

Beauty & the ~~HAIRY~~ Beast!

Prepare to bare
with Shevelle
Rhule's tips on the
best hair removal
techniques.



EPIL PRO: The biggest taboo for the finer sex is facial hair.

Most women have been in a conversation with a female colleague and become fixated by their unwaxed moustache, or horrified by their partner noticing their chin hair before they do. However a little facial hair can be perfectly normal and the result of “genes, puberty, contraception, pregnancy and the menopause,” explains Tejinder Ghag hair removal expert and founder of Tej & Co. Yet excess hair can be the result of hormonal imbalances such as thyroid problems and polycystic ovary syndrome. While methods such as plucking and hair removal creams offer great temporary fixes; a more innovative and longer lasting solution is **Epil Pro** (£7 for the first 5 minutes and £1 a minute after; www.tejandco.co.uk). It works by delivering sound waves to the very root of the hair, destroying the hair quickly and painlessly. “Facial hair is too fine for electrolysis and too weak for laser so this is the best method”, she adds. The amount of visits needed varies “as the hair grows in different rates, but generally treatment would be 2 to 3 weeks apart. As the hair re-growth slows down, you will notice the time between appointments will get longer and longer.”

WAXING:

“The re-growth from waxing is softer and the results are much more longer lasting, plus there are no dangers of getting unsightly razor rash,” says waxer to the stars and the woman who brought the Brazilian to the UK, Otylia Roberts. Horror tales from friends often put off waxing virgins, as does squealing individuals having their legs/back/bikini line waxed on TV. “Take a painkiller 40 minutes before you come in, to take the edge off. Try to relax as much as possible because when you’re tense it will be more painful. Also it is best not to wax just before your period, or if you are stressed or hungover as your body will be more sensitive.” Those a little more experienced in waxing delights should try **Simply Wax** range of white wax and wax stripes (from £7.14; www.boots.com) at home. “When using the hot wax method use baby powder as a barrier before you apply the wax, helping to protect the skin. Always read the instructions carefully first, allow plenty of time and remove the wax against the hair growth.”

TOP 3 REMOVAL AIDS

- 1) **Skin Doctors Hair No More Inhibitor Spray** (£9.95; www.skindoctors.co.uk)
Formulated to slow down hair regrowth and soften and thin any new regrowth.
- 2) **Gigi No Bump** (£6.99; www.sallyexpress.com)
Eliminates ingrown hairs, bumps and razor burns as a result of waxing and shaving.
- 3) **Parissa Azulene Oil** (£7.99; www.boots.com)
This super hydrating oil will help eradicate ingrown hair while promoting long-term smoothness.



LASER: Laser hair removal has been a controversial subject for black women. While this treatment offers great hair removal results, clinics do not advise it for darker skins. “Laser hair removal is not recommended for Afro-Caribbean skin, because laser’s are attracted to the melanin pigment inside the hair and skin and destroy the hair root. Regular lasers become confused with darker skin tones and target the melanin in the skin instead of the hair which can cause burning, pigmentation and scarring,” explains Dr Patrick Bowler, Medical Director of Court House Clinic. **The Soprano XL Brazilian Laser** (from £55 www.courthouseclinics.com) works by penetrating deep into the follicle quickly and painlessly making it

more attuned to picking up hair melanin instead of the skin’s melanin. “Laser only destroys hairs when they are in the growth phase. At any one moment 20% of hairs are resting or dormant. Generally all areas will require at least six to eight treatments.” Many factors including your skin and hair type, ethnic background, hormonal balance and skin sensitivity will effect how often you will need to be treated to achieve permanent hair loss. After each session it is vital to keep the area cool, calm and clean so avoid hot bathes, perfumed beauty products and sun bathing too.



THREADING:

Threading is an ancient method of hair removal initially popular in Arabic and Indian cultures. It works by using a thin twisted cotton thread that is rolled over untidy facial hair. It is quicker than plucking as it takes large section of hair at a time, even the shortest ones with minimal skin irritation. Shavata owner of Shavata Brow Studio explains, “threading allows for extremely accurate hair removal, pulling hairs right from the root, which gives longer lasting results than at-home plucking. However plucking is great for maintaining your arch in between appointments.” The technique is particularly popular for eyebrow grooming as, “perfectly shaped eyebrows can lift the features and instantly give proportion to the face.” Upper lip, chin and any other facial fuzz can also be easily removed with threading. This type of removal can be slightly painful so use an aftercare product to reduce redness and calm the area, such as **Shavata Soothing gel** (£5.95; www.shavata.co.uk) for a post-plucking pamper.

