. Sustainable Aesthetics. Skin Health. Therapeutic Cosmetology.

#### RESUMO

A depilação com cera egípcia, de origem milenar, tem ganhado destaque na estética contemporânea por aliar tradição, eficiência e sustentabilidade. Este estudo teve como objetivo investigar a origem, a técnica e os efeitos dermatológicos da cera egípcia, destacando seus benefícios terapêuticos e seu potencial de aplicação profissional. A pesquisa baseou-se em revisão bibliográfica qualitativa e descritiva, reunindo produções acadêmicas e técnicas que abordam a composição natural da cera, os cuidados necessários e as reações fisiológicas observadas após o procedimento. A análise revelou que a cera egípcia, composta por mel, açúcar e limão, promove remoção eficiente dos pelos sem agredir a pele, apresentando ação hidratante, antisséptica e cicatrizante. O método favorece a regeneração epidérmica, reduz a incidência de foliculite e melhora a textura e o brilho cutâneo. Além de proporcionar resultados estéticos satisfatórios, a técnica contribui para o bem-estar e a conscientização ambiental, pois utiliza ingredientes biodegradáveis e minimiza impactos químicos. Assim,



a cera egípcia consolida-se como prática segura, terapêutica e ecologicamente responsável, reafirmando a importância do resgate de saberes tradicionais aliados à cosmetologia moderna.

**Palavras-chave:** Cera Egípcia. Depilação Natural. Estética Sustentável. Saúde da Pele. Cosmetologia Terapêutica.

## RESUMEN

La depilación egipcia, de origen antiguo, ha ganado protagonismo en la estética contemporánea por combinar tradición, eficacia y sostenibilidad. Este estudio tuvo como objetivo investigar el origen, la técnica y los efectos dermatológicos de la cera egipcia, destacando sus beneficios terapéuticos y su potencial de aplicación profesional. La investigación se basó en una revisión bibliográfica cualitativa y descriptiva, reuniendo producciones académicas y técnicas que abordan la composición natural de la cera, los cuidados necesarios y las reacciones fisiológicas observadas después del procedimiento. El análisis reveló que la cera egipcia, compuesta de miel, azúcar y limón, promueve una depilación eficiente sin dañar la piel, presentando una acción humectante, antiséptica y cicatrizante. El método promueve la regeneración epidérmica, reduce la incidencia de foliculitis y mejora la textura y el brillo de la piel. Además de proporcionar resultados estéticos satisfactorios, la técnica contribuye al bienestar y la conciencia ambiental, ya que utiliza ingredientes biodegradables y minimiza los impactos químicos. Así, la depilación egipcia se consolida como una práctica segura, terapéutica y ecológicamente responsable, reafirmando la importancia de recuperar los conocimientos tradicionales combinados con la cosmetología moderna.

**Palabras clave:** Cera Egipcia. Depilación Natural. Estética Sostenible. Salud de la Piel. Cosmetología Terapéutica.



## 1 INTRODUCTION

Hair removal is an ancient practice that crosses cultural and temporal boundaries, representing one of humanity's oldest beauty rituals, with records dating back to Ancient Egypt, where body care symbolized purity, status and refinement, and natural mixtures of honey, lemon and heated water were used to remove hair, originating what is currently known as Egyptian wax, a method that remains present in contemporary aesthetic practices for its softness and effectiveness in skin treatment (Müller, 2019).

The revival of interest in Egyptian wax occurs in a context of growing appreciation of natural and sustainable products, which offer aesthetic results with less dermatological impact, considering that the composition of this wax is free of aggressive chemical agents and preserves the skin balance, which contributes to a less painful and less irritating experience when compared to conventional waxes derived from industrial resins (Antônio, 2016).

The advancement of dermatological and cosmetic sciences has made it possible to understand that hair removal is not a matter of aesthetics, but also involves physiological aspects and skin health, requiring technical knowledge about the method, the ideal temperature, the type of skin and the hygiene of the procedure, factors that directly influence the prevention of lesions, folliculitis and blemishes, common in poorly applied techniques or with inadequate materials (Maciel *et al.*, 2022).

The Egyptian technique, because it has a natural base and malleable consistency, acts to remove hair from the root without causing severe damage to adjacent tissues, preserving the skin's lipid barrier and minimizing post-depilatory inflammation, which justifies its frequent use in sensitive skin, in addition to favoring epidermal regeneration by allowing the healing process to occur naturally and less aggressively (BELLA, 2018).

Historically, Ancient Egypt was the cradle of several practices that combined hygiene, beauty and spirituality, and waxing represented the purification of the body in religious and social rituals, which explains its symbolic association with cleanliness and aesthetic harmony, values that still echo in contemporary times when related to the feeling of well-being and self-confidence generated after the procedure (Müller, 2019).

In recent decades, the Brazilian aesthetics market has shown a strong expansion of alternative and natural techniques, and among them, Egyptian wax stands out for its versatility and compatibility with different skin phototypes, a factor that expands its



applicability and reduces the risk of allergic reactions, becoming a competitive advantage in aesthetic centers and dermatological clinics in the country (Antônio, 2016).

The scientific and professional relevance of this study lies in the need to analyze the physiological effects of Egyptian waxing and its implications on skin health, understanding its benefits, limitations and the care necessary to ensure safety and satisfactory results, since the expansion of this method requires technical basis to avoid the trivialization of its application and the occurrence of dermatological complications (Araújo, 2009).

The general objective of this article is to investigate the origin, technical principles and effects of Egyptian waxing on skin health, discussing its historical trajectory, its natural composition and its dermatological advantages over other depilatory methods, promoting a scientific and aesthetic look at a technique that combines tradition and innovation.

As specific objectives, it seeks to identify the historical and cultural basis of Egyptian wax, describe its components and method of preparation, analyze the physiological effects on the skin and discuss the necessary care before and after the procedure, in order to offer subsidies for aesthetic professionals who wish to improve their practices with technical and safety foundations.

The justification for this study is based on the increase in demand for natural and less invasive hair removal methods, due to the greater awareness of the risks of allergies and damage caused by synthetic chemicals, which places Egyptian wax as a prominent alternative in the contemporary aesthetics market for combining depilatory efficiency with the preservation of skin integrity (Cosmetoguia, 2020).

In addition to the technical aspect, this work is justified by the scarcity of Brazilian scientific publications that address in depth the composition, application and effects of Egyptian wax, highlighting the importance of promoting studies that contribute to the improvement of professional training in aesthetics and to the expansion of knowledge about safe hair removal practices (Almeida, 2022).

Therefore, understanding the historical, chemical and dermatological foundations of Egyptian waxing allows us to establish quality and safety parameters that value the ethical and technical practice of the aesthetic professional, reinforcing the need to integrate traditional knowledge and scientific evidence in favor of comprehensive skin care and the promotion of effective and sustainable results (Santos, 2020).



## 2 THEORETICAL FRAMEWORK

### 2.1 HISTORICAL ORIGIN AND EVOLUTION OF EGYPTIAN WAXING

The history of hair removal dates back to the oldest civilizations, especially the Egyptian, where body care and aesthetics were closely related to hygiene and spirituality, with hair removal techniques being a significant part of purification rituals and social distinction, since the absence of hair symbolized cleanliness and moral elevation before the gods, which made Egypt an initial milestone in the use of natural waxes for aesthetic and religious purposes (Müller, 2019).

Egyptian wax emerged as an artisanal mixture of honey, sugar and lemon, prepared in order to achieve a viscous and warm consistency, capable of adhering to the hair without harming the epidermis, which demonstrated the empirical knowledge of the Egyptians about the compatibility between natural substances and the sensitivity of human skin, representing a significant innovation for the time and influencing cosmetic practices that crossed generations (Antônio, 2016).

In Egyptian temples and courts, the act of waxing was reserved for the upper classes, who associated the hairless body with aesthetic purity and protection against parasites, since the hot and humid climate favored skin infections, and the absence of hair helped with body hygiene, transforming the habit into a synonym of sophistication, health and cultural identity within ancient society (BELLA, 2018).

The use of Egyptian wax extended to other Mediterranean civilizations, such as the Greeks and Romans, who adapted the method using vegetable resins and essential oils, seeking results similar to those obtained by the Egyptians, which reinforces the dissemination of aesthetic and technical knowledge between cultures and demonstrates the symbolic value of hair removal as one of the first body care procedures documented in history (Müller, 2019).

Over the centuries, the advancement of techniques and the development of new materials gave rise to different types of wax, including hot and cold versions, which began to incorporate chemical components to increase adhesion and durability, however, many of these compositions caused adverse reactions and skin irritations, leading to the rediscovery of Egyptian wax as a natural and less aggressive alternative (Antônio, 2016).

Modern aesthetics have taken up Egyptian wax as a symbol of a movement that values the rescue of traditional techniques and the use of organic raw materials, as



opposed to industrialized cosmetics, reaffirming the importance of the balance between depilatory efficiency and preservation of skin health, in addition to aligning itself with the contemporary concept of sustainable and conscious beauty (Araújo, 2009).

In the Brazilian context, Egyptian wax has gained popularity with the expansion of the natural aesthetics market, finding space in clinics and salons that prioritize less invasive practices and biodegradable products, which reflects the influence of global trends and the increased demand for methods that reconcile tradition, safety, and environmental responsibility (Almeida, 2022).

Historical records reveal that the original composition of Egyptian wax is almost identical to modern formulations used in aesthetic studios, which confirms the timelessness of the method, since honey and sugar act as emollient and healing agents, while lemon exerts a slight antiseptic function, making the product suitable for different skin types and contributing to its durability in professional use (Cosmetoguia, 2020).

The presence of hair removal in Egyptian culture went beyond the aesthetic dimension, and was also a form of expression of identity and respect for the standards of physical and spiritual purity, especially among priests and pharaohs, who kept their bodies shaved as a sign of discipline and reverence, revealing that the care of one's appearance had much deeper meanings than the simple search for beauty (Müller, 2019).

The evolution of aesthetic practices shows that the Egyptian method has resisted time and adapted to new technologies without losing its natural essence, maintaining the leading role in a scenario where healthy skin free of irritation is one of the main quality criteria in dermatological procedures, and the artisanal technique is reinterpreted with technical rigor and scientific support (Antônio, 2016).

The historical reconstruction of Egyptian wax demonstrates how the empirical knowledge of ancient peoples can dialogue with the demands of contemporary society, reinforcing the importance of valuing ancestral practices that remain relevant for their proven efficacy, respect for the biological limits of the skin, and consonance with the principles of modern cosmetology (BELLA, 2018).

Thus, understanding the trajectory of Egyptian wax is central to recognizing the cultural, technical, and scientific value of a practice that transcended eras and civilizations, consolidating itself as one of the most complete hair removal techniques



from a dermatological and historical point of view, capable of uniting tradition and innovation in the same process of body care and beautification (Santos, 2020).

## 2.2 TECHNIQUE, PROCEDURES AND PROFESSIONAL APPLICABILITY OF EGYPTIAN WAX

The Egyptian wax hair removal technique consists of a manual and meticulous procedure, whose main characteristic is the application of a natural mixture composed of sugar, honey and lemon, heated until it reaches a malleable texture, which allows the professional to mold it precisely on the skin, promoting selective adherence to the hair and efficient removal without damaging the superficial layers of the epidermis, thus becoming a safe and highly effective method when correctly executed (Antônio, 2016).

Proper handling of the wax is one of the most important elements for the success of the procedure, as the temperature must be carefully controlled, avoiding overheating that can cause burns, and ensuring the ideal consistency for the product to penetrate the hair follicles evenly, resulting in a complete extraction and minimizing the risk of hair breakage during removal (BELLA, 2018).

The application process begins with the careful cleaning of the area to be waxed, using mild antiseptic solutions that eliminate impurities and reduce the risk of bacterial contamination, followed by complete drying of the skin, which ensures the correct fixation of the wax and avoids the presence of moisture that may compromise the adhesion of the product and the efficiency of the procedure (Maciel *et al.*, 2022).

After preparing the skin, the wax is applied with firm and precise movements in the opposite direction of hair growth, being removed manually, without the use of additional fabrics or spatulas, a characteristic that differentiates the Egyptian technique from other depilatory methods, as the mass is reused in the professional's own hand, who molds, applies and removes it continuously until the complete cleaning of the worked region (Müller, 2019).

Manual skill is important for the execution of this technique, since the control of pressure and the rhythm of application directly influences the pain perceived by the client and the skin integrity after the procedure, requiring the professional to have technical mastery and tactile sensitivity to recognize the ideal point of the wax and the resistance of the hairs according to the region of the body (Araújo, 2009).



The benefits associated with Egyptian wax go beyond the simple removal of hair, since honey and sugar act as emollient and moisturizing agents, contributing to the natural regeneration of the skin, while lemon exerts a slight antiseptic and whitening action, favoring the uniform and luminous appearance of the skin tissue after the procedure, which adds aesthetic and therapeutic value to the practice (Cosmetogua, 2020).

The technique also stands out for its applicability on different skin types, including the most sensitive and prone to folliculitis, as the natural composition reduces mechanical aggression and excessive heat, preventing irritation, inflammation and post-depilatory stains, factors that make Egyptian wax a safe and versatile choice for both facial and body use (Almeida, 2022).

Another important point is the sustainable nature of the method, since the wax can be produced by hand with accessible and biodegradable ingredients, without the use of petroleum derivatives or toxic substances, which contributes to the reduction of environmental impact and reinforces the trend of adopting ecologically responsible practices within professional aesthetics (BELLA, 2018).

The technical training of aesthetic professionals has included Egyptian wax in their curricula due to its market potential and the need for practices that combine efficiency and dermatological care, and it is increasingly common for academies and specialized courses to offer practical training on manipulation, application time and post-depilatory care, which raises the level of quality and safety of care (Antônio, 2016).

The post-procedure requires special attention, recommending the use of soothing lotions, cold compresses and chamomile or aloe vera-based products to restore the skin barrier, minimize redness and ensure skin hydration, a fundamental step to consolidate the results and avoid discomfort in the hours following hair removal (Araújo, 2009).

From a clinical point of view, the continuous use of Egyptian wax tends to progressively weaken the hair follicles, reducing the volume and density of the hair over time, which provides longer intervals between sessions and improves skin texture, a result that gives the method a significant advantage over traditional techniques of hair removal with industrial wax (Cosmetogua, 2020).

Based on its natural composition, its artisanal technique and its proven positive effects, hair removal with Egyptian wax has established itself as a valued practice among aesthetic professionals and clients looking for safe and efficient alternatives, becoming a



symbol of the balance between tradition, science and sustainability, capable of uniting technical performance and comprehensive skin care (Santos, 2020).

### 2.3 DERMATOLOGICAL EFFECTS AND THERAPEUTIC BENEFITS OF EGYPTIAN WAX

Egyptian waxing, in addition to its aesthetic function, has a set of dermatological benefits resulting from its natural composition and the way it interacts with the superficial layers of the skin, as its formulation based on honey, sugar and lemon provides moisturizing, emollient and antiseptic action, which favors tissue regeneration and the maintenance of the skin barrier, avoiding dryness and micro-injuries after hair removal (Antônio, 2016).

Honey acts as one of the main therapeutic agents of wax, as it contains enzymes and antioxidant substances that help in healing and moisture retention, contributing to skin elasticity and preventing irritation, since the product exerts a soothing effect on tissues and reduces inflammation resulting from mechanical trauma caused by the extraction of the threads (Araújo, 2009).

The sugar present in the composition has a hygroscopic function, that is, it is able to attract and retain water molecules, promoting intense hydration of the epidermis during the depilatory process, in addition to acting as a gently exfoliating agent, removing dead cells and favoring cell renewal, which results in a more uniform and lush texture after the procedure (Cosmetogua, 2020).

Lemon, in turn, contributes with a slight astringent and antiseptic action, helping to reduce oiliness and prevent bacterial or fungal infections, especially in regions of high humidity and friction, and although its use requires caution to avoid photosensitivity, when used in appropriate proportions in wax, it plays a basic role in cleaning and uniforming the skin tone (BELLA, 2018).

From a physiological point of view, the Egyptian method causes a controlled traction of the hair follicles, which stimulates local microcirculation and improves tissue oxygenation, promoting a feeling of lightness and vitality in the shaved area, in addition to facilitating the subsequent absorption of soothing and moisturizing cosmetics, due to the temporary increase in skin permeability (Antônio, 2016).

The cumulative effect of the technique, when performed periodically, contributes to the gradual weakening of the follicles, reducing the thickness and volume of the hairs,



which results in slower and less dense growth over time, a phenomenon widely observed in regular practices and considered one of the most valued differentials of Egyptian wax compared to synthetic waxes (Müller, 2019).

In sensitive skin, the use of Egyptian wax is advantageous due to the absence of aggressive chemical components, such as paraffins and artificial resins, which often cause irritation, erythema, and desquamation, which ensures greater tolerance and comfort during the procedure, preserving the integrity of the layer and minimizing the occurrence of post-depilatory folliculitis (Maciel *et al.*, 2022).

Folliculitis, considered one of the most common complications resulting from poorly conducted depilatory techniques, has its incidence significantly reduced with the use of Egyptian wax, as the gentle traction and natural bacteriostatic character of honey and lemon prevent microbial proliferation, favoring a healthy and stable skin environment in the hours following depilation (Almeida, 2022).

The therapeutic benefits of Egyptian wax are not restricted to aesthetics, as its regular use contributes to the balance of the skin microbiome, stimulating the natural production of collagen and promoting luminosity, elasticity, and softness, characteristics that make the method widely indicated in integrative beauty and preventive body care protocols (Cosmetoguaia, 2020).

Clinical studies indicate that the use of natural waxes is associated with a decrease in post-inflammatory hyperpigmentation, a frequent problem in skin subjected to aggressive hair removal, which reinforces the importance of the Egyptian method as a safe alternative for individuals with a greater predisposition to dermal sensitivity, ensuring satisfactory and long-lasting aesthetic results (Antônio, 2016).

The harmony between the natural components of the wax and the skin's defense mechanisms demonstrates the biological compatibility of the product, which respects the physiological pH and favors immediate recovery after the procedure, in addition to offering a feeling of freshness and comfort, fundamental aspects in customer loyalty and in the appreciation of professional practice in aesthetic centers (Araújo, 2009).

Therefore, Egyptian wax transcends the concept of a simple depilatory technique, configuring itself as a complete therapeutic resource that combines aesthetic results and dermatological benefits, representing a convergence between science and tradition, and consolidating itself as a comprehensive care practice that promotes well-being, balance, and health for the skin (Santos, 2020).



### 3 METHODOLOGY

The elaboration of this study is based on the qualitative research method, with an exploratory and descriptive character, as it seeks to understand and interpret the technique of Egyptian waxing from a historical, technical and dermatological perspective, highlighting its effects on human skin and its relevance in the contemporary aesthetic context, through the theoretical analysis of scientific documents and publications that address the theme in a comprehensive and interdisciplinary way (Lakatos and Marconi, 2003).

The qualitative research was chosen because it allows the interpretative analysis of the phenomena and practices involved, privileging the content and understanding of the meanings attributed to the use of Egyptian wax, which allows a broad reading of the processes and results associated with this method, based on the review of secondary sources that offer technical and scientific foundations on the aesthetic application and physiological impacts of the technique (Gil, 2008).

The exploratory nature of the research is justified by the scarcity of academic studies that deal specifically with Egyptian wax in Portuguese, making it necessary to survey references in scientific bases, technical manuals and professional teaching materials that address the preparation, composition and dermatological care, in order to build a conceptual framework capable of guiding the critical analysis of the theme and its relevance to modern aesthetics (Lakatos and Marconi, 2003).

The descriptive study, in turn, aims to record, analyze and interpret the characteristics of the technique and its effects on the skin without interfering in the variables, presenting a detailed view of the procedures, physiological reactions and ideal application conditions, which favors the understanding of how Egyptian wax acts in comparison with other conventional depilatory methods (Gil, 2008).

The methodological procedure adopted was based on the literature review, defined as the process of collecting and analyzing information in documentary and academic sources that address the subject, allowing to gather different theoretical perspectives on the practice studied, in addition to identifying consensus and divergences among authors regarding the efficacy and safety of Egyptian wax in the aesthetic treatment of the skin (Lakatos and Marconi, 2003).



The literature review is considered appropriate for research involving phenomena that are difficult to measure experimentally, as it enables the study of subjective variables, such as pain sensation, post-procedure comfort, and medium-term physiological effects, which are better understood through qualitative descriptions and interpretative analyses of cases and technical reports (Gil, 2008).

The selection of sources was carried out based on criteria of relevance, timeliness and scientific credibility, prioritizing articles, dissertations and technical materials published in Portuguese and available in digital format, especially those from universities, academic journals and educational institutions in aesthetics, which ensures the theoretical consistency and validity of the information used in the present work (Lakatos and Marconi, 2003).

The data analysis process consisted of an analytical and critical reading of the collected texts, with the objective of identifying the main concepts, historical foundations and dermatological evidence on the use of Egyptian wax, adopting a comparative approach to relate the different views presented in the sources and extract convergent elements on the benefits and limitations of the method (Gil, 2008).

The organization of the information followed a thematic criterion, dividing the content into three main axes: historical origin and evolution of the technique, composition and professional applicability, and dermatological and therapeutic effects, allowing the discussion to be structured in a logical and coherent way, facilitating the progressive understanding of the theme and the consolidation of the results presented in the following sections (Lakatos and Marconi, 2003).

Thus, the methodology adopted sustains the scientific and interpretative character of the study, by bringing together consistent theoretical foundations and analyses based on documentary evidence, ensuring the validity and coherence of the work and contributing to the advancement of knowledge about Egyptian waxing as an aesthetic, therapeutic and culturally relevant practice in the contemporary scenario (Gil, 2008).

#### **4 RESULTS AND DISCUSSION**

The analysis of the results obtained from the literature review showed that depilation with Egyptian wax represents one of the most effective natural methods of hair removal, standing out for its low aggressiveness to the skin and the presence of biologically compatible compounds, capable of promoting hydration, healing and



physiological balance, which significantly differentiates it from synthetic waxes or waxes based on industrial resins used in conventional procedures (Antônio, 2016).

The technique, by combining honey, sugar and lemon, results in a product with a malleable texture and warm temperature, which allows the removal of hair from the root without causing microcracks in the epidermis, in addition to favoring oxygenation and the regenerative process, demonstrating that the use of natural substances can achieve technical performance equal to or superior to industrialized methods, with a lower incidence of side effects and skin discomfort (Araújo, 2009).

The survey of the sources also demonstrated that honey is the main therapeutic agent of the composition, as it contains enzymes that favor cell regeneration and antioxidants that delay skin aging, acting as a protective and moisturizing element, responsible for restoring the softness and elasticity of the skin after the depilatory procedure, being widely recognized for its healing and antiseptic properties (Cosmetoguaia, 2020).

The studies analyzed pointed out that Egyptian wax provides cumulative dermatological benefits when used recurrently, as the progressive weakening of hair follicles reduces hair growth and increases the interval between sessions, providing lasting results and prolonged comfort, which reinforces the objective of the technique as a preventive practice and not just a corrective practice within body aesthetics (Müller, 2019).

The literature consulted confirms that the low temperature of Egyptian wax application is a determining factor for the safety of the procedure, since the absence of excessive heat prevents exacerbated dilation of the vessels and irritation of the tissues, making it indicated for sensitive skin and delicate regions of the body, with minimal probability of causing burns or erythema (BELLA, 2018).

Another important point was the contribution of Egyptian wax in the prevention of folliculitis, since the antiseptic character of lemon, combined with the bacteriostatic action of honey, significantly reduces post-depilatory microbial proliferation, which makes the method especially advantageous for people with a predisposition to inflammation and superficial infections, favoring the maintenance of skin integrity and microbiological balance (Maciel *et al.*, 2022).

The analyses also indicated that the use of this technique is associated with the appreciation of sustainable practices, as its artisanal production uses biodegradable and



easily obtainable ingredients, eliminating the disposal of plastic and chemical waste, which meets the demands of a market that seeks to combine aesthetic efficiency and environmental responsibility, consolidating the Egyptian method as a reference in sustainability within professional aesthetics (Almeida, 2022).

From a sensory point of view, Egyptian wax provides a more comfortable and less painful experience, as the malleability of the product and the manual mode of application reduce the abrupt traction of the hairs and the stress of the skin, which explains the high rate of acceptance among clients who report less discomfort, less irritation and a feeling of prolonged well-being after the procedure (Antônio, 2016).

The theoretical results also indicate that Egyptian hair removal has been incorporated into technical training programs and professional courses as a model of humanized and sustainable practice, due to its ability to integrate traditional knowledge with scientific standards, contributing to the training of professionals who are more aware of the environmental and physiological impact of the aesthetic techniques applied to their clients (BELLA, 2018).

The reviewed sources highlight that the soothing and restorative effect of the skin after the use of Egyptian wax is due to the synergy between its components, which act in an integrated manner in epidermal regeneration and moisture retention, offering therapeutic benefits similar to those of high-cost dermocosmetic products, which demonstrates its potential as an economical and efficient alternative in aesthetics (Araújo, 2009).

The discussion of the results reinforces the importance of Egyptian wax not only as a depilatory technique, but as an instrument of comprehensive skin care, since its application is aligned with the principles of natural cosmetology, dermatological health and the appreciation of physical and emotional well-being, aspects that are increasingly present in contemporary aesthetic demands (Cosmetogua, 2020).

Therefore, the analysis of the findings allows us to conclude that Egyptian waxing is a method that has been proven to be effective, safe and compatible with different skin types, being able to unite tradition and innovation by promoting aesthetic and therapeutic benefits, consolidating itself as an alternative of excellence within modern professional practice and as a technical and cultural legacy of undeniable value (Santos, 2020).



## 5 FINAL CONSIDERATIONS

Egyptian waxing reveals itself as an ancient technique that has crossed temporal and cultural boundaries, preserving its relevance over the centuries by combining aesthetic efficiency and respect for the physiology of the skin, consolidating itself as one of the most complete and safe methods within modern practices of body aesthetics, due to its natural formulation and the dermatological benefits observed in its continuous application.

Throughout the research developed, it was possible to identify that Egyptian wax is not limited to a simple form of hair removal, but represents a model of comprehensive care, based on therapeutic and sustainable principles, which reflect the balance between tradition and innovation, being recognized for the softness of the touch, the regenerative capacity and the harmony it establishes between physical care and the emotional well-being of the individual.

The natural composition of Egyptian wax, consisting mainly of honey, sugar and lemon, proved to be decisive for the positive effects achieved, since these elements act synergistically on the skin, promoting hydration, luminosity and uniformity, while reducing irritation and preventing adverse reactions, evidencing the biological compatibility and therapeutic efficacy of the method.

The results observed throughout the analysis demonstrate that the return to the origins and simplicity of natural ingredients is a growing trend within contemporary aesthetics, as consumers seek experiences that value conscious care, the origin of products and the minimization of environmental impacts, which transforms Egyptian wax into a symbol of sustainability and authenticity in the cosmetic field.

From a technical point of view, Egyptian wax has substantial advantages over synthetic waxes, since its application at warm temperatures, combined with manual handling, ensures less aggressiveness and better adaptation to different body regions, which reinforces the importance of professional preparation and specialized training to ensure consistent and safe results in each procedure performed.

The study made it possible to recognize that the practice of Egyptian waxing transcends the traditional concept of aesthetics, becoming an instrument for promoting health and self-confidence, as the act of taking care of the body with natural products and manual techniques reinforces the connection between beauty, nature and identity, making the experience more human, respectful and conscious.



By valuing ancestral knowledge and adapting it to contemporary demands, aesthetics is strengthened as a scientific and cultural field, capable of rescuing practices that maintain relevance even in the face of modern technologies, showing that tradition can coexist with science when guided by ethics, responsibility, and commitment to collective and individual well-being.

It is concluded, therefore, that Egyptian wax is more than a depilatory method, it is an expression of balance between nature, technique and sensitivity, representing the link between historical knowledge and aesthetic innovation, and reaffirming the role of the professional as an agent of transformation, who understands beauty as an appearance and as an integral part of health and human dignity.



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