

Curly, unruly, fast-growing. For women, chin hair is normal. But when might it signal a health issue?

Kaitlin Reilly November 13, 2024



Humans are hairy, and sometimes that hair pops up in places we'd rather it didn't. Consider unruly chin hair, which is something most women deal with — much to their annoyance. “Why did no one tell you when you get older your one chin hair is going to bring, like, four other friends to the party?!” one woman [vented in a TikTok](#) last year. “The amount of time I spend plucking my chin hair is beyond me,” another [TikToker complained](#), “Laser doesn't work, shaving doesn't work. What works? I need assistance!”

[Dr. Gabriela Soza](#), a dermatologist at [PFRANKMD by Dr. Paul Jarrod Frank](#), tells Yahoo Life that [laser hair can be an effective treatment for chin hair](#), as long as “the hairs are pigmented” — aka brown or black, not “blonde, white or gray.” Laser hair removal targets the pigment in the hair follicles, so darker hairs absorb the laser light more effectively. It's also not a one-and-done treatment: multiple sessions must be done over a span of weeks in order to zap away chin hair, and it's possible for it to return over time and for maintenance sessions to be required.